

# MEN'S AND WOMEN'S BASKETBALL SPEED AND AGILITY

## Off court Speed and Agility Work:

Box Agility Drills: cone set up 5 yards apart, read and follow description

**Drill 1:** (1-2-3-4) Sprint around cones, make hard cuts

**Drill 2:** 1-2 Sprint, 2-3 Back Peddle, 3-4 Sprint

**Drill 3:** 1-2 Def Slide RT, 2-3 Sprint, 3-4 Def Slide LT

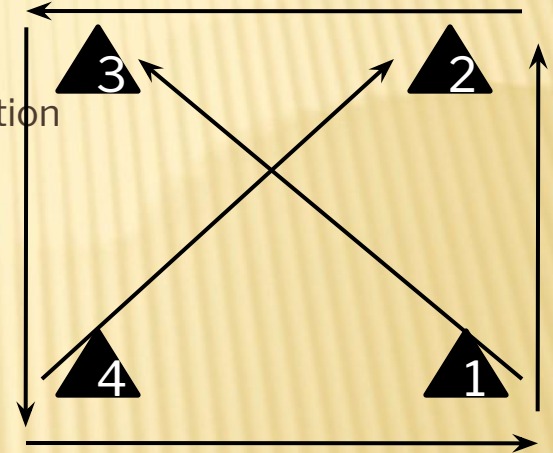
**Drill 4:** 1-2 Sprint, 2-4 Sprint, 4-3 Sprint

**Drill 5:** 1-2 Def Slide RT - 2-3 Sprint, 3-1 Def Slide LT

**Drill 6:** 1-4 Sprint, 4-2 Cariouqe, 2-3 Sprint

**Drill 7:** 1-3 Sprint, 3-4 Sprint, 4-2 Back peddle, 2-1 Def Slide Lt

**Drill 8:** 1-2 Sprint, 2-1 Back peddle, 1-3 Sprint, 3-4 Def Slide Rt



Notes: Train each drill at top speeds working balance and body control on each cut. Emphasize pushing off outside leg when changing direction and dropping hip level. To make more complex put hand down when cutting out of sprints.

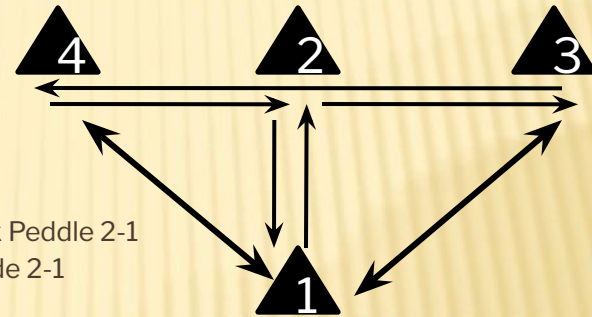
Do 2-3 sets choosing any 4 of the 8 drills. Drills work from basic to complex

# MEN'S AND WOMEN'S BASKETBALL SPEED AND AGILITY

## Off court Speed and Agility Work:

### T-Drill – Cones set up 5yds apart

1. Sprint 1-2, Defensive Slide 2-3, Defensive Slide 3-4, Defensive Slide 4-2, Back Peddle 2-1
2. Closeout 1-2, Defensive Slide 2-3, Sprint 3-4, Back Peddle 4-2, Defensive Slide 2-1
3. Defensive Slide 1-3, Closeout 3-4, Defensive Slide 4-1
4. Sprint 1-2, Defensive Slide 2-3, Sprint 3-1, Closeout 1-4, Back Peddle 4-2, Defensive Slide 2-1



### Super T-Drill – See Cone Set up

1. Sprint 1-5, Jog 5-2, Sprint 2-3-4
2. Sprint 1-2, Sprint 2-5, Sprint with hand up 5-3, Jog 3-4
3. Sprint 1-4, Sprint 4-5, Sprint with hand up 5-3, Jog 3-4
4. Sprint 1-3, Vertical Jump @ 3, Back Peddle 3-2, Sprint 2-1
5. Sprint 1-3, Vertical Jump @ 3, Back Peddle 3-2, Sprint 4-1
6. Sprint 1-5, Carioque 5-2, Sprint 2-3, Sprint 3-5, Back Peddle 5-1
7. Sprint 1-5, Carioque 5-4, Sprint 2-3, Sprint 3-5, Back Peddle 5-1



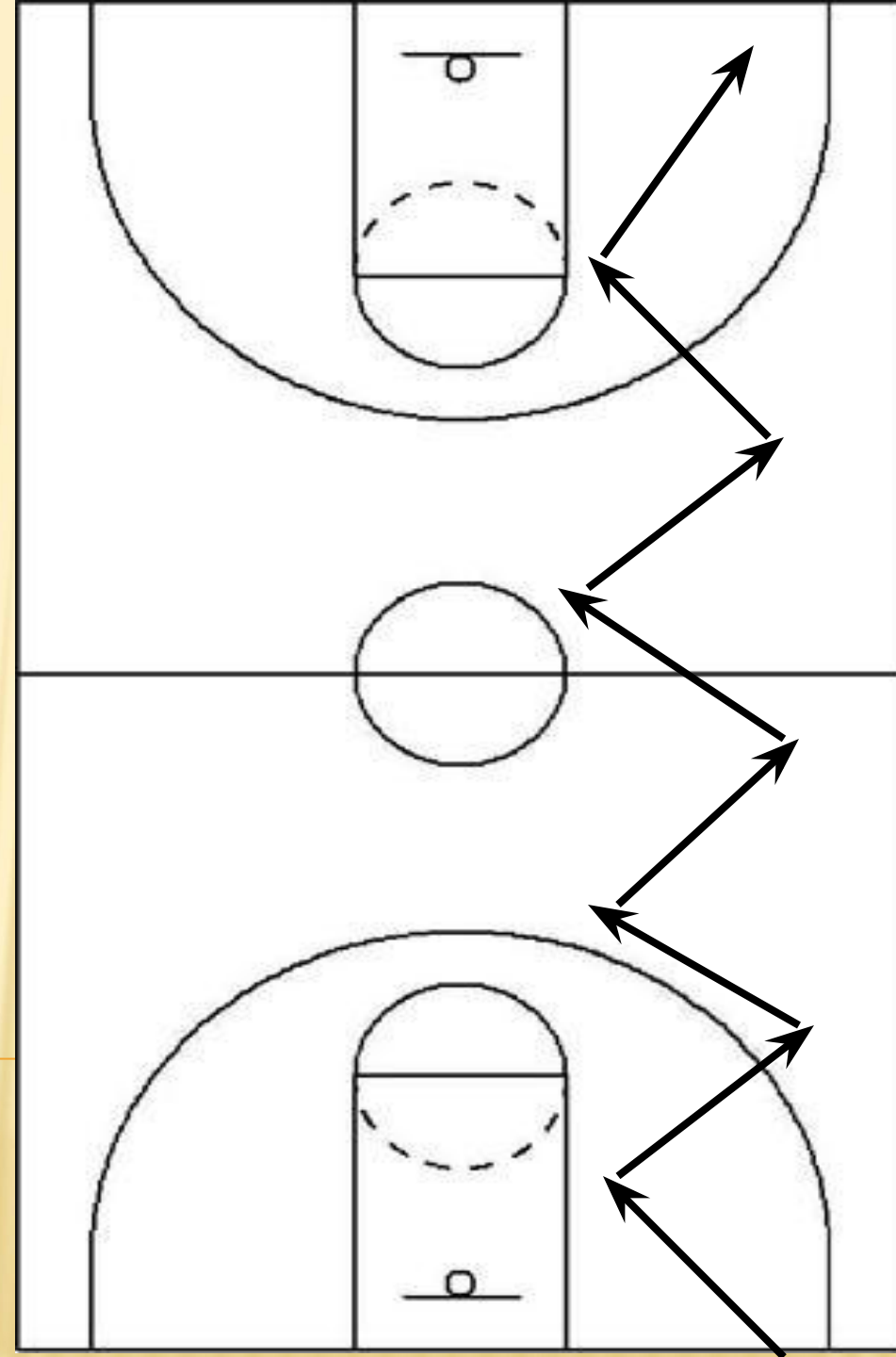
# MEN'S AND WOMEN'S BASKETBALL TECHNIQUE DRILLS.

## DEFENSIVE SLIDE DRILL 1: FORM SLIDES

### Movement Pattern:

Facing the baseline in defensive stance. Perform 3 defensive slide steps at a 45 degree angle to your right. Keep hands out wide and active. After completion of 3 steps open hips and pivot to 45 degree angle going to your left, take 3 more steps. Emphasize hips down, chest up, weight balanced in feet. Feet should not touch during drill, maintain posture. Repeat pattern down the length of the court.

Do 3-5 sets at a slow 1 step/recover pace. Once mechanics and legs are conditioned to cover length of court. Perform 3-5 more sets at top speed, continue emphasis on posture.



# MEN'S AND WOMEN'S BASKETBALL TECHNIQUE DRILLS.

# DEFENSIVE SLIDE DRILL 2

DESIGNED TO PRACTICE DEFENSIVE SLIDE  
MECHANICS AND CONDITION ATHLETE TO STAY IN  
GOOD DEFENSIVE POSTURE DURING FATIGUE

## Movement Pattern:

Start at baseline under the backboard.

## Sprint and close out to A

Slow defensive slide to B touch sideline with foot

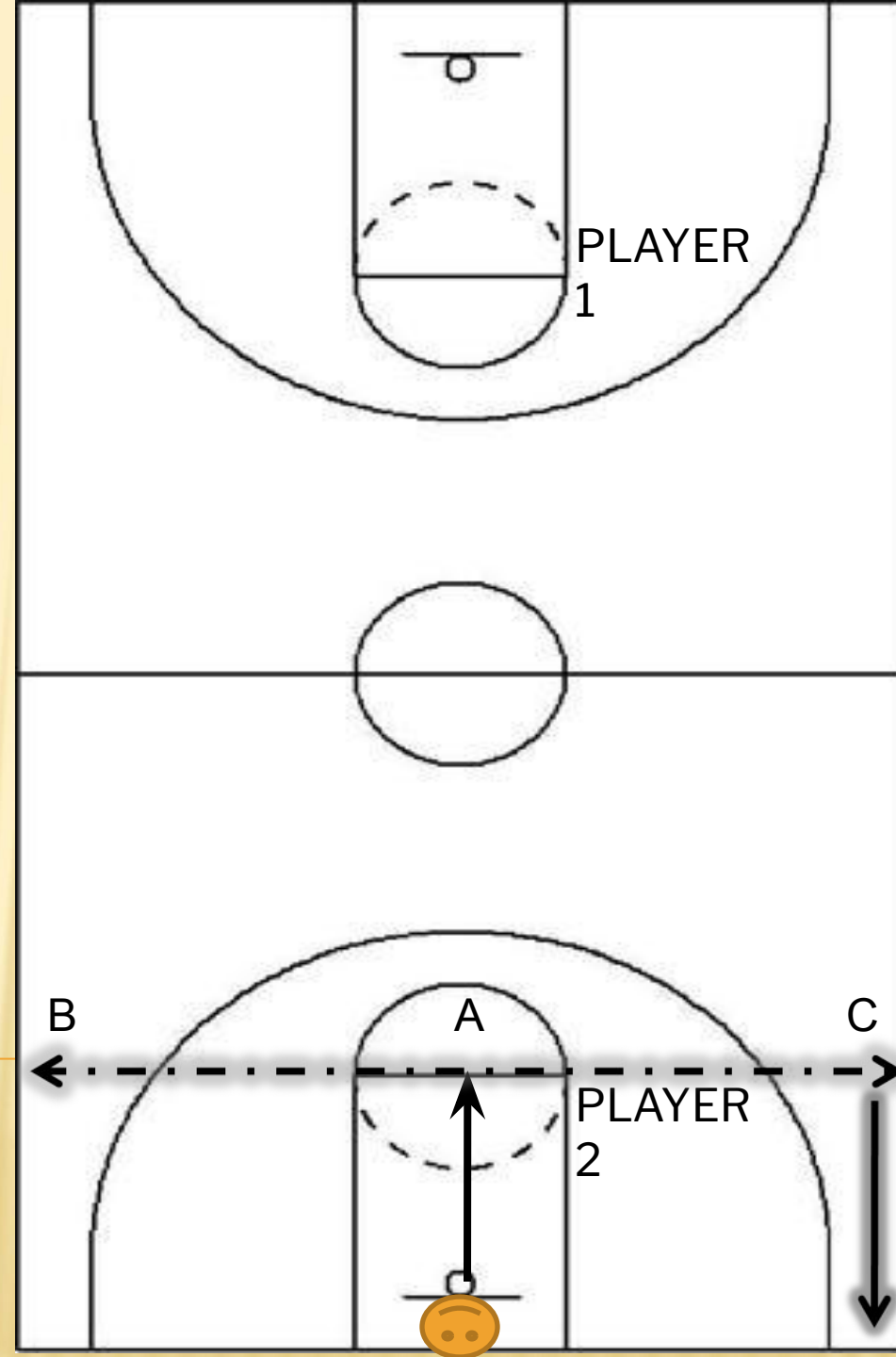
## Slow defensive slide to C

Open hip pivot to foul line and slow defensive slide down the sideline.

## 5 deep squats when you get to the baseline

Notes: emphasize keeping hips low, chest up, active hands throughout entire drill

Do 3-5 sets with 30-60seconds rest between each set.

