

PURPLE RAIN

For the week of: 5/5-5/12

Outside/ Inside

1min 20 sec each foot x3

Sole Role

1min 20 sec each foot x3

V-moves (inside/outside)

1min 20 sec/ 20 sec rest x3

Pullback Scissors

1 min 20 sec/ 20 sec rest x3

The "U" ball move

1min 20 sec/ 20sec rest x4

Figure 8

LT foot only: 2 min

RT foot only: 2 min

Both feet: 3 min

EXTRA DRILL

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

-Coach PK

Individual Training

For demo please follow:
Kassandra on Instagram
[@vega_idk_vegas](https://www.instagram.com/vega_idk_vegas)

