

## Edge Athletics Virtual Training - Session II

Stationary (20 seconds each hand)

- Pounds (Waist Level)
- Pounds (Above Shoulders)
- Low (Fingertips Only)
- In n Out
- V Dribbles
- \*Bonus - BTB continuous (30 seconds)

Rules:

Feet shoulder width apart  
Knees bent, hips down, butt down  
Hold your stance as long as you can  
Fast, hard dribbles  
Feet facing forward

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Stationary ("15" successful reps)

- 1, cross
- 1, cross, cross
- 1, cross, cross, BTL
- 1, cross, cross, BTL, BTL
- B\*onus - 1, cross, cross, BTL, BTL, BTL

Rules:

Same as part 1  
Quick dribbles  
Wide dribbles  
When dribbling between your legs, take a hard step forward then get back to the position you first started in

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Down and Back

- Cross, cross
- Cross, BTL
- Cross, BTL, BTB
- In n out, BTL, BTB

Rules:

Slow feet, quick hands  
Each drill is down and back  
Stay low, dribble low  
\*Find a rhythm, it helps  
Goal: get as many reps as you can while going down and back

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Intense Dribbling (Zig Zag)

- 1 hard dribble, BTL
- 1 hard dribble, BTB
- 2 hard dribbles, BTL
- 2 hard dribbles, BTB
- 2 hard dribbles, spin
- 2 hard dribbles, fake spin,
- explode back the same way for 1 dribble spin
- Free Style

Rules:

Go as fast as you can  
Hips down, stay low  
Hard dribbles  
Get as much space as you can when zig-zagging  
Change direction, use shoulders to change your angle

Key: "1" - Straight down dribble

BTL - Between the legs

BTB - Behind the back

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### Form Shooting

- One hand, one step
- One hand, placement hand off the ball
- One hand, palm of placement hand on the ball
- One hand, on the ball, off the ball, shoot
- Placement hand on the ball, off the ball on release

### Rules:

- Maintain space between palm and ball
  - Place ball with seams across
  - Shooting finger in center of ball, on seam
  - Maintain "3L" position
  - Full extension, double bounce, after shot
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### Cross Step Series 5

- 2 Dribbles Forward
- 2 Dribbles Center
- 2 Dribbles back
- 3 Dribbles change direction
- 3 Dribbles double step back

### Rules:

- First step is a cross step, left leads right going right
- Second dribble is hardest dribble
- Hips low, shoulders forward
- Get space pushing defender forward
- End each sequence with motion to shoot
- Dribble back to start point and repeat.

### Most Important Rules:

- Have some fun
- Get Better