

EMPIRE VIRTUAL TRAINING WORKOUT - BALL HANDLING



OPEN YOUR CAMERA APP AND POINT IT AT EACH QR CODE TO WATCH COACH KLEIN'S EXAMPLES!

1. POUND DRIBBLE (LEFT)



Stand straight up, dribble one basketball with your **LEFT HAND** as hard as you can. Dribble the ball up to your chest.

Tip: Don't be afraid to mess up.

Duration: 30 seconds.

2. POUND DRIBBLE (RIGHT)



REPEAT with your **RIGHT HAND**. Dribble as hard as you can up to your chest.

Tip: Go hard during this workout, your shoulders should burn!

Duration: 30 seconds.

3. POUND SKIP (LEFT)



Time to move a bit. Pound dribble with **SKIPS**, in a **STATIONARY** position. This is the same dribble motion as 1 & 2. **LEFT HAND POUND** dribble up to your chest as hard as you can while **SKIPPING** in place.

Duration: 30 seconds.

4. POUND SKIP (RIGHT)



REPEAT with your **RIGHT HAND**. **POUND** dribble, up to your chest as hard as you can while **SKIPPING** in place.

Tip: Feel the burn!

Duration: 30 seconds.

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5. CROSSOVERS



CROSSOVERS in front of your body.

Same concept as before: stand straight up, chin up, chest up, **POUND** the **CROSSOVERS** from side to side. **HIP HEIGHT!**

Tip: Why **HIP HEIGHT**? If you dribble **HIP HEIGHT**, you can shoot it, pass it, or continue your dribble to attack. Remember to dribble as hard as you can so the defense won't be able to steal it!

Duration: 30 seconds.

6. POUND RIGHT, STEP RIGHT



Two **POUND** dribbles with your **RIGHT HAND**, take a step with your **RIGHT FOOT** forward and do another **TWO POUND** dribbles with your **SHOULDERS DROPPING** down (dribble stays at hip).

Tip: Changing your height in basketball is key. Remember it's a 1-2 rhythm. Two pound dribbles **STATIONARY**, two dribbles with the **RIGHT FOOT FORWARD** and shoulders down.

Duration: 30 seconds

7. POUND LEFT, STEP LEFT



Switch sides. **LEFT HAND !** Two **POUND** dribbles with the **LEFT HAND** standing straight up, take a step forward with **RIGHT FOOT** and do another two **POUND** dribbles with your shoulders down.

Tip: Remember hard dribbles and change your height!

Duration: 30 seconds

8. POUND RIGHT, STEP RIGHT BETWEEN



Stick with the 1-2 rhythm dribbles. Start the same way as movement dribble. Two hard **POUND** dribbles with your **RIGHT HAND** on the **RIGHT SIDE** of your body, then take a step with your **RIGHT LEG** again, and now **POUND** the ball behind your **RIGHT LEG** two times.

Tip: In your head you should be saying "1-2" each time you perform the dribble moves to stay in **RHYTHM**. So, two hard **POUND** dribbles, take a step on the **SAME SIDE** you're dribbling, and go **BEHIND THE LEG** dribble two times.

Duration: 30 seconds

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9. POUND LEFT, STEP LEFT BETWEEN



Same as 8, switch sides!

LEFT DRIBBLE 1-2 rhythm. Two hard **POUND** dribbles with **LEFT HAND** on the **LEFT SIDE** of your body, take a step with the **LEFT FOOT** and put the ball **BEHIND THE LEFT LEG** two times.

Tip: Remember the "1 2" rhythm with each move.

Duration: 30 seconds

10. POUND RIGHT, STEP LEFT BETWEEN



Time to work on dribbling and moving our **OPPOSITE LEG** now. Same idea as before, two hard **POUND** dribbles with your **RIGHT HAND**, take a step with your **LEFT FOOT** and perform two hard dribbles with your shoulders forward/down keeping the dribble at our hip.

Tip: Remember the "1 2" rhythm with each move.

Duration: 30 seconds

11. POUND LEFT, STEP RIGHT BETWEEN



Same sequence, switch to your **LEFT HAND** dribble and **RIGHT LEG** moving forward.

Tip: Keep working. You're almost done!

Duration: 30 seconds

12. RIGHT POUND, CROSS LEFT STEP



CHALLENGE! Time to work on your Cross Step. Start with your pound dribble again, and then we're going to work on taking a big **CROSS** step with our **OPPOSITE FOOT**. So 2 hard **POUND** dribbles with our **RIGHT HAND**, then take a big step with our **OPPOSITE FOOT** across our body, turning your shoulders, so it looks like you're using your shoulders to **PROTECT THE BALL** and take another two pound dribbles in that position. Then switch.

Tip: Keep your head up, chin up, and the basketball at your hip!

Duration: 30 seconds

