

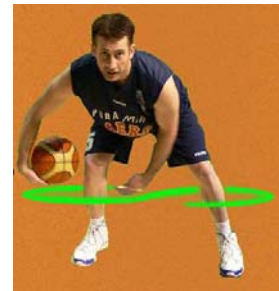
# 'Starting 5' Workout

One minute each drill – mark down your score each time

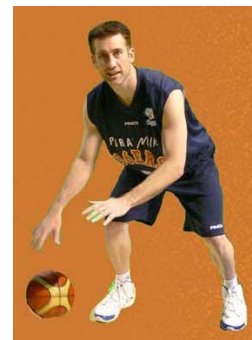
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1: Wrap-arounds



2: Figure-8



3: Speed dribble (R)



4: Speed dribble (L)



5: Cross-over dribble

*Brett Maker's*

# 'Starting 5' Workout for beginners



## 1: Wrap-arounds

Around your waist, keep your body straight  
Both directions, as fast as you can

## 2: Figure-8

Bend your knees, keep your head up  
Roll the ball on the ground if you have to  
As many as you can in one minute



## 3: Speed dribble (R)

Ball in your fingertips, head up, knees bent  
*Push* the ball down, don't hit it.  
Keep the ball lower than your knees  
As many as you can in one minute

## 4: Speed dribble (L)

Same as above, but use the other hand  
Always practice both sides of your body



## 5: Cross-over dribble

Side to side, eyes up, knees bent, back straight  
Keep ball below your knees  
As many as you can in one minute



*The more you practice, the better you get*