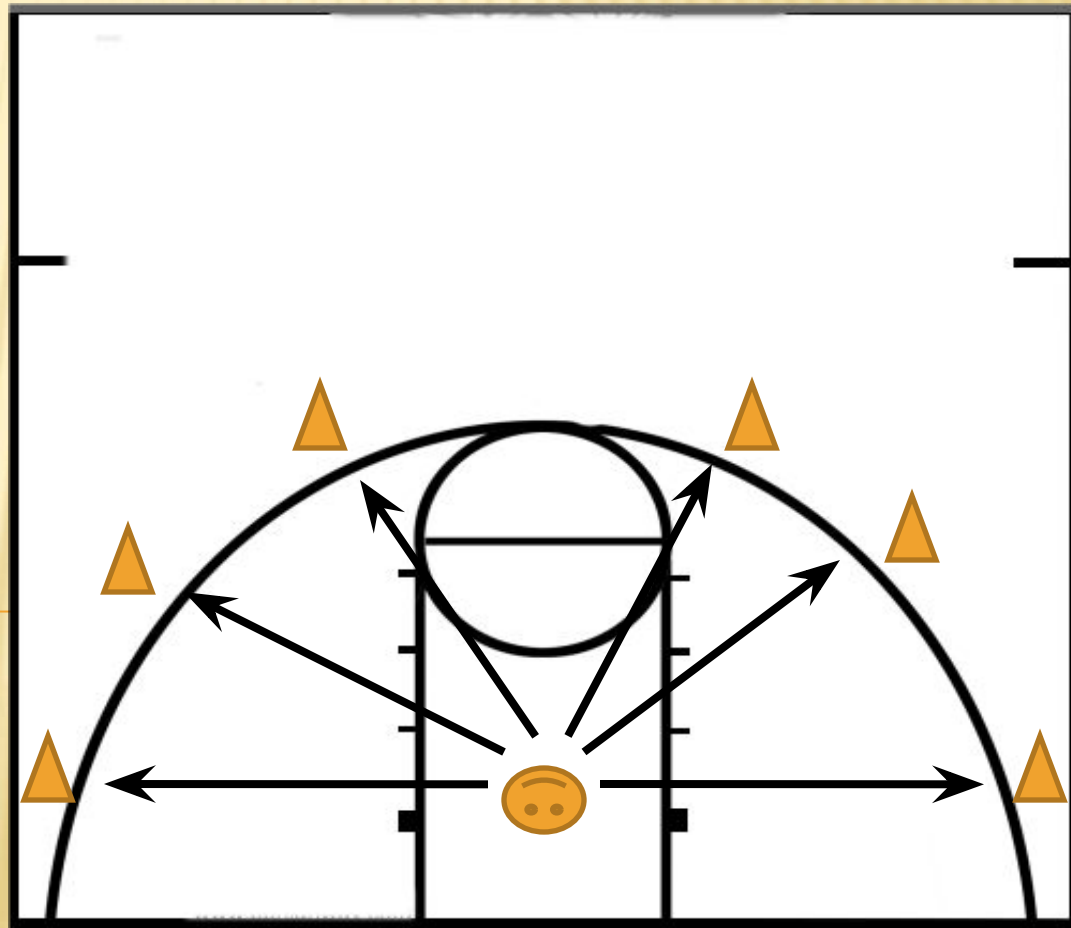


# MEN'S AND WOMEN'S BASKETBALL

## TECHNIQUE DRILLS.

### CLOSE OUT DRILL 1: TRAINING MECHANICS OF CLOSE OUT.

Movement Pattern: Standing in Defensive stance under the rim. Practice closing out to each cone. Get to the cones in 3-4 steps, hips down, hands up at the cone blocking the passing lane, and position yourself to avoid a drive to the middle of the floor.



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS.

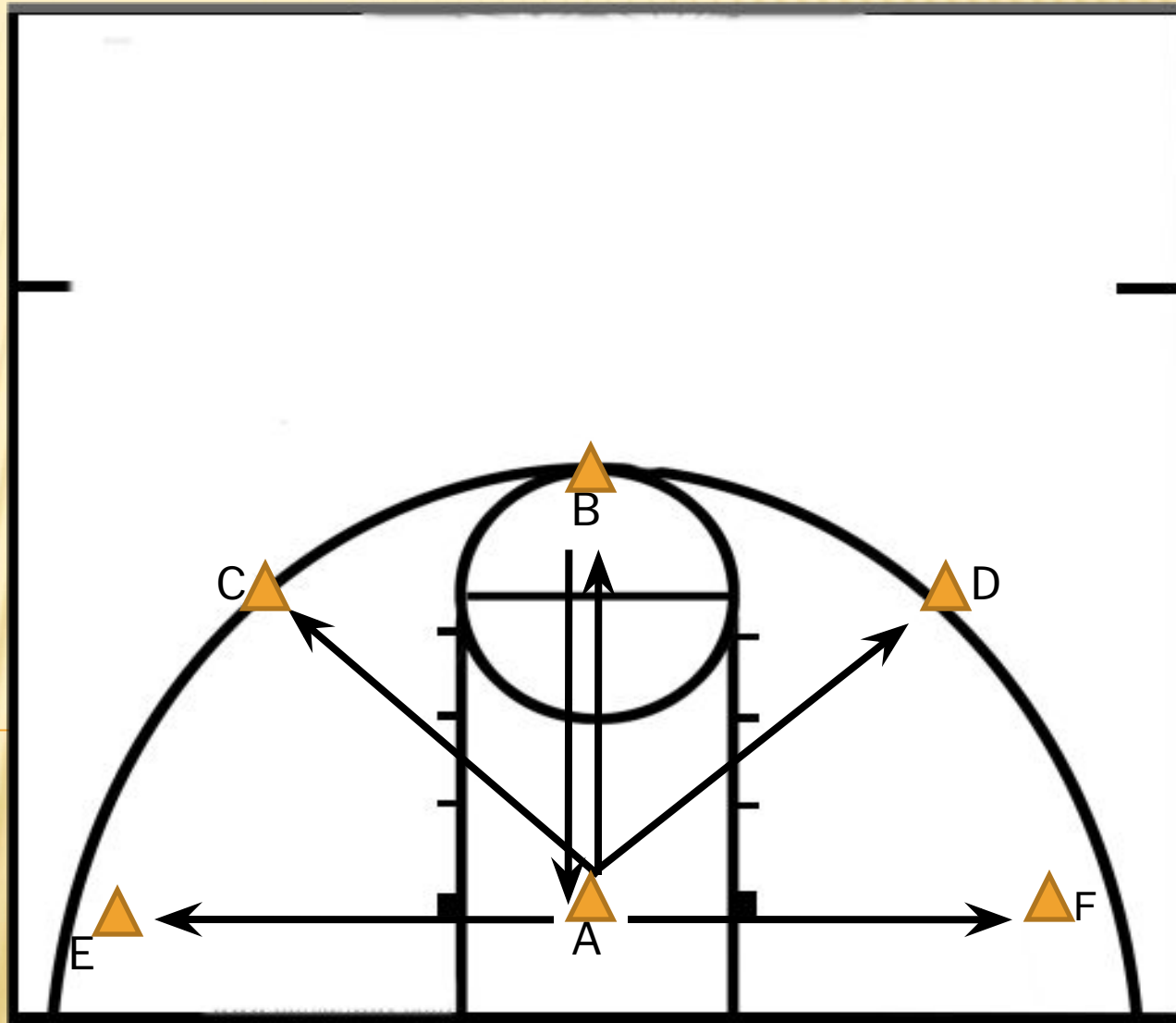
## Close Out Drill 2

Improve close out mechanics  
Improve Sprint Speed  
Improve conditioning

### Sample Movement pattern:

Sprint and Close out A-B  
Jog back to A- Rest 5 sec  
Sprint and Close out A-C  
Jog back to A - Rest 5 sec  
Sprint and Close out A - D  
Jog back to A - Rest 5 sec  
Sprint and Close out A - E  
Jog back to A - Rest 5 sec  
Sprint and Close out A - F

Rest 2 min and repeat 3-5x  
To make more complex shorten rest between runs to make easier lengthen rest  
Between each run. BUT Close out at top speed



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

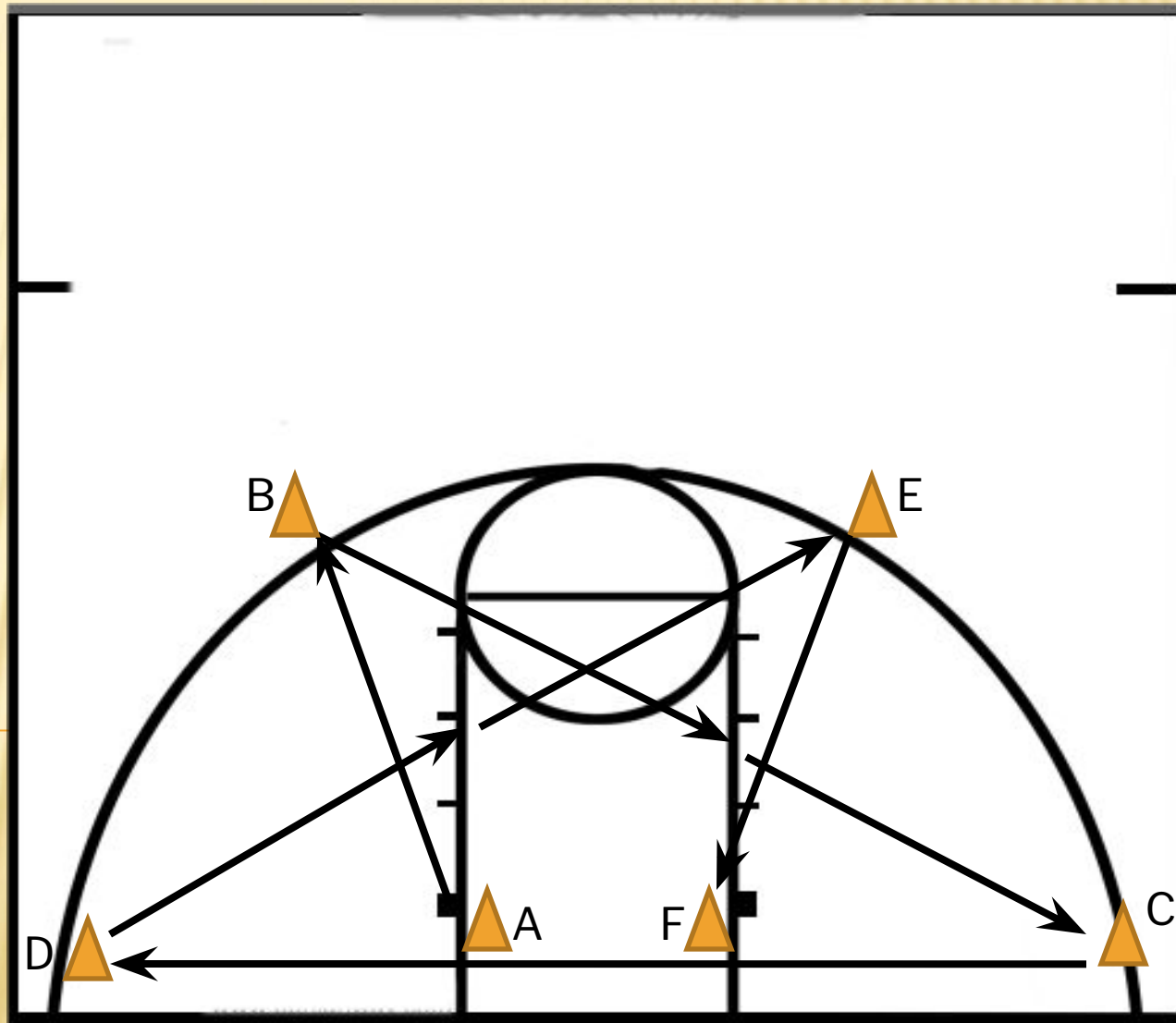
## Close out Drill 3: Star Close Out

Multi directional conditioning designed to improve leg endurance with an emphasis on fundamental defensive mechanics in a fatigued state.

### Movement Pattern:

A-B SPRINT and Close out  
B-C Defensive Slide to lane line turn and close out.  
C-D SPRINT and Close out  
D-E Defensive Slide to lane line turn and Close out  
E-F Sprint and Jump to backboard.

