

EGT Dribbling 2.0

Future Pro - Off-Season

Workout #1

- Stationary pounds – knee level
- Rapid fire - ankle level
- Front v-dribble
- Side v-dribble
- Ankle dribble – continuous front then side v-dribble
- Mini-circle dribbles (in front, alternate clockwise and counter-clockwise)
- Figure 8 - low dribbles
- Pound crossovers - knee high
- Crossovers – below knee level
- Pound inside-out
- Line pounds – north to south
- Pound behind cross
- Inside-out behind
To halfcourt
- Cross steps (between the legs zig-zag) – zig-zag, pound between the legs (cross-step with inside foot to dribble under inside leg)
- Zig-zag pullbacks – 2 dribbles forward, 2 retreat dribbles, change of direction move (cross, between, behind)

Workout #2

- Stationary pounds
- Rapid fire
- Mini-circle
- Pound UTEP two-steps (pound between cross)
- UTEP two-steps (between cross)

- Stationary dribble jabs (side jab, inside foot)
- Cross jabs – front jab, inside foot
- Pushouts – pound, mini inside-out and jab with outside foot
- Same-foot stops – same-time dribble and outside foot lunge (like dead-leg move)
To halfcourt
- Stops and starts – explode forward, stop (dribble alive), continue to halfcourt
- Running dribble jabs – side jabs to halfcourt
- Dribble move jabs – to halfcourt, make a move (e.g. crossover), jab with opposite foot
- Dribble same-foot stop change directions (behind the back zig-zag) – zig-zag moves, pound pound behind, outside foot lunges ahead (creating space to go behind), not a cross-step with the inside foot

Workout #3

- Stationary pound
- Rapid fire
- Mini-circle
- Pound between (stationary)
- Pound UTEP two-steps
- Behind cross
- 4-dribble combo – inside-out cross between behind
- Inside-out behind
- Behind cross
To halfcourt
- Dribble cross between - pound pound cross between
- Dribble cross behind - pound pound cross behind
- Dribble behind cross - pound pound behind cross

- Cross between
- Between behind
- 4-dribble combo

Workout #4

- Side v-dribble
 - Ankle dribble
 - Between the legs shift – pound between, shift opposite
 - Behind the back shifts – pound behind, shift opposite
 - Crossover shifts – pound, cross, shift opposite
 - Crossover floats – pound, cross, float (shuffle)
 - Between the legs floats – pound, between, float
- To halfcourt
- Slow to fast crossover – zig-zag dribble – sprint forward (pound, pound), slow down, crossover, explode
 - Slow to fast between the legs
 - Slow to fast behind the back
 - Dribble floats – pound, make a move (cross, between or behind), float
 - Dribble move shifts – pound, move, shift opposite

Workout #5

- Low side to side (front v-dribble)
 - Ankle dribble
 - UTEP two-steps – between cross
 - Pound behind cross
 - Behind cross
- To halfcourt
- Pound pound cross between
 - Pound pound behind cross
 - Cross between

- Between behind
- 4-dribble combo
- Cross steps – zig-zag, cross-step with inside foot, between the legs, pound, continue
- Zig-zag pullbacks – cross, between or behind to change directions