

Edge Athletics Virtual Training - Session III

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

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

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

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

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

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.

Split Leg Drop Series 5

- 1 Dribble right leg
- 1 Dribble left leg
- 2 Dribble between
- 1 Dribble between
- 1 Dribble between x 2

C4 Series

- C1, Simple C
- C2, C1, pull with opposite hand
- C3, C2, between legs
- C4, C3, behind the back with a push forward

Rules:

Exaggerate the C (also known as in out)
Body must move from one side to the other
with each C execution.

Most Important Rules:

Have some fun
Get Better