**Ball Handling – Do these as quick as you can**

10 Ball Slaps

5 Up and down finger tips

10 Around the head both ways

10 Around the waist both ways

10 Around the legs both ways

10 Left leg both ways

10 Right leg both ways

10 Figure 8 both ways

10 1 leg/both leg both ways both legs

10 Lower fingertip dribbles

10 Low to High Dribbles both Hands

10 Around 1 leg w/ 1 hand both legs

10 Dribble figure 8 both ways

10 Windshield wipers both hands

10 Dog Wipers both hands

10 Batman Dribbles

10 Cross overs

10 Between the legs both legs

10 Behind the back

10 Between legs to X over both

20 Spider Dribbles