MAY							
Su	М	Tu	W	Th	F	Sa	
	Start						
JUNE							
JULY							
AUGUST / SEPTEMBER							
					End		



# 2023 Jr Warriors 50,000 Dribble Club Girls & Boys 3<sup>rd</sup>-8<sup>th</sup> Grade

# Here is a sample dribbling workout or create your own.

#### 5 Minute Intense Ball Handling workout

- Pound dribbles right side (30 seconds)
- Pound dribble left side (30 seconds)
- Right hand V dribble (30 seconds)
- Left hand V dribble (30 seconds)
- 2 Pound cross dribble (30 seconds)
- 2 Pound between legs (30 seconds)
- 2 Pound behind the back (30 seconds)

## 500 Total dribbles

## 15 minutes of basketball activity

• General basketball workout 100 Total dribbles

Please complete form and submit no later than

September 3rd, 2023