Perform 3-6 sets recording the time to completion for each set.  
Goal is to get to 6 sets and each set within 5 sec of your best time.  
Work : Rest start at 1:4 and work to 1:2



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS

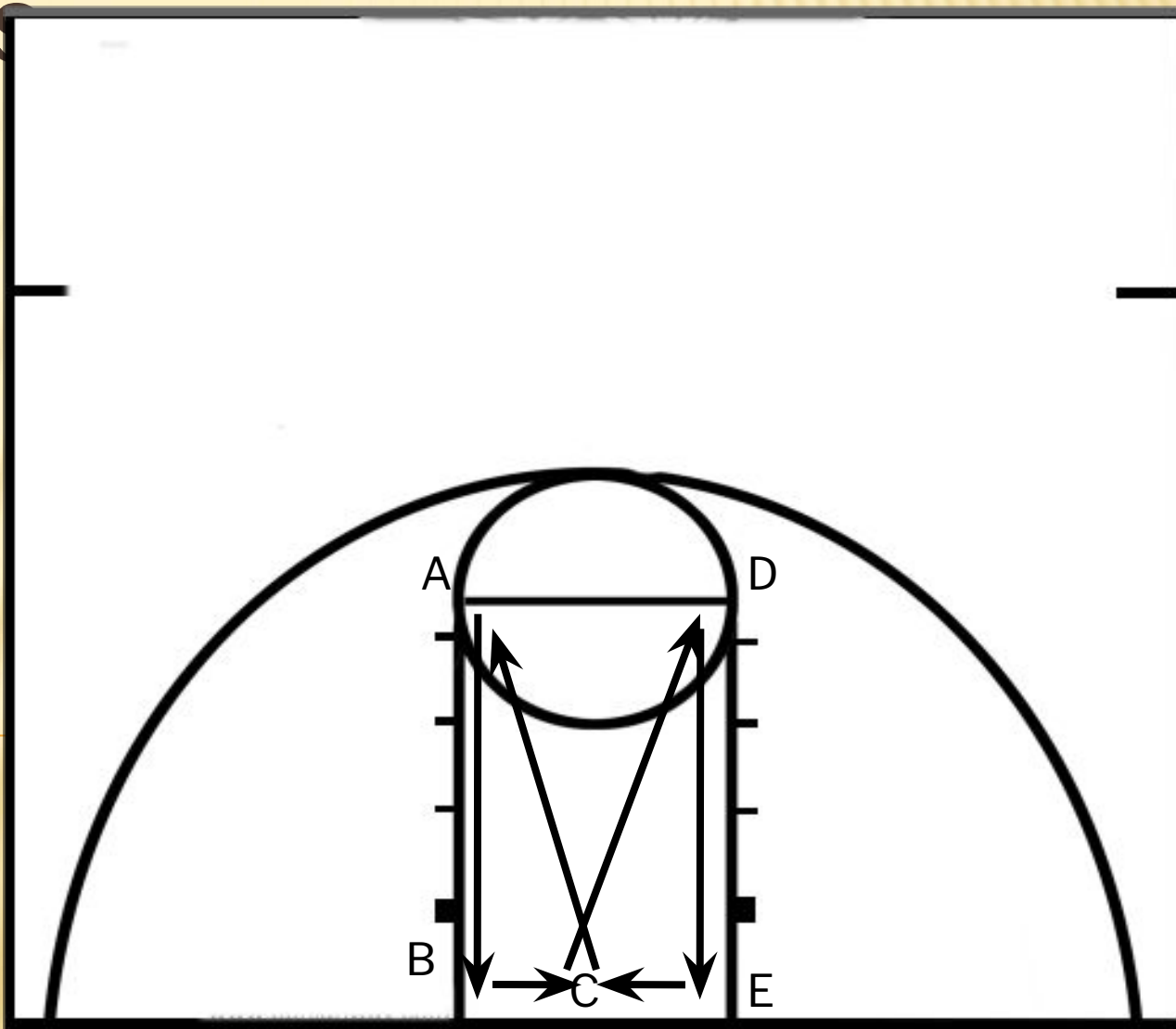
## Close Out Drill 4

To help athlete improve short range sprint speed, and train close out mechanics, improves conditioning

### Sample Movement pattern:

A-B Back Peddle  
B-C SLIDE  
C-D CLOSE OUT  
D-E Back Peddle  
E-C SLIDE  
C-A CLOSE OUT

Go through 4-6x and record your best time  
For each set. To make more complex have  
2 athletes doing the drill at the same time starting at opposite corners of the key.



# MEN'S AND WOMEN'S BASKETBALL TECHNIQUE DRILLS.

## SPRINT CLOSE OUTS: TRAINING SPRINT TO CLOSE OUT MECHANICS DOWN THE COURT

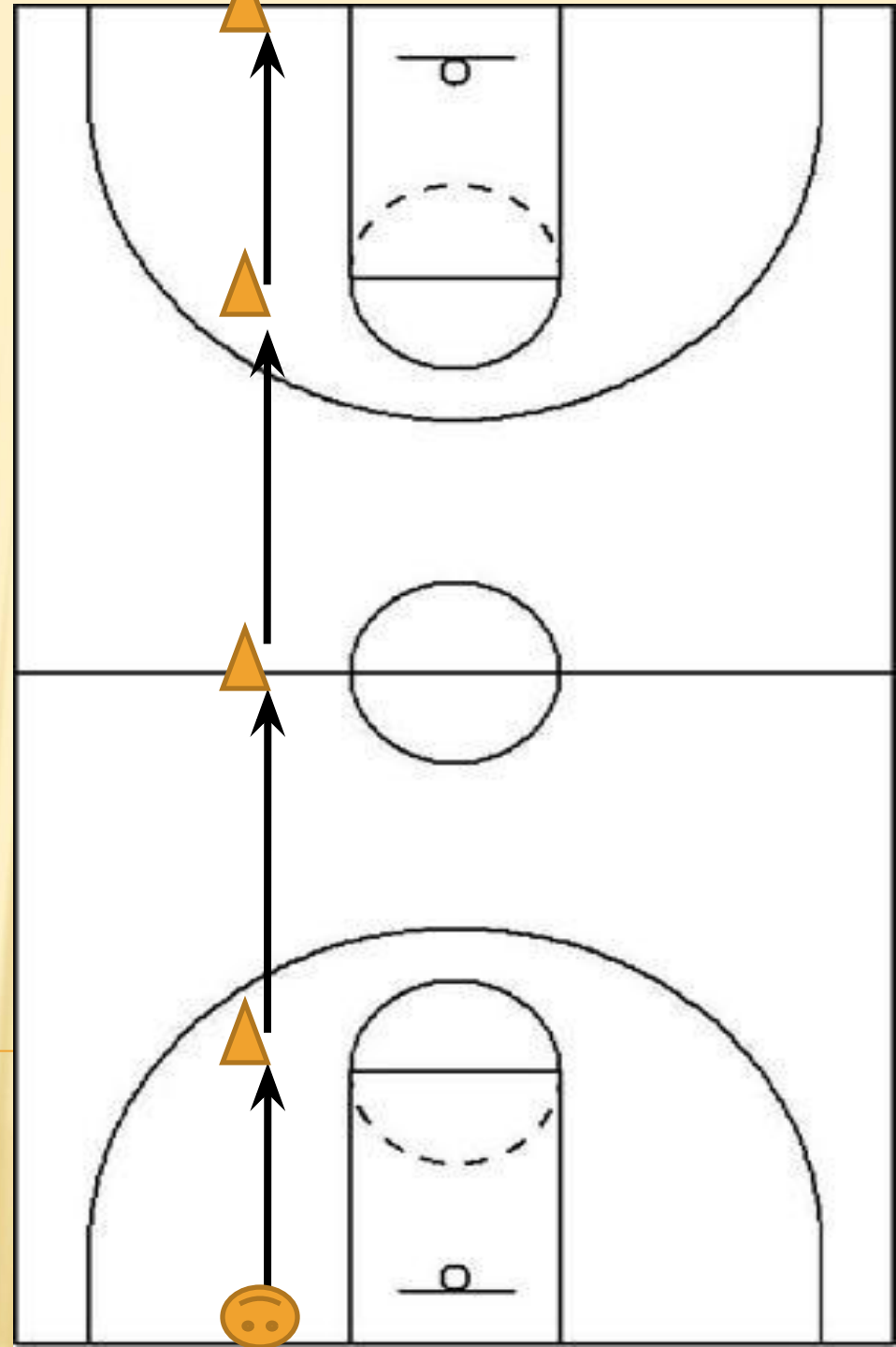
Start on baseline facing sideline in defensive stance.

Turn – Sprint- and close out on first cone.  
After close out, quickly return back to defensive stance facing the sideline.

Turn – Sprint- and close out on 2<sup>nd</sup> cone.  
After close out, quickly return back to defensive stance facing the sideline.

Continue pattern down the length of the court to each cone.

Notes: sprint hard between cones, pay attention to balance when closing out, snap hips back around and quickly get to defensive stance after each close out.  
Do 3-5 sets with 30-60sec rest between each.



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS.

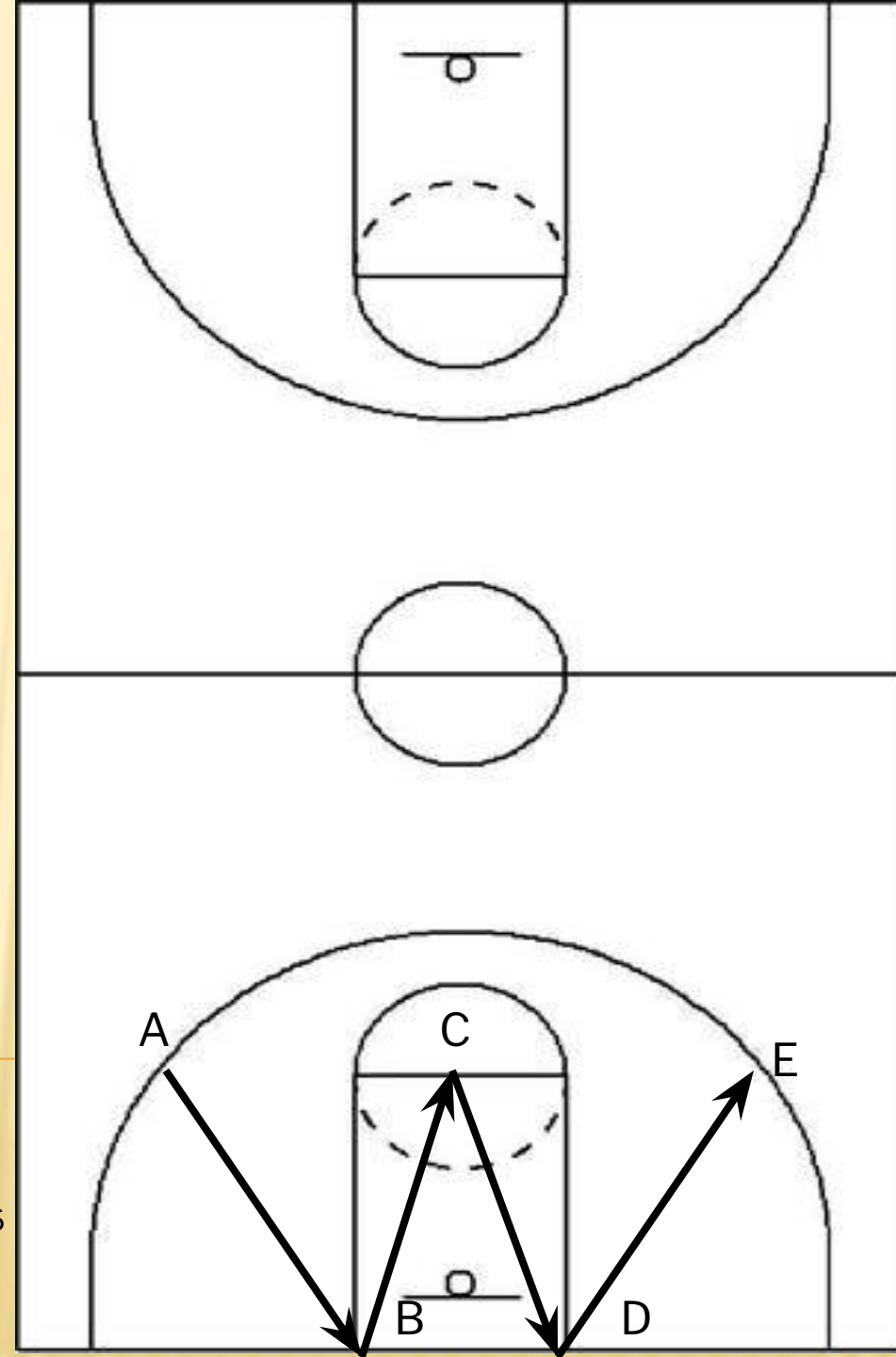
## AGILITY DRILL 1: LITTLE W.

DESIGNED TO IMPROVE SPRINT SPEED, LATERAL QUICKNESS AND CHANGE OF DIRECTION EFFICIENCY WHILE WORKING INSIDE THE 3 POINT LINE. CAN ALSO BE USED AS A CONDITIONING DRILL. ADD IN DRIBBLING A BASKETBALL TO MAKE MORE SPORT SPECIFIC

### Sample Movement Pattern:

Start on the left wing facing the baseline  
Sprint A-B – put inside hand down and  
Sprint B-C- put inside hand down and  
Sprint C-D- put inside hand down and  
Sprint D-E

Perform Drill from both sides  
Change up activities as they get better with directional changes (defensive slides- sprint/back peddle- cariouque/sprint....) Do 4-6 sets of varying movements starting from both sides

