

PURPLE RAIN

For the week of: 4/28-5/5

Juggling

2min LT/2min RT 4min both

Volleys

Inside & laces 2min x3

Balance Volleys

LT foot: 1min/20sec rest x3

RT foot: 1min/20sec rest x3

Laces Volleys

LT foot: 1min/20sec rest x3

RT foot: 1min/20sec rest x3

The "U" ball move

1min/20sec rest x4

Figure 8

LT foot only: 2 min

RT foot only: 2 min

Both feet: 3 min

EXTRA DRILL

"T" dribbling: Cassandra has a
demo: 5 min total

-Coach PK

Individual Training

For demo please follow:
Kassandra on Instagram
[@vega_idk_vegas](#)

