
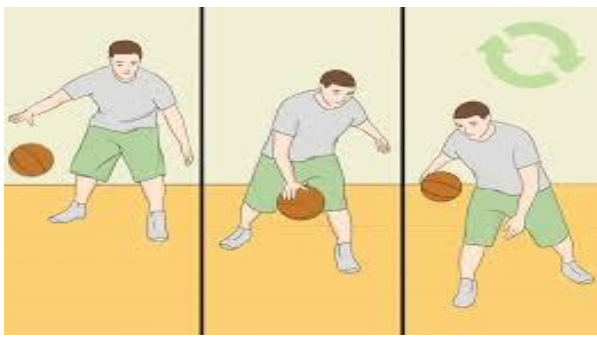

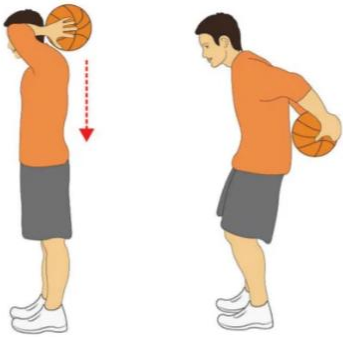


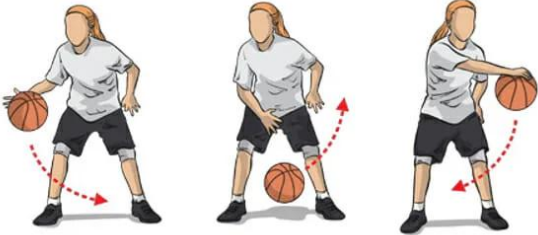
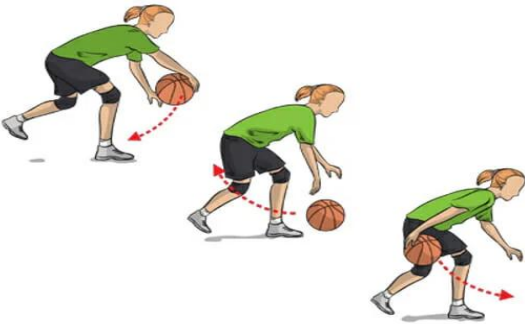


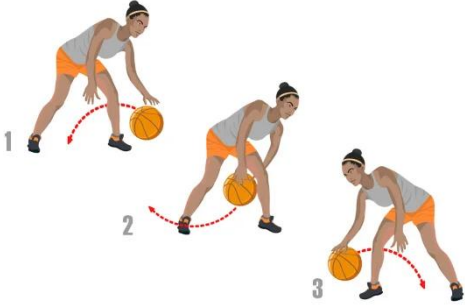


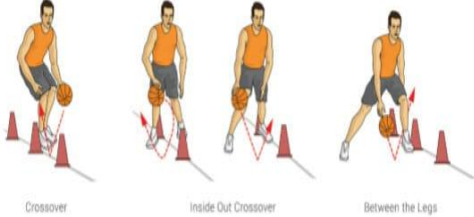


BASKETBALL PROGRAMME

Ball Handling

<p>1. Around the World</p> 	<p>2. Around One Leg (Pass/ Dribble)</p> 
<p>3. Ball Catches</p> 	<p>4. Ball Catches (Overhead)</p> 
<p>5. One Handed Dribbling (Waist Height)</p> 	<p>6. Crossover (Both Hand)</p> 

<p>7. Crossover (One hand)</p> 	<p>8. Back and Forth Dribble</p> 
<p>9. Through the Legs</p> 	<p>10. Scissor Dribbles (Through Legs Continuous)</p> 
<p>11. Figure 8 (Dribbling)</p> 	<p>12. Behind the Back</p> 
<p>13. Z Dribbles</p> 	<p>14. Dribble Through Cones</p>  <p>Crossover Inside Out Crossover Between the Legs</p>