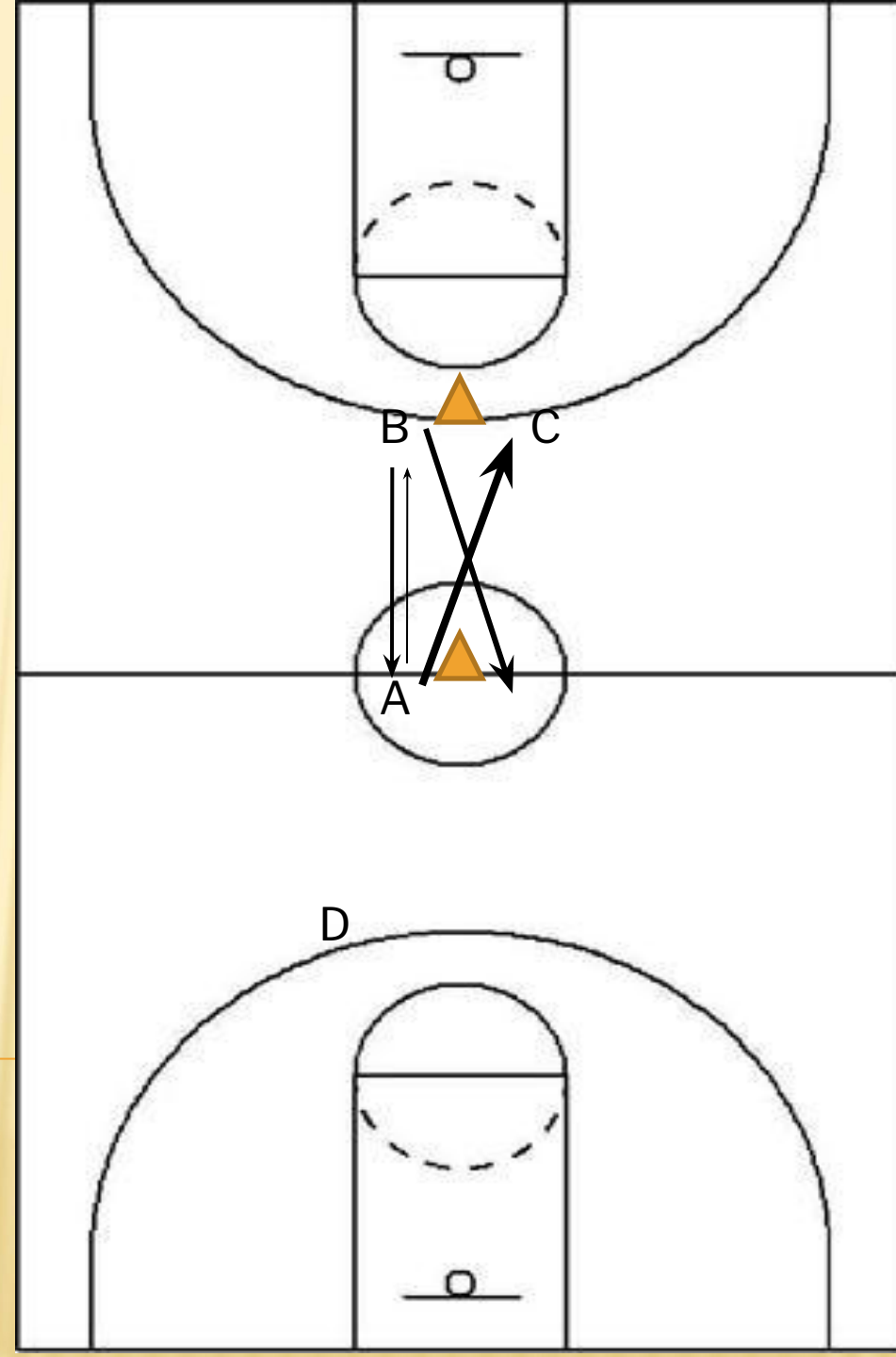


# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS.

**AGILITY DRILL 2: 2 CONE WEAVE DRILL**  
IMPROVE 1 STEP QUICKNESS AND RAPID CHANGE OF DIRECTION AT VARYING SPEEDS. IMPROVE BALANCE AND STABILITY WHEN CHANGING DIRECTIONS. STRICTLY A SPEED DEVELOPMENT DRILL. ADD DRIBBLING A BASKETBALL THROUGH DRILL FOR MORE SPORTS SPECIFIC

## Sample Movement Pattern:

Start at - A  
Sprint - A to B  
Back Peddle - B to A  
Sprint - A to C and around the cone  
Finish run through - D



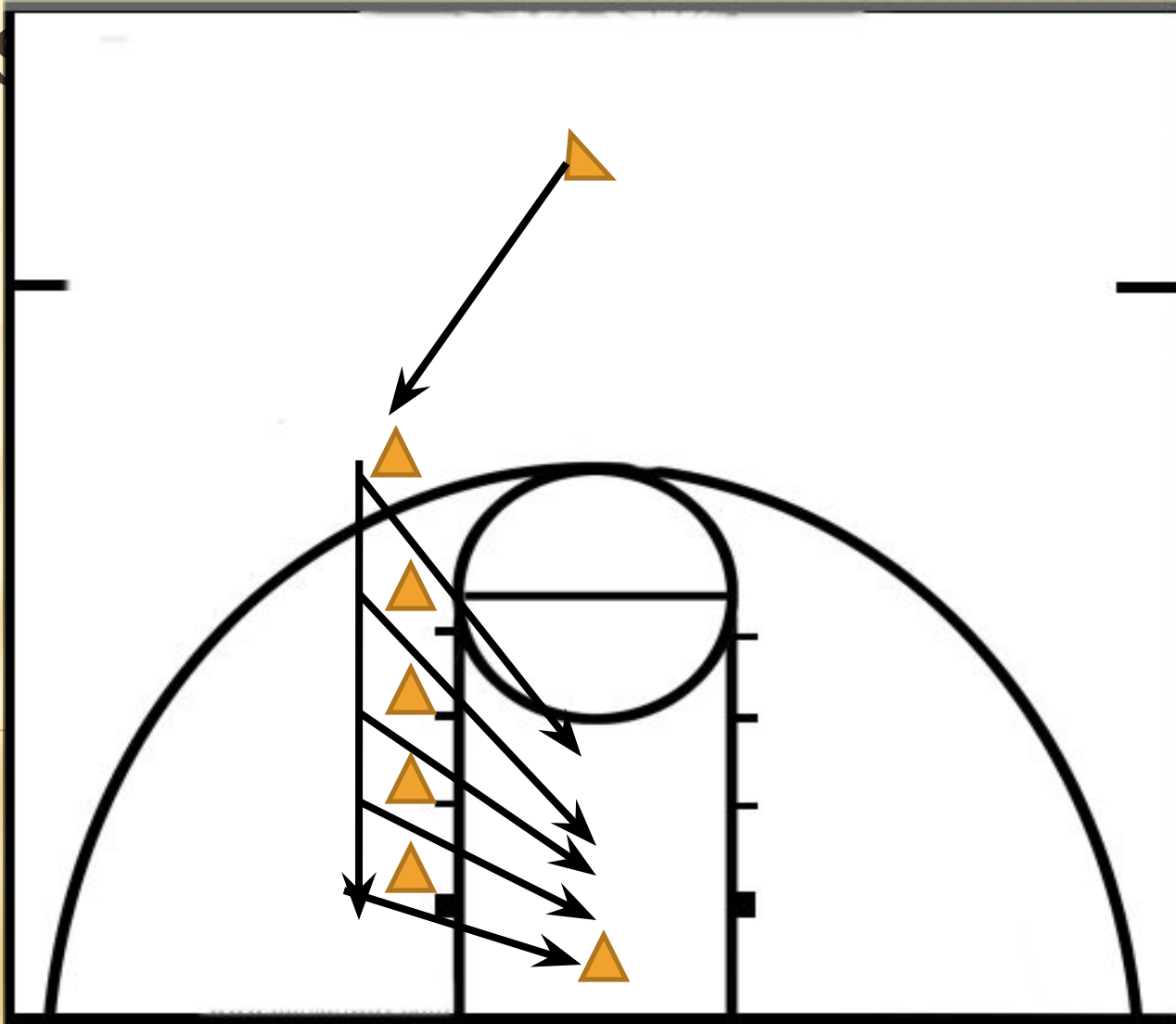
# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS

## Agility Drill 3: Attacking

the rim from the top  
Improve quickness and coordination cutting to the rim

### Movement Pattern:

Start near half court, jog from 1<sup>st</sup> cone to 2<sup>nd</sup> cone. Sprint from 2<sup>nd</sup> cone and choose a lane to cut in always finishing at the rim. Jog back and repeat choosing a different lane each time.



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS.

## **AGILITY DRILL 4 : 3 CONE CUT AND DIVE**

Improve short range quickness, balance and stability in high speed directional changes.  
See training manual for movement patterns

### SAMPLE MOVEMENT PATTERN:

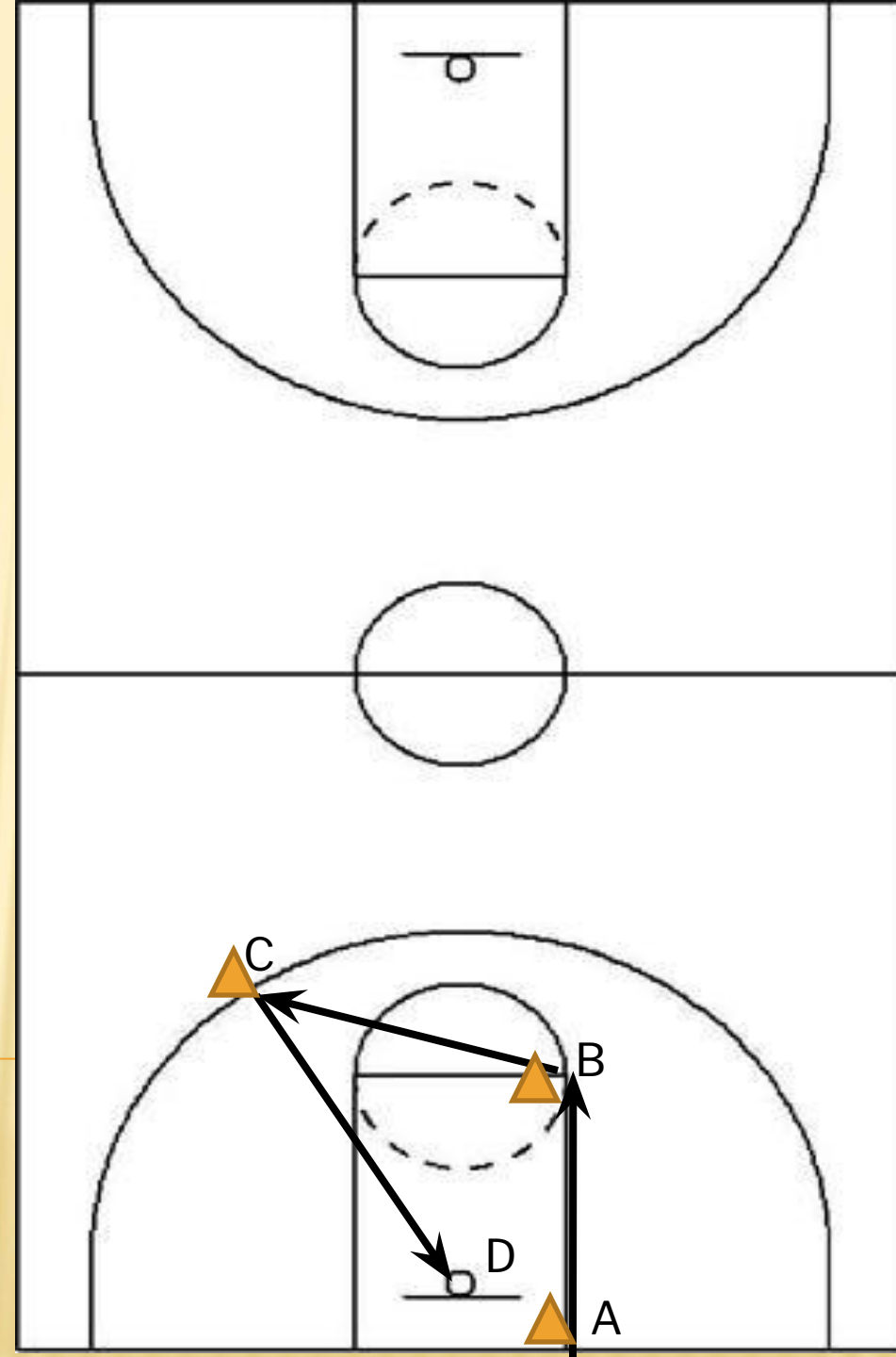
Sprint A-B

Defensive Slide B-C

Inside Pivot and Sprint C-D touch backboard

Go through 4x from each side with 30sec rest

Between each set.



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS

## Agility Drill 5: Zig Zag

Improve quickness in the key

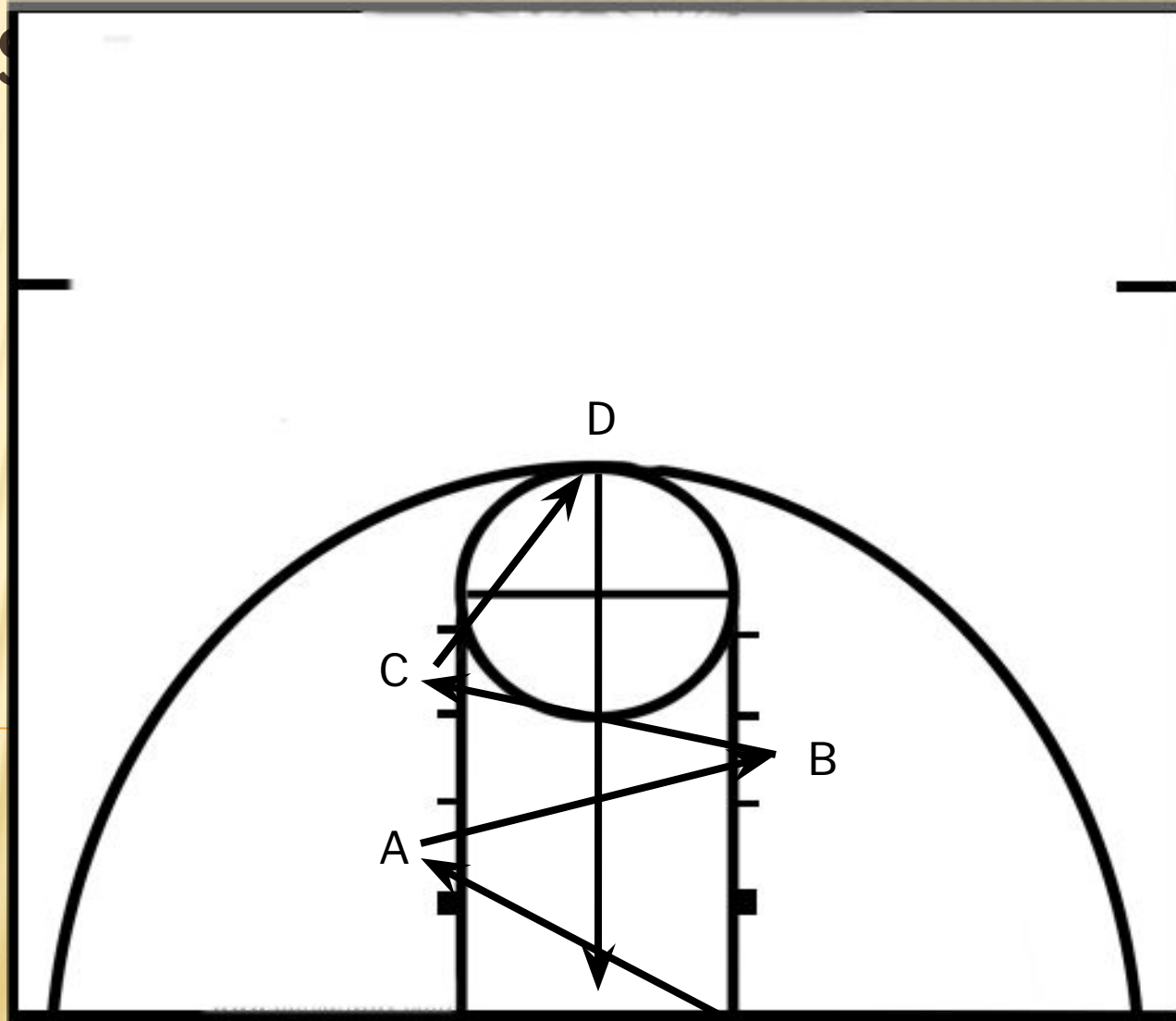
### Movement Pattern:

Start on right side of the key  
At the baseline. Navigate through A-B-C-D with any movement pattern specific to basketball. Sprint from D to the backboard, jump and touch backboard.

