

MAY						
Su	M	Tu	W	Th	F	Sa
JUNE						
JULY						
AUGUST / SEPTEMBER						



## 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**

Child's Name and Grade

Total # of Dribbles

Parent/Guardian Email

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**Complete form and submit no later than September 3<sup>rd</sup>!**