

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

Prove It Skills & Development

Drill (Two Ball)	Time/Rep	Notes
Same Pound	30 secs	
Alternate Pound	30 secs	
Hi-Lo	30 secs each hand	
Pound + Cross	20 reps	
Pound + Dbl Cross	10 reps each side	
Pound + BTL	20 reps	
Pound + BTB	20 reps	
1,2 Cross	Until You are comfortable	
One Ball		
Taps, Hip and Shoulder Pounds	30, 20, 10	
V-Dribble	30 reps	
V-Dribble + Cross	20 reps each hand	
V Dribble + Dbl Cross	10 Reps each side	
BTL + Cross + Pause + Dbl BTL	10 Reps Each Side	