### Sample Drill

Defensive Slide facing center court to A  
Sprint to B

Defensive Slide facing center court to C  
Sprint to D and cut hard sprint and touch backboard



# MEN'S AND WOMEN'S BASKETBALL

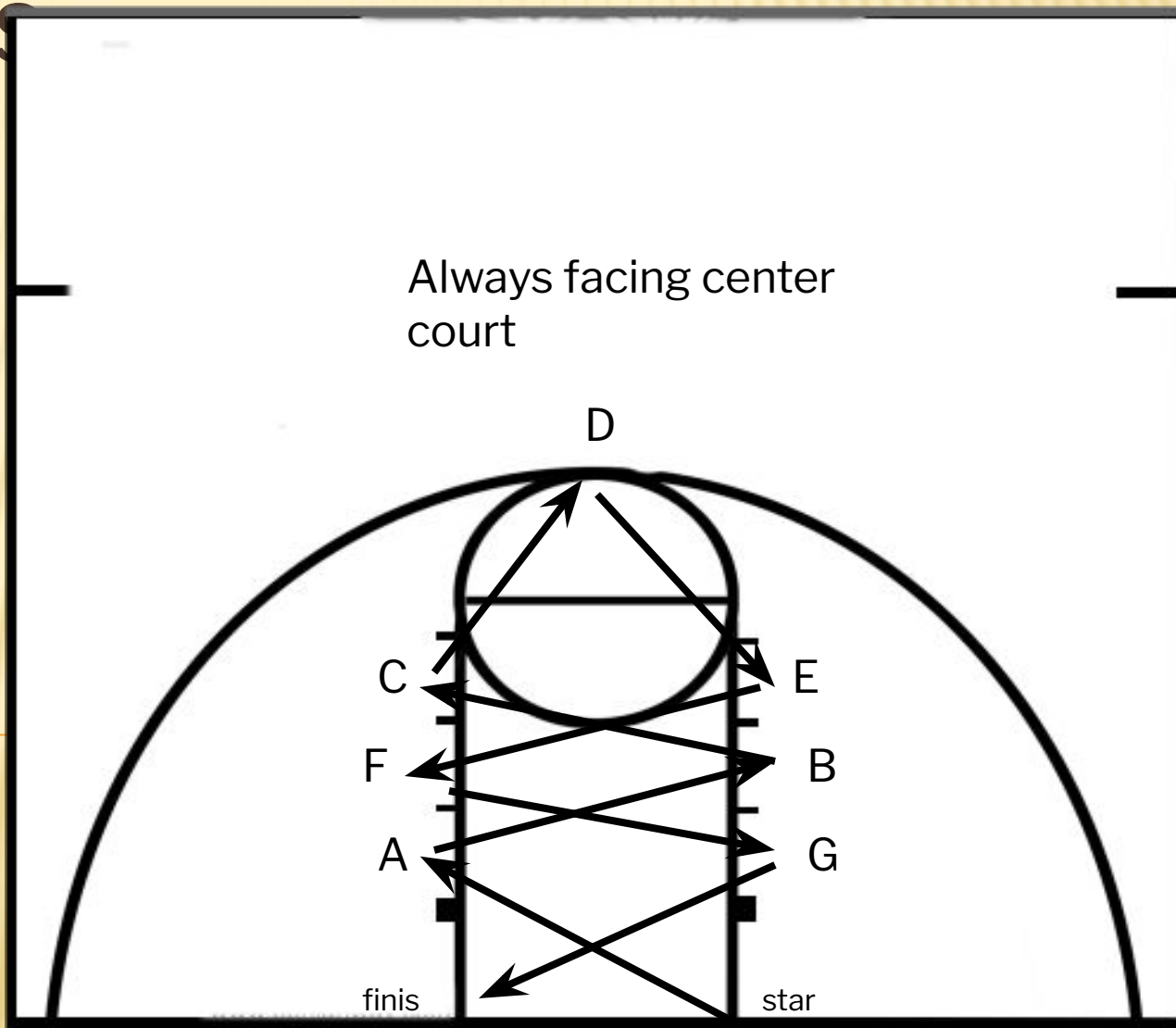
## AGILITY DRILLS

### Agility Drill 6: Super Zig Zag

More complex Drill to improve quickness in the Movement Pattern:

Key:  
Start on right side of the key  
At the baseline. Navigate through A-B-C-D-E-F-G-Finish with any movement pattern specific to basketball.

Sample Drill:  
Defensive slide through drill as fast as you can.



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## X SHUFFLES

IMPROVE LEG ENDURANCE, AND MASTERY OF DEFENSIVE SLIDE TECHNIQUE WHEN LEGS ARE TIRED AND FATIGUED

### Movement Pattern:

A – B Carioque RT

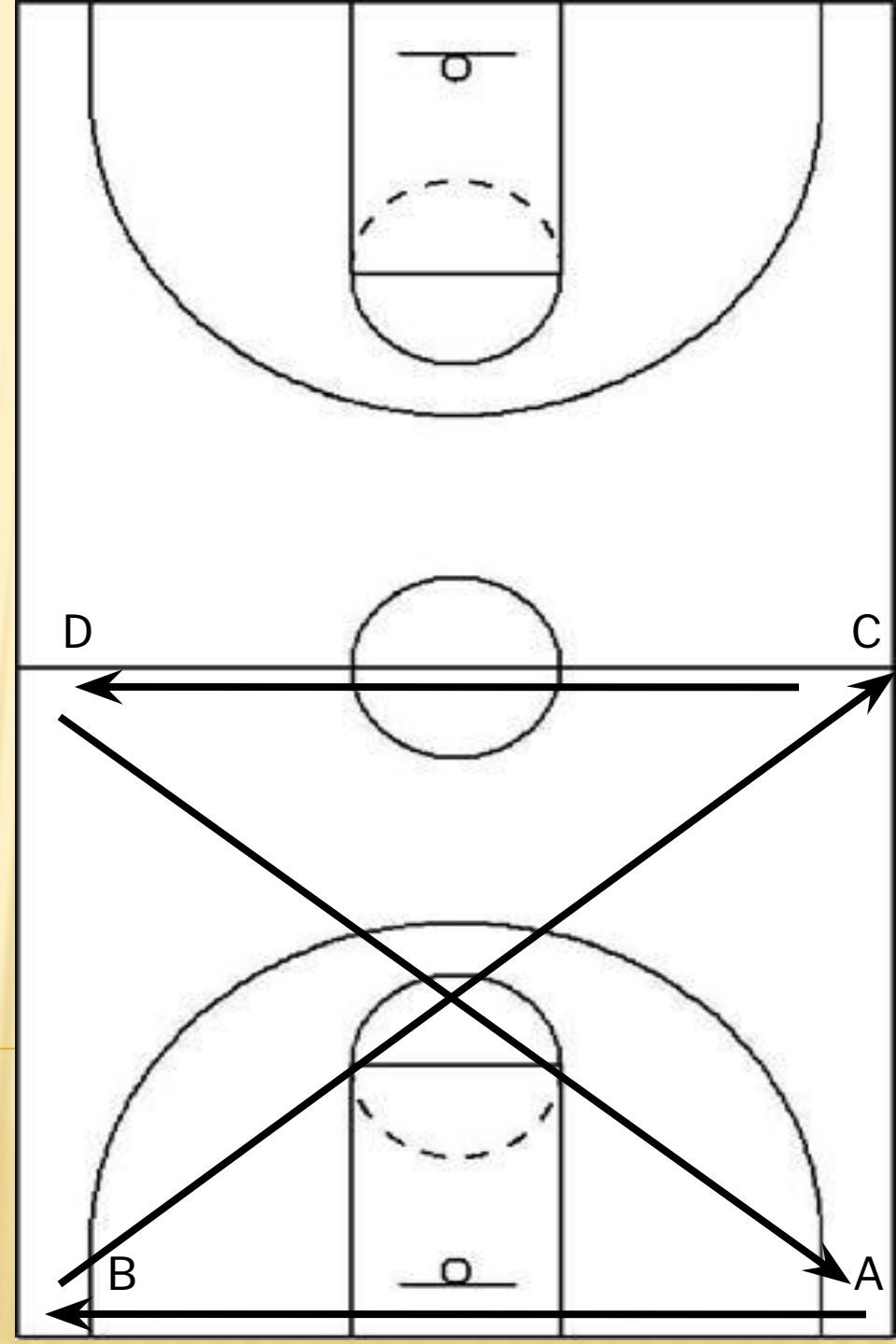
B – C Defensive Slide (keep stance wide)

C – D Carioque LT

D – A Defensive Slide (keep stance wide)

Make a committed effort to keep hips down low, and have active hands similar to how you would use them in a game setting when defensive sliding. Avoid heels making contact.

Do 3-5 sets each one at max speed rest 30-60sec between sets.



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## 22'S

Movement Pattern: 22'S SPRINT ENDURANCE.

