



ultimate
BASKETBALL
conditioning
BOOK

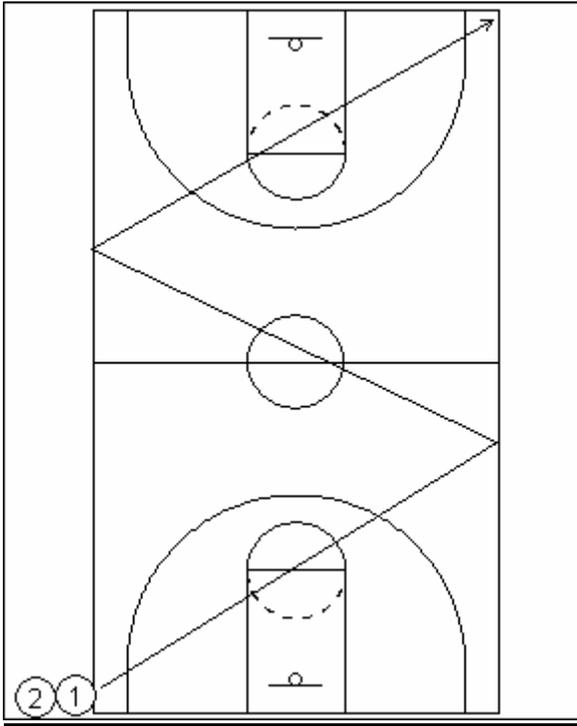
by **Larry Dean Jackson**

CHAPTER ONE



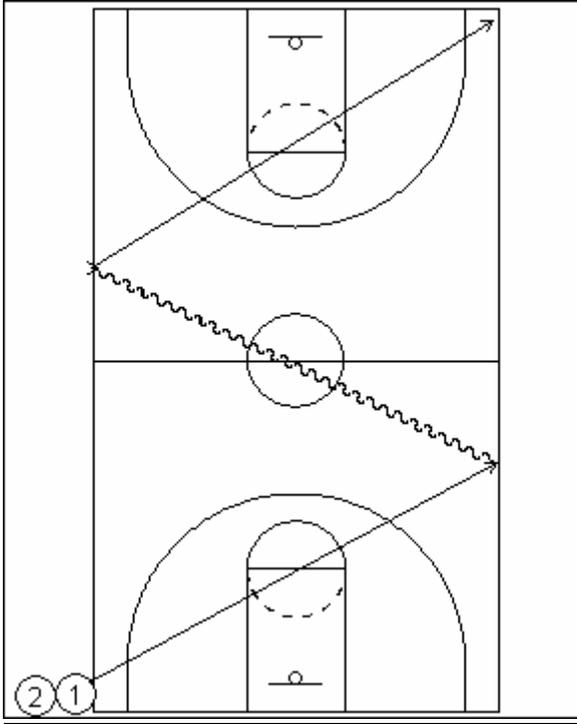
THE
BASIC 25
FOOTWORK
AND
DRILLS TO
CONDITION

#1



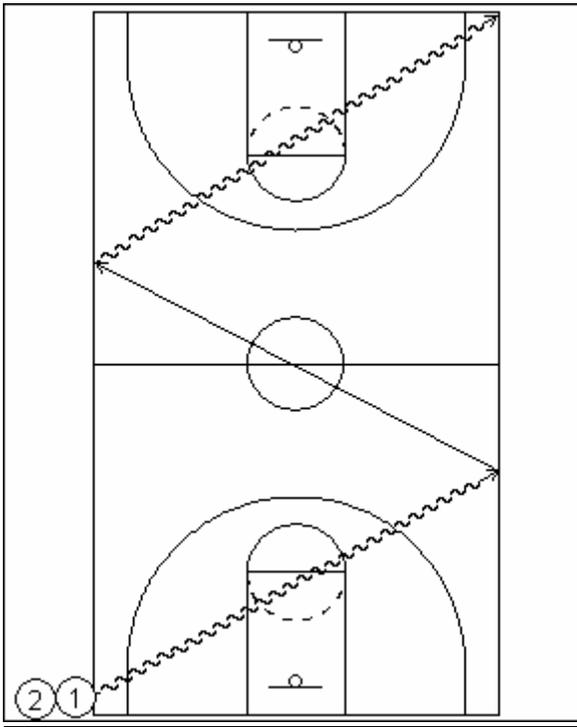
RUN-RUN-RUN
Down and Back

#2



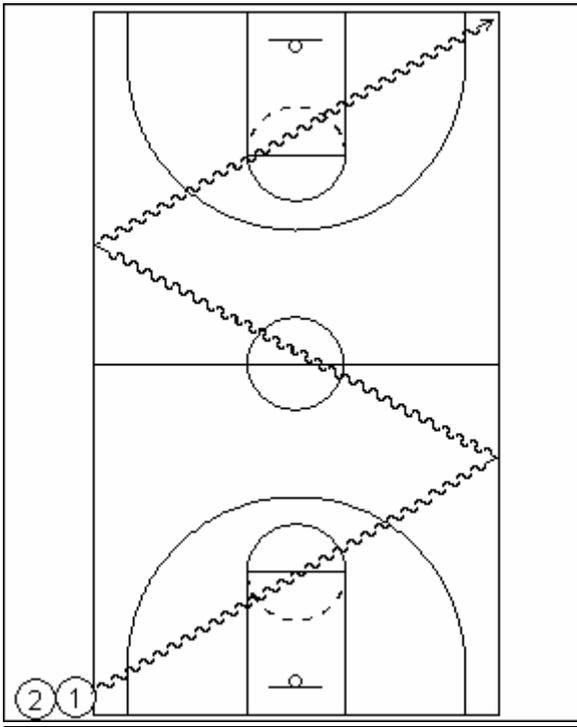
RUN-SLIDE-RUN
Down and back

#3



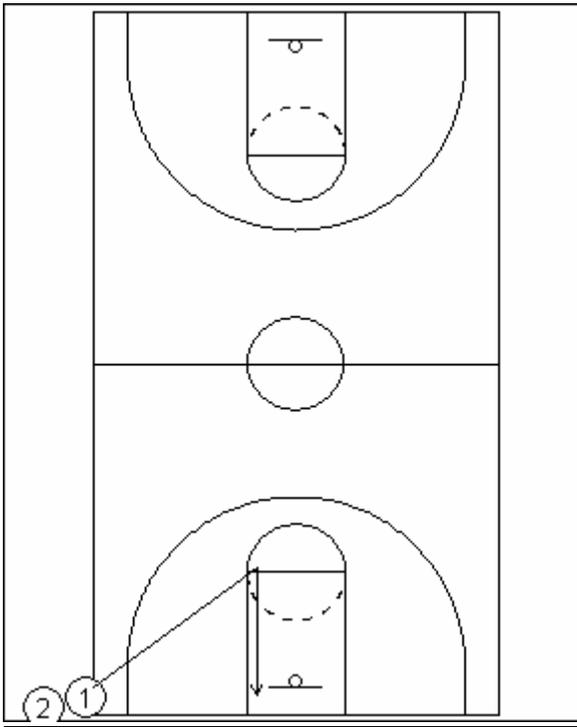
SLIDE-RUN-SLIDE
