

NEXT LEVEL DRIBBLING



WORKOUT CALENDAR

- 1 - Commit to making every workout for 30 days.
- 2 - Write in all of your practice and game days.
- 3 - Mark on each day what time you will do the workout.
- 4 - In the box to the right, write in your WHY... do you want to get better?
- 5 - Say your WHY daily before your workout. Make it your mantra. Own it.
- 6 - If you have ANY QUESTIONS EVER, private message RST on Facebook, or email us!

30 Day Focus:
TAKING ON DEFENDERS WITH CONFIDENCE

My WHY:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY 1 PROGRESS TEST	DAY 2 NEXT LEVEL - 1	DAY 3 NEXT LEVEL - 2	DAY 4 NEXT LEVEL - 1	DAY 5 NEXT LEVEL - 2	DAY 6 NEXT LEVEL - 3	DAY 7 REST DAY
DAY 8 NEXT LEVEL - 4	DAY 9 NEXT LEVEL - 3	DAY 10 NEXT LEVEL - 4	DAY 11 NEXT LEVEL - 5	DAY 12 NEXT LEVEL - 6	DAY 13 NEXT LEVEL - 5	DAY 14 REST DAY
DAY 15 NEXT LEVEL - 6	DAY 16 NEXT LEVEL - 7	DAY 17 NEXT LEVEL - 8	DAY 18 NEXT LEVEL - 7	DAY 19 NEXT LEVEL - 8	DAY 20 NEXT LEVEL - 9	DAY 21 REST DAY
DAY 22 NEXT LEVEL - 10	DAY 23 NEXT LEVEL - 9	DAY 24 NEXT LEVEL - 10	DAY 25 NEXT LEVEL - 11	DAY 26 NEXT LEVEL - 12	DAY 27 NEXT LEVEL - 11	DAY 28 REST DAY
DAY 29 NEXT LEVEL - 12	DAY 30 PROGRESS TEST	DAY 31 GREAT JOB!	DAY 32 RECOVERY	DAY 33 RECOVERY	DAY 34 SET NEW GOALS!	DAY 35 REST DAY