

Circuit Workouts

#1

- 5 times clockwise around waist, knees, right knee
- 5 times counter clockwise around waist, knees, left knee
- 5 times figure 8 weave – switch directions
- Figure 8 weave to half court and back
- Make 5 3's

#2

- 5 times clockwise around waist, knees, right knee
- 5 times counter clockwise around waist, knees, left knee
- 5 times figure 8 weave – switch directions
- Figure 8 weave to half court and back
- Make 4 X out layups – pick a finish
- **SWITCH PARTNERS**
- 5 times dribble figure 8 – switch directions
- 5 times two bounce figure 8
- Make 4 three pointers

#3

- 5 times front to back – right hand
- 5 times side to side – right hand
- 5 times side to side – left hand
- 5 times front to back – left hand
- 5 crossovers
- 5 behind the back crossovers
- 5 times between the legs – switch legs
- 5 scissors
- Speed dribble to other end and back
- Make 5 3's
- 5 times dribble figure 8 – switch directions
- 5 times two bounce figure 8
- Speed dribble to other end and back
- Make 2 3's

#4

- 5 times front to back – right hand
- 5 times side to side – right hand
- 5 times side to side – left hand
- 5 times front to back – left hand
- 5 crossovers
- 5 behind the back crossovers
- Make 4 mikan layups
- **SWITCH PARTNERS**
- 5 times straddle
- 5 times blur
- Make 4 reverse mikan layups

#5

- 5 times front to back – right hand
- 5 times side to side – right hand
- 5 times side to side – left hand
- 5 times front to back – left hand
- 5 crossovers
- 5 behind the back crossovers
- 5 times between the legs – switch legs
- 5 scissors
- Make 4 X out layups
- **SWITCH PARTNERS**
- 5 times dribble figure 8 – switch directions
- 5 times two bounce figure 8
- Make 6 three pointers – 2 at wing, 2 at top, 2 at wing

#6

- 5 times front to back – right hand
- 5 times side to side – right hand
- 5 times side to side – left hand
- 5 times front to back – left hand
- 5 crossovers
- 5 behind the back crossovers
- Make 4 mikan layups – no rim
- **SWITCH PARTNERS**
- 2 balls – 5 times front to back – same direction
- 2 balls – 5 times front to back – different direction
- 2 balls – 5 times side to side – same direction
- 2 balls – 5 times side to side – different direction
- Make 4 2 ball miken layups

#7

- 2 ball figure eight – 5 times both ways
- 2 ball 2 bounce – 5 times – alternate balls
- 2 ball 2 bounce – 5 times – both balls
- 2 ball dribble other end and back – same on the way down, alt. on way back
- Straddle 5 times
- Flip 5 times
- Speed dribble to other end and back

#8

- 2 ball figure eight – 5 times both ways
- 2 ball 2 bounce – 5 times – alternate balls
- 2 ball 2 bounce – 5 times – both balls
- 2 ball walk to half court and back
- 2 balls – 5 bounces high, 5 low – 5 times each – together
- 2 balls – 5 bounces high, 5 low – 5 times each – alternate
- 2 ball dribble other end and back – same on the way down, alt. on way back

#9

- 2 balls – 5 times front to back – same direction
- 2 balls – 5 times front to back – different direction
- 2 balls – 5 times side to side – same direction
- 2 balls – 5 times side to side – different direction
- 2 balls – 5 times circle – both directions
- 2 balls – 5 times crossovers
- Make 4 three pointers

#10

- 2 balls – 5 times front to back – same direction
- 2 balls – 5 times front to back – different direction
- 2 balls – 5 times side to side – same direction
- 2 balls – 5 times side to side – different direction
- 2 balls – 5 times circle – both directions
- 2 balls – 5 times crossovers
- Make 8 2 ball miken