

## Edge Athletics Training - Session XIV - Tuesday, June 23 - page 1

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### 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

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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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### 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

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### 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.

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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.

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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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### 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
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#### Most Important Rules:

Have some fun  
Get Better