

Medicine Ball Exercises

Team Juggle

Russian Twists (1 or 2 leg)

Infinity - Crazy 8's (1 or 2 leg)

Lunge with a Twist

Wood Choppers / Floor to Shelf

Alternate Arm Push-Ups

Squats (1 or 2 leg)

Squat - Jump Throws

(Press or Underhand)

Side Pass or Throw

Basketball Ball-Handling Drills