Start at A

Sprint down and back 2x and finish at

B

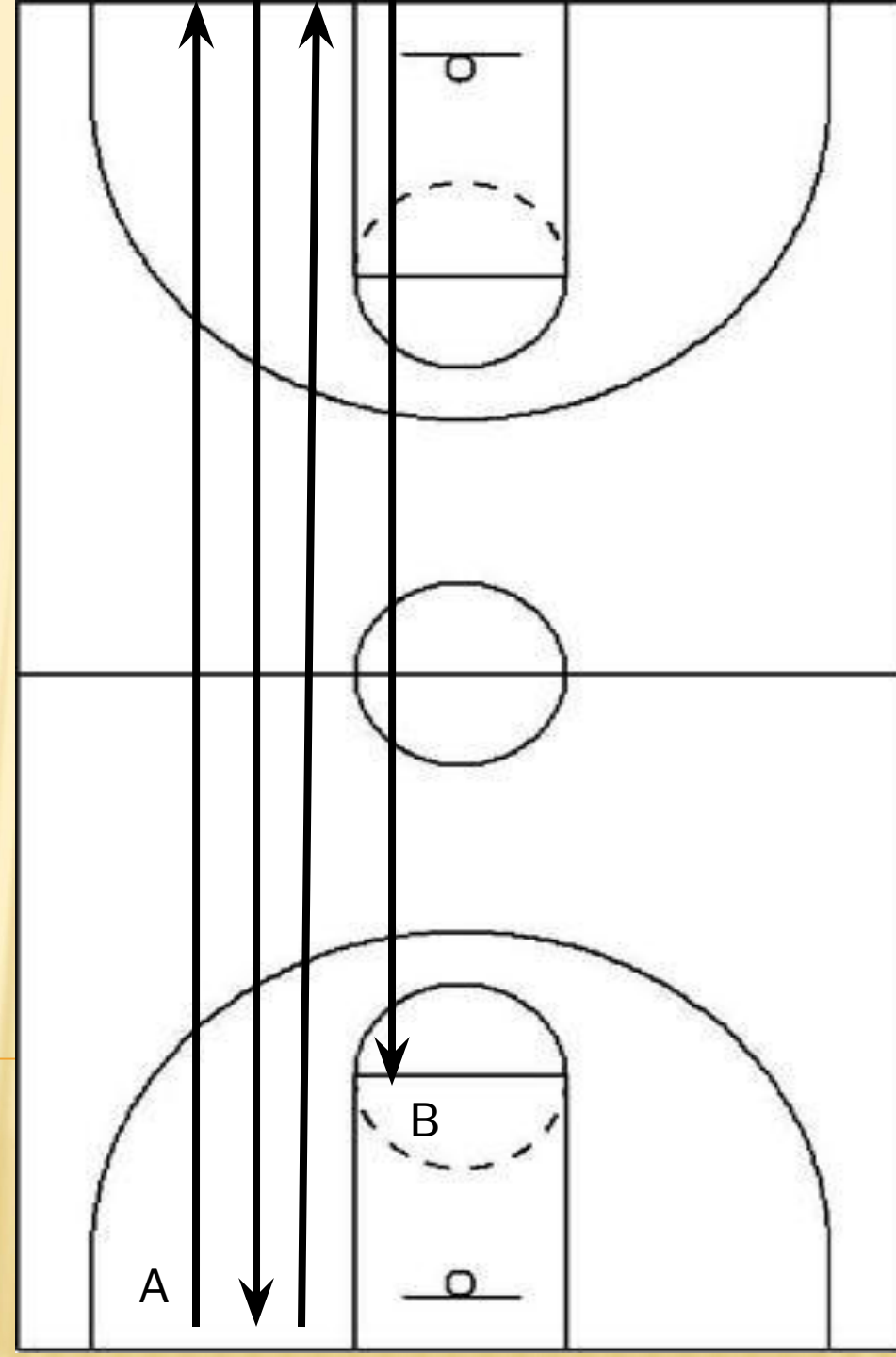
Athlete should complete in 22seconds

Adjust time to team ability and age group

Guards 22

Post 24

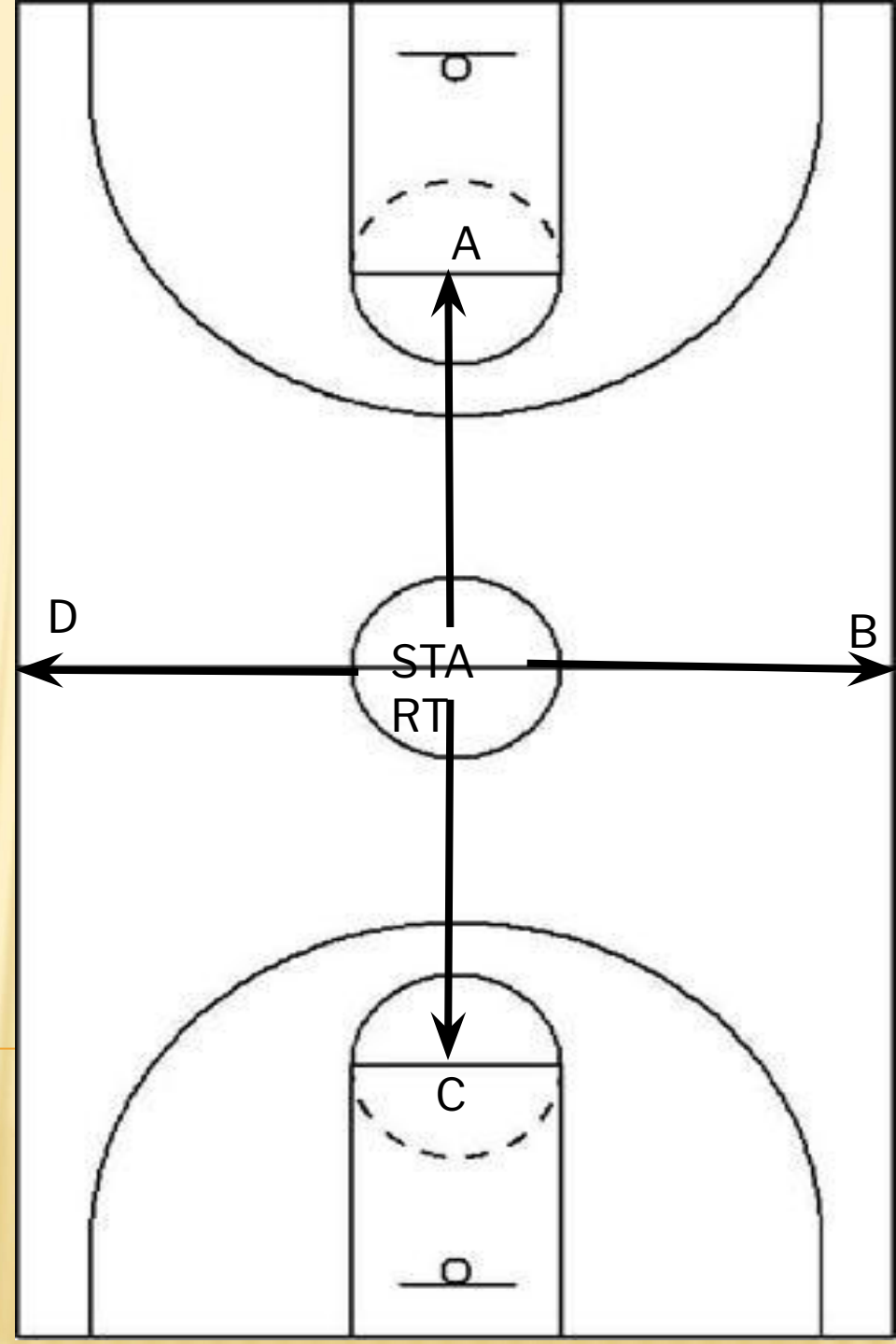
Complete 6-10 sets working down from 1min rest to 30sec rest between each run over several weeks of training



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

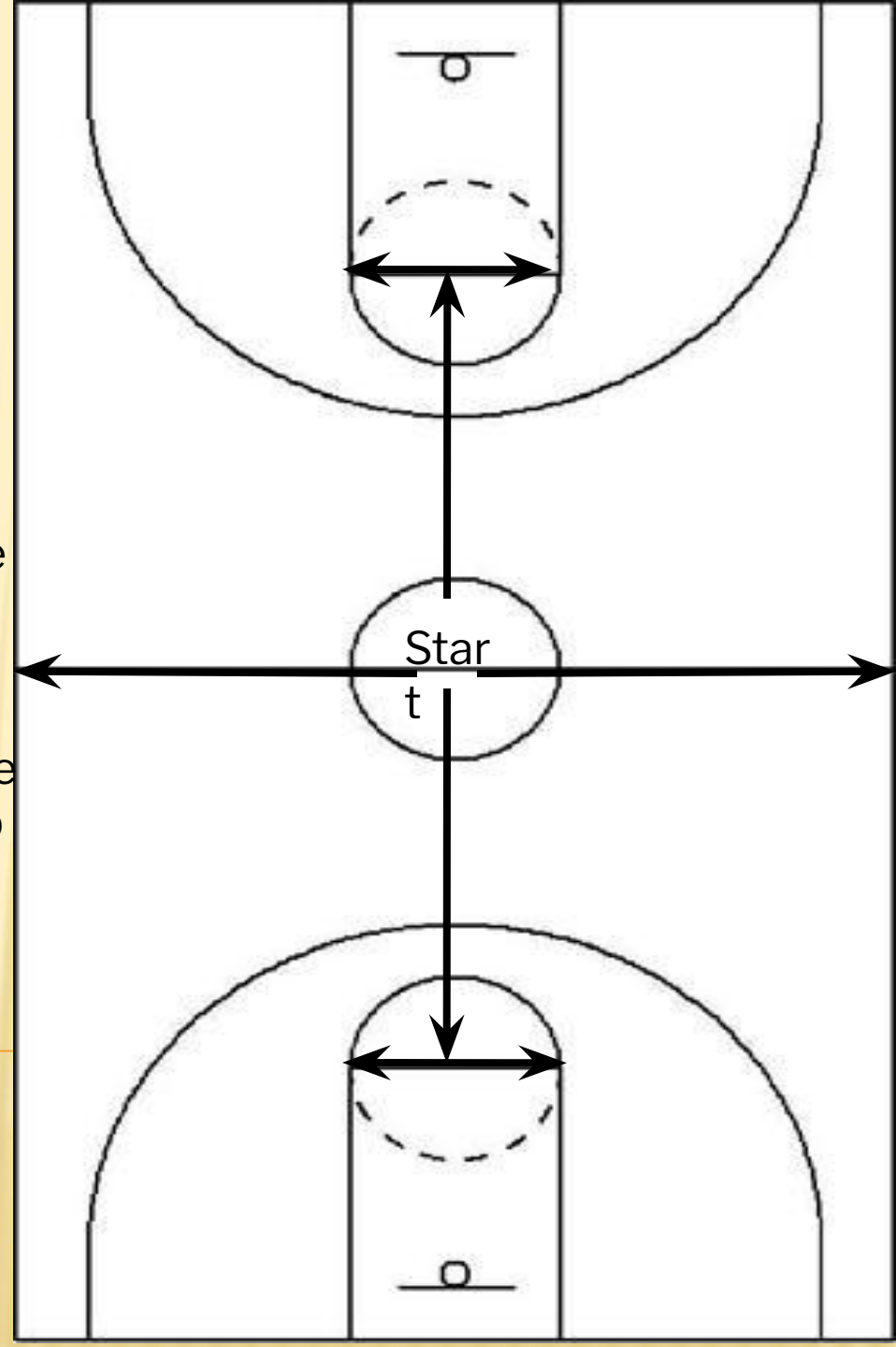
## CROSS DRILL

Start at Center Court, Max Vertical Jump  
On landing sprint forward to "A"  
Touch line with hand, sprint back to START  
Max Vertical Jump – Def Slide to "B"  
Def Slide back to START, Max Vert Jump  
Back Peddle to "C"  
Touch with foot sprint back to START  
Max Vertical Jump Defensive Slide to "D"  
And back to start.



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

**SUPER CROSS DRILL**  
Start at Center Court, Max Vertical Jump  
On landing sprint forward to free throw line  
Defensive slide Rt and left on Free throw line  
Sprint back to center court  
Max Vertical Jump – Def Slide to Rt Sideline  
Sprint back to center court, Max Vert Jump  
Back Peddle to opposite free throw line  
Defensive Slide Rt and Lt  
Sprint back to Center Court Max VJ  
Defensive Slide to Left sideline and Sprint back to center court



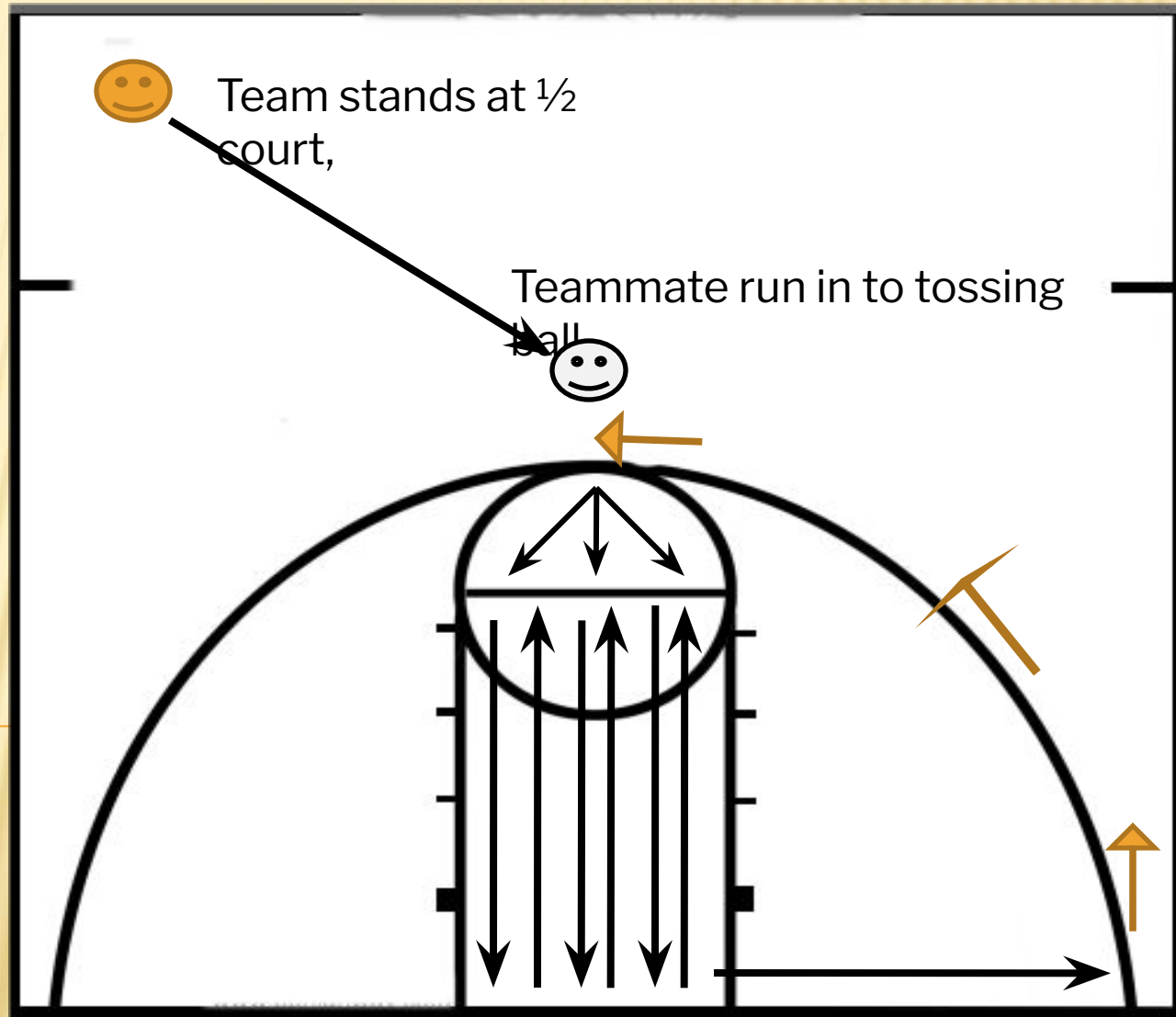
# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## Partner MB Toss in

### The Paint.

Athlete starts on baseline  
Sprint up to free throw line  
Receive Med ball or  
Basket ball from  
Partner, Sprint back to basket working  
3 different positions in the  
Paint. Right- Middle - Left

Team Stands on Half court, one athlete  
at top of the key tossing the ball.  
Athlete tossing the ball replaces athlete  
moving in the paint. Once the athlete in  
the paint finishes last pass, back peddle  
to the baseline - shuffle to 3 point line  
and sprint around trying to beat the first  
pass made to the new athlete in.

