Basketball Peak Performance Programme						Name					
Ball Handling Workout: (20 secs) Target for fully completed sequences with head UP											
	Station Target	B	S	G	P		Station Target	B	S	G	P
1	Round the back	24	28	32	36	26	Behind back X	12	20	28	32
2	a) Figure "8"	14	16	20	24	27	Figure "8" Dribble	7	8	9	10
	b) Figure "8" reverse	12	14	18	22	28	3 Dribble leg strong		14	18	20
3	Round back, then alternate leg	12	14	18	22	29	4 Dribble leg Weak		14	18	20
4	Round Back + Fig "8"	10	12	14	16	30	2 Dribble leg strong			20	24
5	Front - Back catch	20	25	30	35	31	2 Dribble leg weak			20	24
6	Criss-Cross catch	20	24	28	32	32	Octopus 4 touch	10	15	20	25
7	Long Circles back	7	9	11	13	33	Skipping legs	12	16	20	24
8	Long Circles front	7	9	11	13	34	Walk forward legs		16	20	24
9	Overhead and back	6	8	11	14	35	Walk backard legs	15	16	20	24
10	a) Over Shoulder strong	10	14	17	20	36	X-side step strong	15	20	25	30
11	a) Over Shoulder weak	10	14	17	20	37	X-side step weak	15	20	25	30
12	Tips, strong		24	30	36	38	X-side step L&R		20	25	30
13	Tips, weak		24	30	36	39	3 Dribble X-Over		10	12	14
14	Tips, Alternate		20	26	32	40	3 Dribble Legs		10	12	14
15	a) Behind back wall, strong		12	16	20	41	X-touch wall		20	26	32
16	b) Behind back wall, weak		12	16	20	42	X-Over touch floor		22	28	24
17	a) Over Shoulder board strong			14	18	43	3 Dribble back		10	12	14
18	b) Over Shoulder board weak			14	18	44	3 Dribble spin		10	12	14
19	Two ball tip wall			20	25	45	3 dribble ?Trick X		8	10	12
Dribbling						46	3 Dribble Trick back		8	10	12
20	X-overs strong	24	28	32	36	47	3 Dribble legs back X		7	9	11
21	X-overs weak	24	28	32	36	48	3 dribble L, B and spin		7	9	11
22	Forward & back strong	24	28	32	36	49	Two ball 3 & back		1	2	3
23	Forward & back weak	24	28	32	36	50	2 ball circles			5	13
24	X-Overs Left - Right	28	32	36	40	51	2 ball reverse legs			5	13
25	One Bounce - Cross Over	28	32	36	40						