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