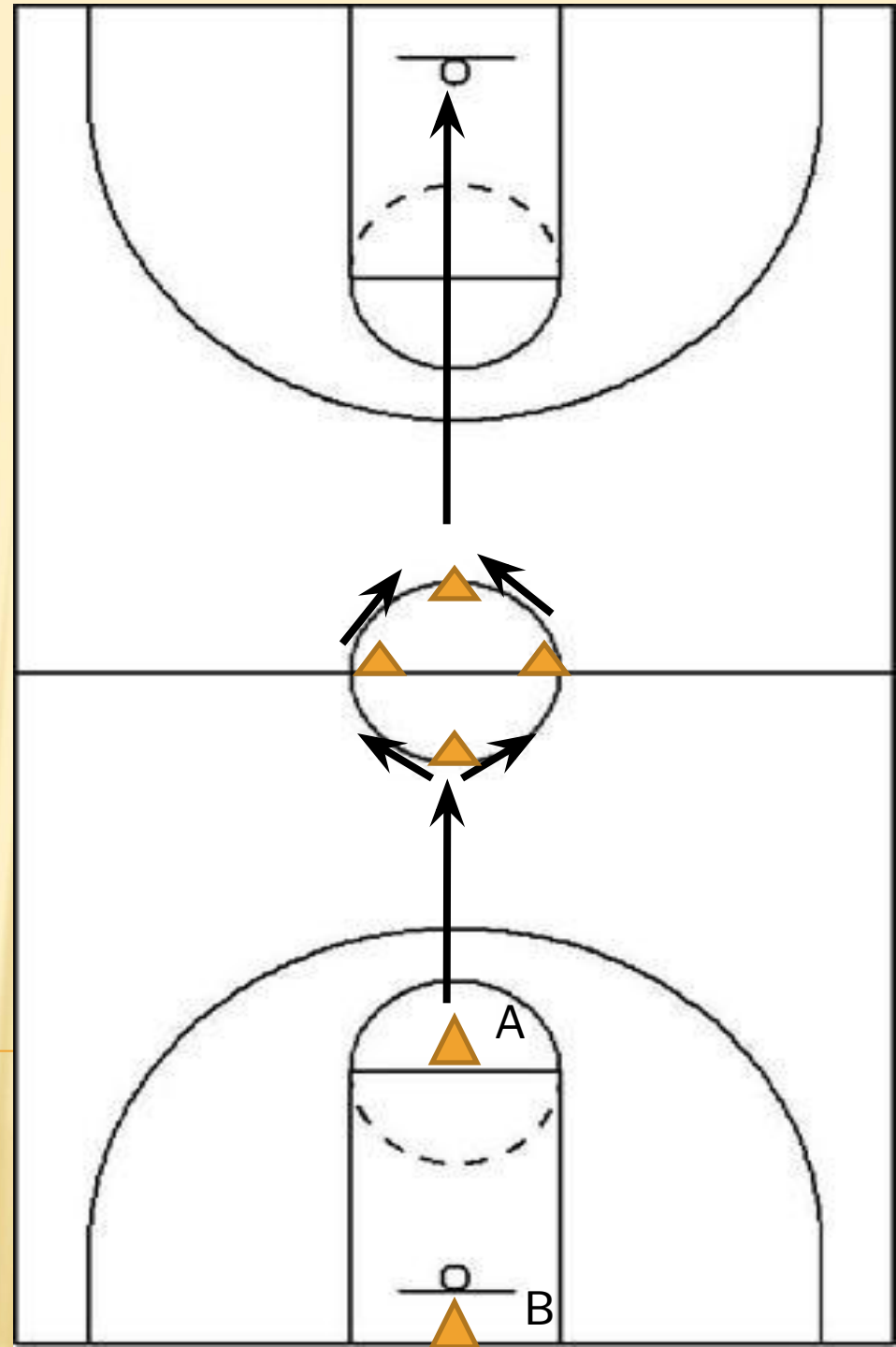


# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## PARTNER CHASE DRILL

"A" IS THE RABBIT ON FREE THROW  
"B" IS HUNTING ON BASELINE  
COACH DELIVERS COMMANDS AND DIRECTIONS BEFORE EACH ATTEMPT THROUGH..  
SPRINT TO FIRST CONE, DEFENSIVE SLIDE TO 3<sup>RD</sup> CONE- SPRINT ALL THE WAY AROUND THE CIRCLE AND THEN SPRINT TO BASE LINE ON OPPOSITE SIDE OF START

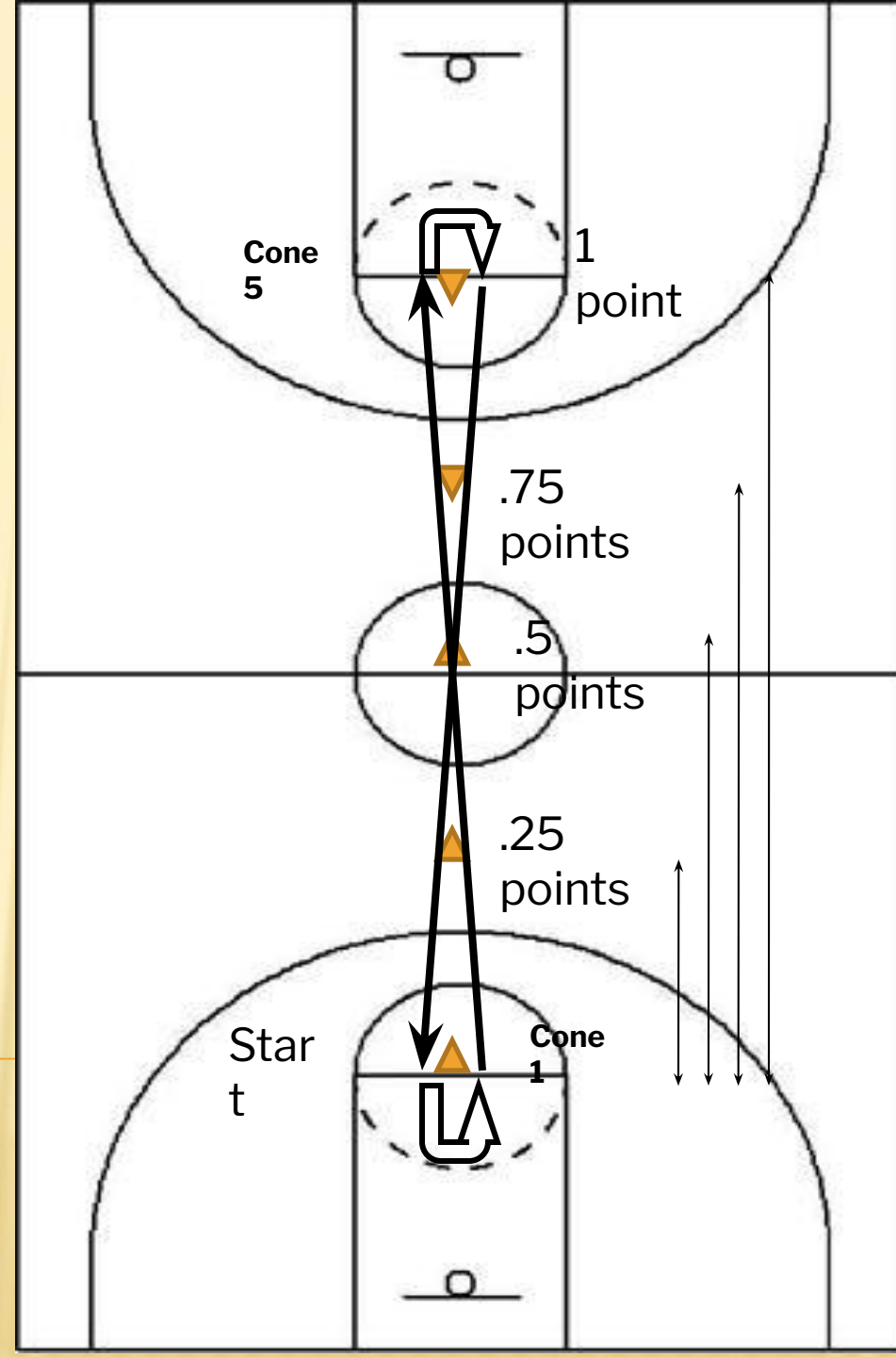
LOSER DOES 5 UP-DOWNS, ONCE ENTIRE TEAM GOES THROUGH THE DRILL ROLLS CHANGE AND



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## FIGURE 8

Setup 5 cones: free throw line - between free  
Throw and half court- half court- between half  
Court and far free throw- far free throw line.  
Start on Right Side of cone 1 and sprint to the  
Left side of cone 5. Stay low and run around  
Cone 5 sprinting back around cone 1.  
Continue  
Sprinting in figure 8 pattern for 30 sec. Have  
A partner record the total number of trips with  
The point values assigned. Example: in 30  
sec  
You were able to go around cone 5 three  
times



# MEN'S AND WOMEN'S BASKETBALL AGILITY DRILLS.

## **NBA 4 cone lane agility Test.**

The test used by the NBA to measure athletes horizontal and lateral quickness.

