

Don't worry about making mistakes. Get better with every rep.

Prove It Skills & Development

| Drill (One Ball) | Time (seconds) | Notes |
|---|------------------------|--|
| Pound | 60 reps each side | |
| Pound Dbl Cross | 10 each side | |
| Pound + 3 Crossovers | 20 reps | |
| Behind the Back (BTB) | 30 reps | |
| Pound + BTL w/ drop split | 30 reps | |
| (Right Hand) Pound + BTL + Cross | 10 reps | |
| BTL + Cross | 10 reps | |
| (Left Hand) Pound + BTL + Cross | 10 reps | |
| 30 Seconds Rest | 30 Seconds Rest | 30 Seconds Rest |
| Pound + BTL + BTB | 10 Reps Each side | |
| Cross + BTL + BTB | 20 reps | |
| Grab a barrier basketball, cone, or anything that will sit without moving. | | |
| Pound + Over | 10 reps each hand | |
| Pound + Over + BTB + BTB | 10 Reps each side | |
| Pound + Over Over + BTL + BTL | 10 Reps Each Side | |
| 30 Seconds Rest | 30 Seconds Rest | 30 Seconds Rest |
| On the Go | | You will need space to move for these drills |
| BTL + Cross Forwards and Backwards | 30 secs | |
| BTL + BTB Forwards and Backwards | 30 secs | |
| Skips Forward and Backwards | 1 min | If you can take the ball between your legs. |