

Edge Athletics Training - Session XIV - Thursday, June 18 - page 1

Stationary Ball Warmup

- Ball Slaps (in, extended out, up, jump)
- Around back (reverse)
- Figure 8's (reverse)
- Drop and catch

Rules:

Level 1, 2, 3
Slap the ball hard
Working off hand until it hurts

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

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

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

Drop Step and Back Pivot Series - Coach Petruzzelli

- Block to Block (10 reps)
- Toss up, Block to Block w/fake to middle (10 reps)
- Toss up, Block to Block w/double fake (10 reps)
- Spin out, Step out, pivot, S&G
- Spin out, Step out, reverse pivot (L), S&G
- Spin out, Step out, back pivot (R), S&G
- Bonus

Rules:

S&G - Sweep and Go
Pound the ball hard
Sell the fakes
Jump, pop the ball, and rip

C4 Series - Coach Santoro

- 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.

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.

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

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