Directions

Sprint A-B

Lateral Slide B-C

Back peddle C-D

Lateral Slide D-A

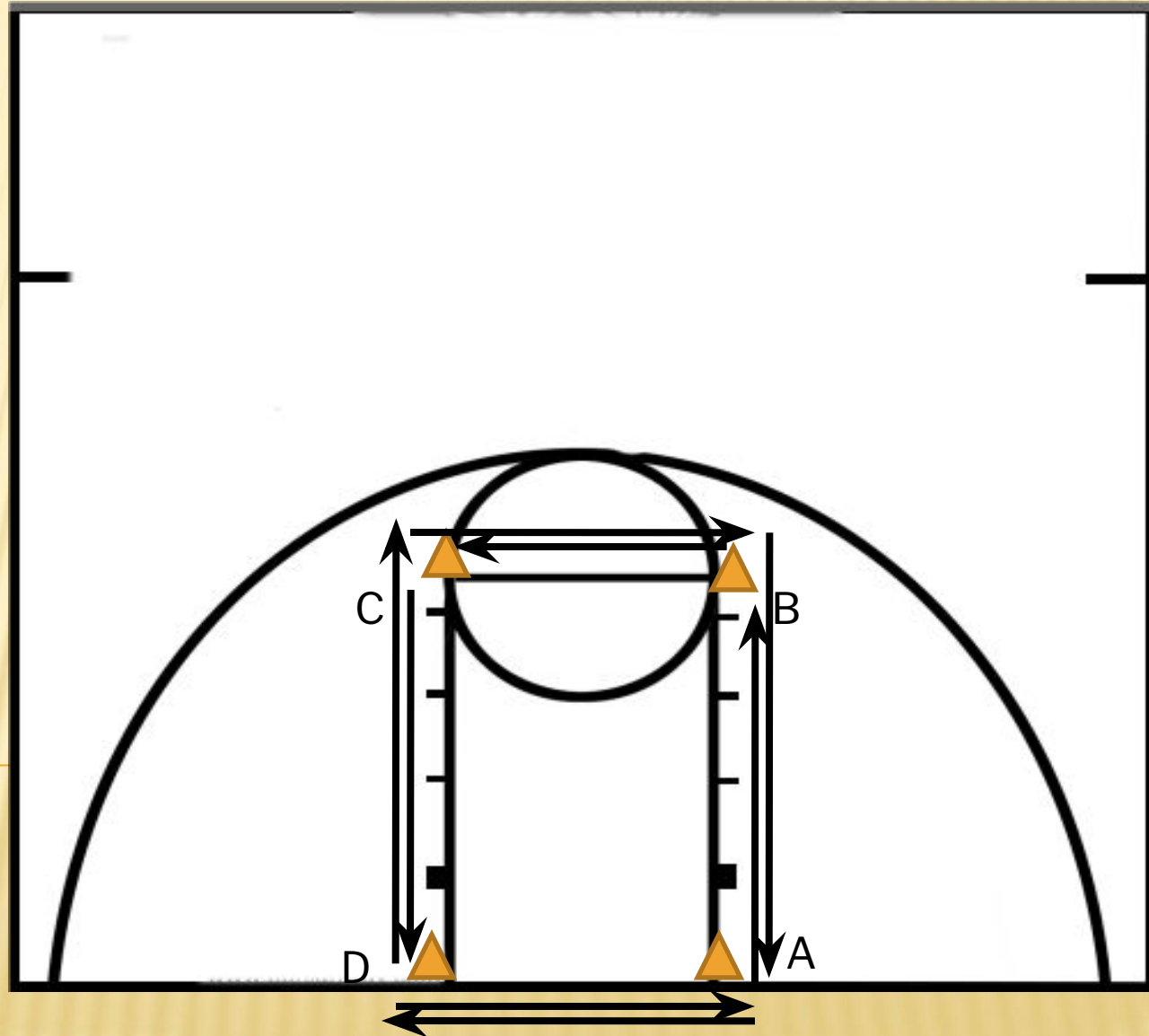
Lateral Slide A-D

Sprint D-C

Lateral Slide C-B

Back Peddle B-A

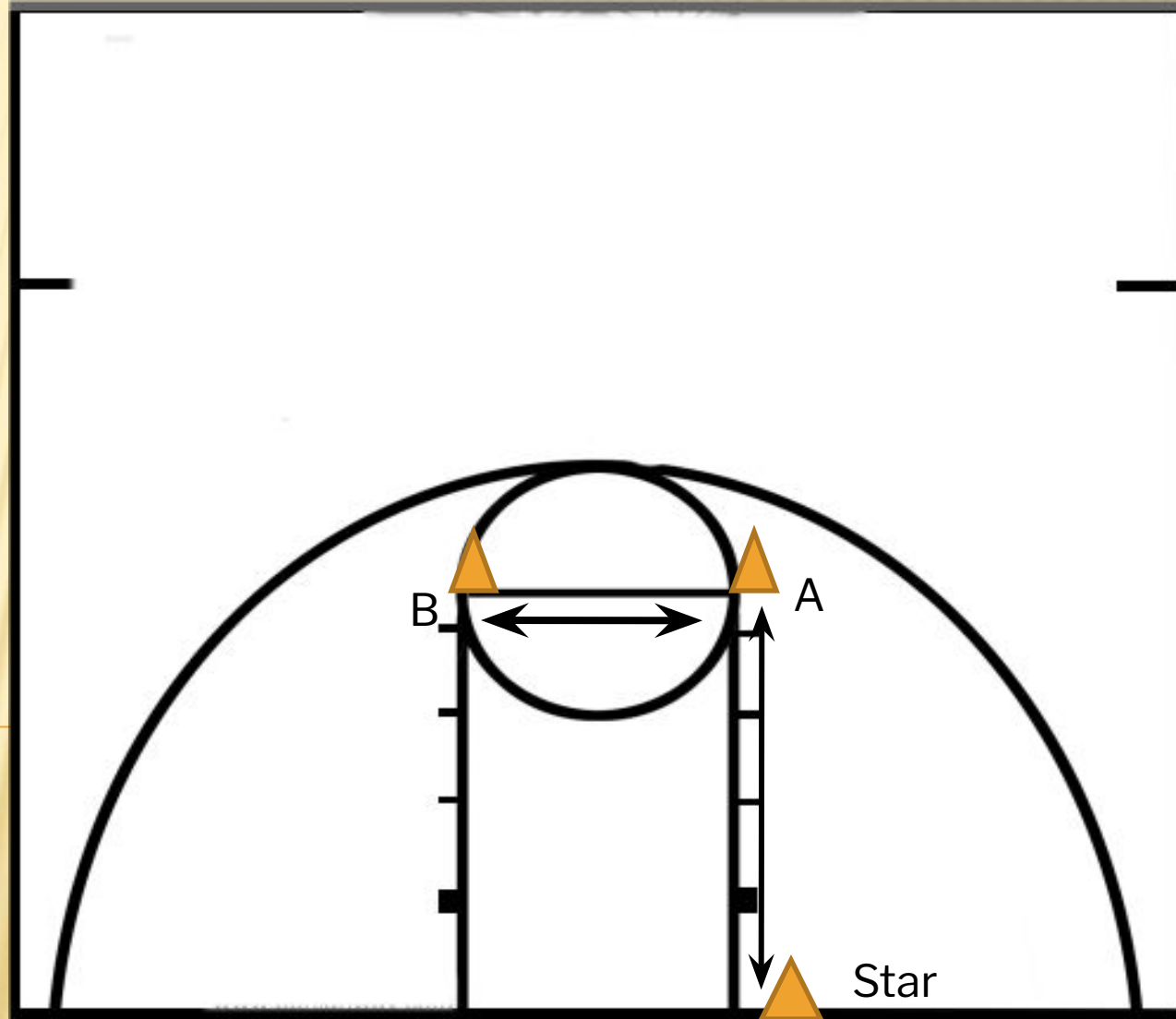
Cannot touch the cones and feet cannot cross over when lateral sliding.



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## L- Test Agility Drill

Start on right side of the key at the baseline, sprint up and touch the cone A , back peddle to baseline, sprint back to cone A, defensive slide to cone B on left side of the key. Touch cone B with left hand, reverse motion and back peddle back to start. DO DRILL AS FAST AS YOU CAN.

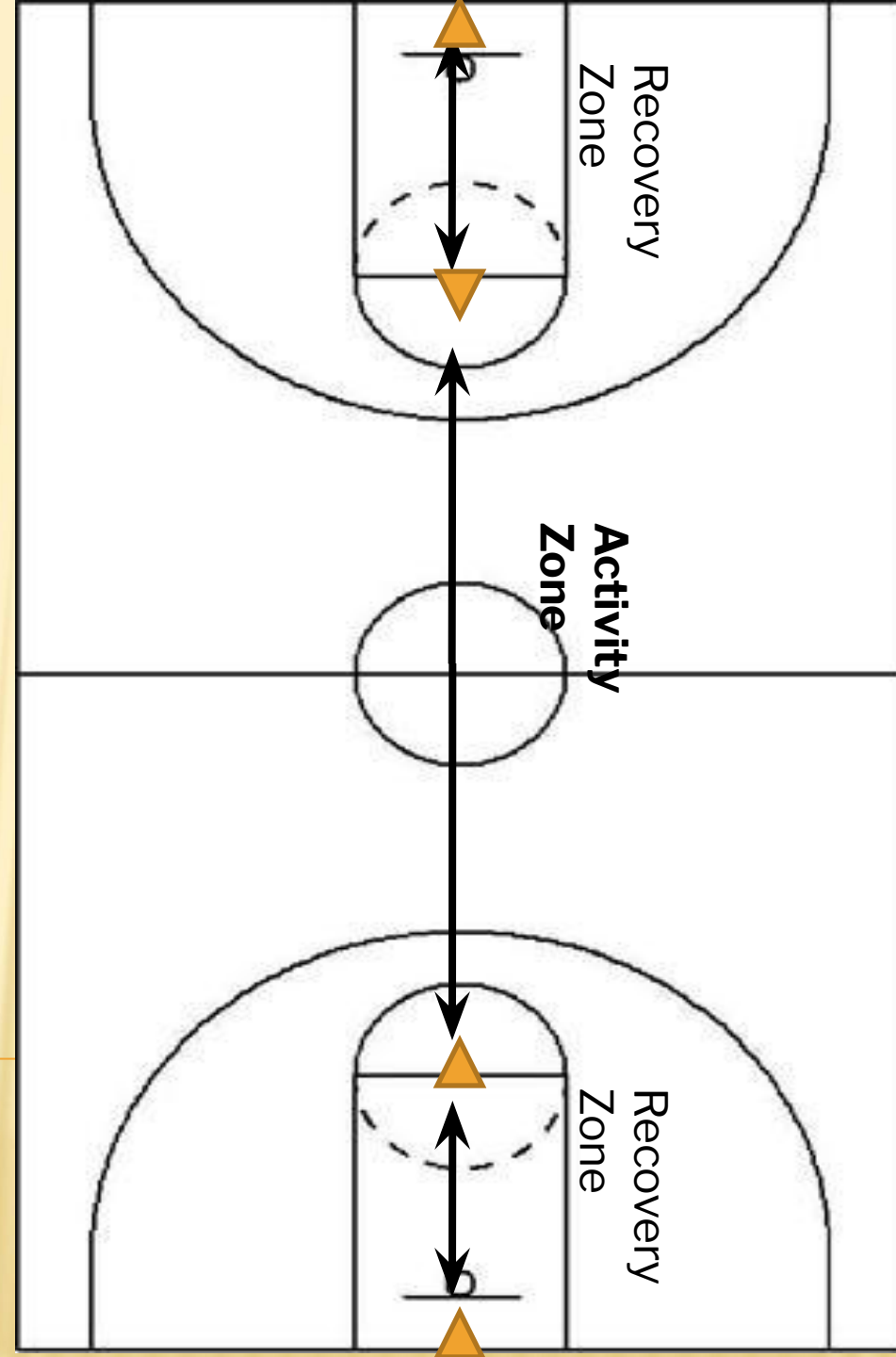


# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## GETTING IN THE ZONE

3 ZONE SERIES OF CONES THAT ATHLETES MOVE THROUGH PERFORMING VARIOUS AGILITY AND MOVEMENT SKILLS

DO A PRESCRIBED DRILL IN ACTIVITY ZONE  
ZONE EXAMPLE ( HIGH KNEE RUN )  
JOG SLOWLY THROUGH RECOVERY ZONE,  
KEEP MOVEMENT GOING FOR RECOMMENDED TIME. (30 SEC – 4MIN OR MORE DEPENDING ON TEAMS CONDITIONING LEVEL ) SET UP

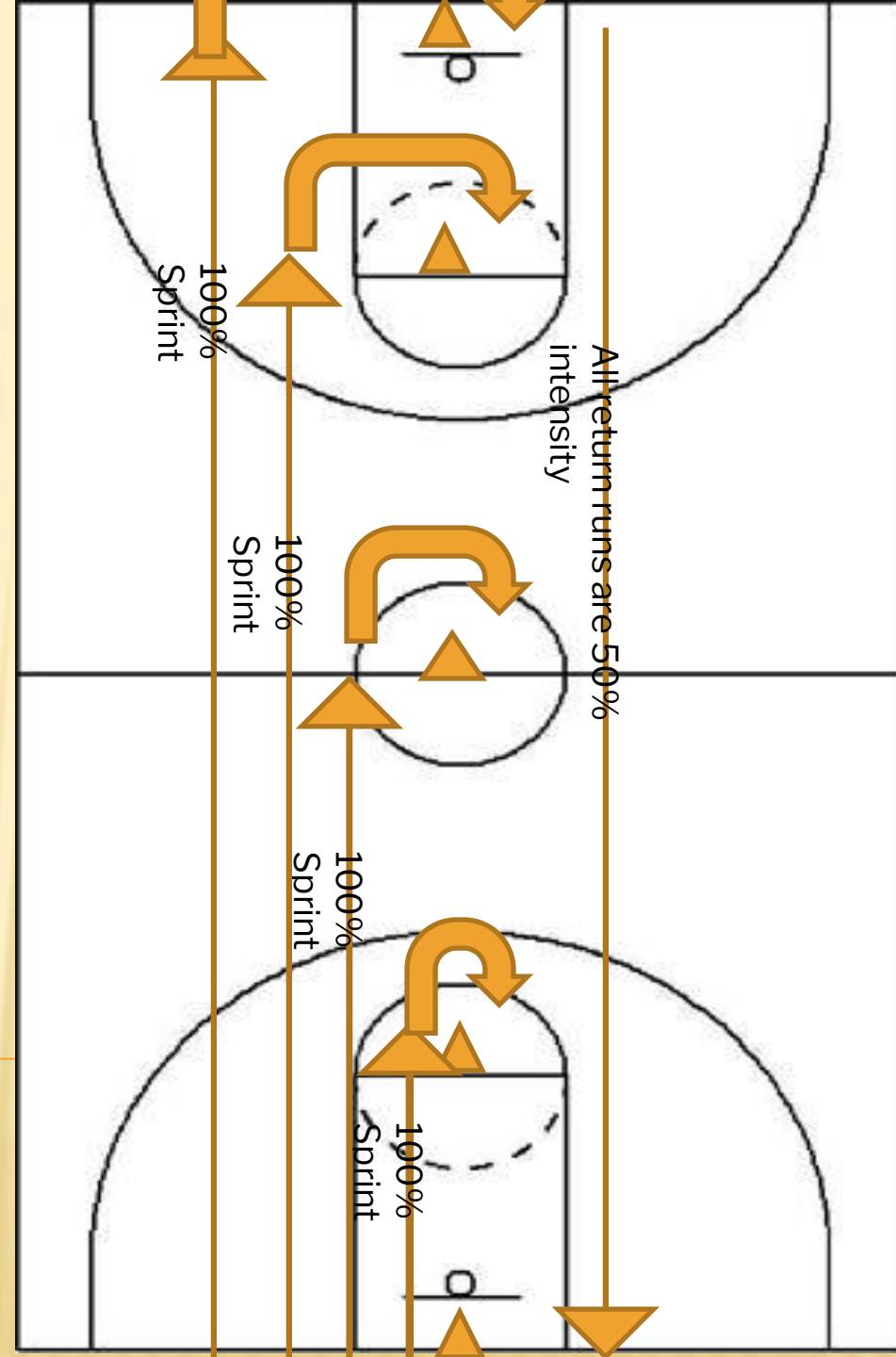


# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## ACCELERATION INTERVALS

ATHLETES RUN AT PERCENTAGE DESIGNATED BETWEEN EACH CONE, ALWAYS RETURNING TO 50% ON RETURN RUN. EMPHASIS NEEDS TO BE ON MAINTAINING RUNNING MECHANICS AND HARD ACCELERATIONS ESPECIALLY WHEN FATIGUE SETS IN.

TAKE ADVANTAGE OF CHANGING THE PERCENTAGES FOR ANY LENGTH OF SPRINT. THE CONDITIONING COMES WITH THE NUMBER OF TIMES YOU SEND THE ATHLETE THROUGH THE SERIES CONCURRENTLY. WE START WITH 2 TRIPS THROUGH THE SERIES AND MAY WORK UP TO AS MANY AS 4-5 TRIPS THROUGH THE SERIES. ATHLETES LEARN TO RECOVER ACTIVELY ON THEIR RETURN RUNS



# MEN'S AND WOMEN'S BASKETBALL CONDITIONING DRILLS.

## Beat the Clock

Place a cones in a 2 foot  
Perimeter around the key.  
Start in the center of the  
key

A – B SLIDE – SLIDE  
A – C SPRINT – SLIDE  
A – D SPRINT – SLIDE  
A – E SLIDE – SLIDE  
A – F SLIDE – SPRINT  
A – G SLIDE – SPRINT

KEEP HIPS LOW AND  
WORK HARD RECORD  
THE TIME IT TOOK YOU  
TO GO THROUGH THE  
SERIES

ALWAYS FACING CENTER  
COURT

