

Edge Athletics Virtual Training - Session XII - Tuesday, June 16 - page 1

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Dribble Timing

- 1 Dribble step
- 1 Dribble float (RH RF, RH LF, LH LF, LH RF)
- 1,2, 3 float (RH RF, LH LF)

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Stationary (20 seconds each hand) - Coach Jordan

- 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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Rhythm Dribbling - Coach Santoro

- Cross, Cross, BTL (R & L)
- Cross Cross, BTL (R & L)
- Cross, Cross BTL (R & L)

Rules:

- Body low to the ground, head up
- Pound the ball hard on each dribble
- Alternate your rhythm
- 1,2,3 - 1 2, 3 - 1, 2 3

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Intense Dribbling (Zig Zag) - Coach Jordan

- 1 hard dribble, BTL & BTB
- 2 hard dribbles, BTL & 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

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Hop Step/Skip Series - Coach Santoro

- Hop Step w/out ball (RL & LL)
- Hop Skip w/o ball (RL & LL)
- Hop Step/Skip w/ball, one dribble R/L
- Hop Step/Skip w/ball, two dribbles R/L

Rules:

- Hop Step is higher and/or wider
- Hop Skip is shorter
- Dribble first, Step/Skip into shot
- Second Dribble is a hard pound

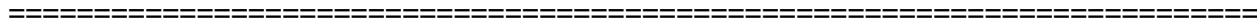
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Cross Step Series 5 - Coach Jordan

- 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.



Shooting - Coach Santoro

- Form Shooting - One hand, one step
- Snap Flop and Relax
- Perimeter shots
- Spin out, catch and shoot

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



Split Leg Drop Series 5 - Coach Jordan

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



Most Important Rules:

Have some fun
Get Better