Down and back

#4



SLIDE-SLIDE-SLIDE
Down and back

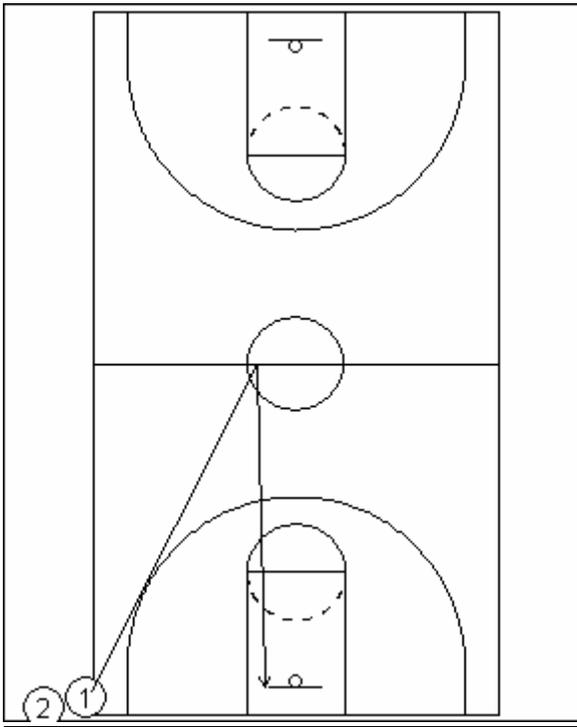
#5



TRIANGLE

Sprint to free throw line, then sprint backwards to the baseline with both elbows above the head.

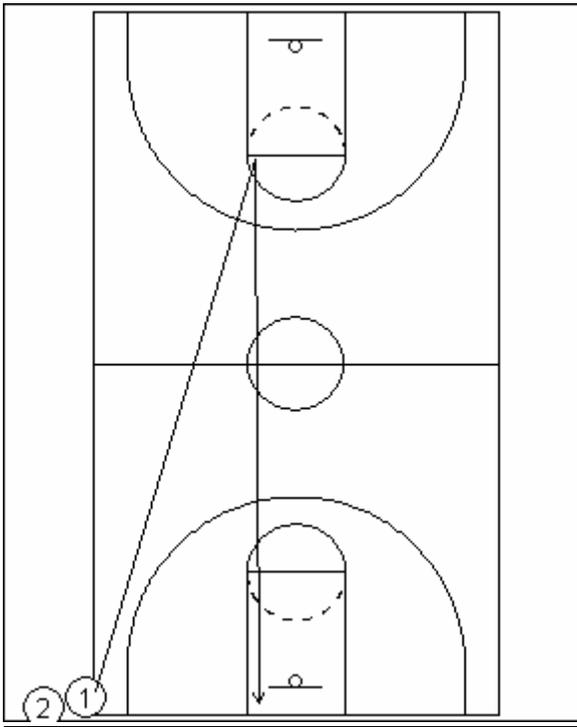
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TRIANGLE

Sprint to the half court line, then sprint backwards to the baseline with both elbows above the head.

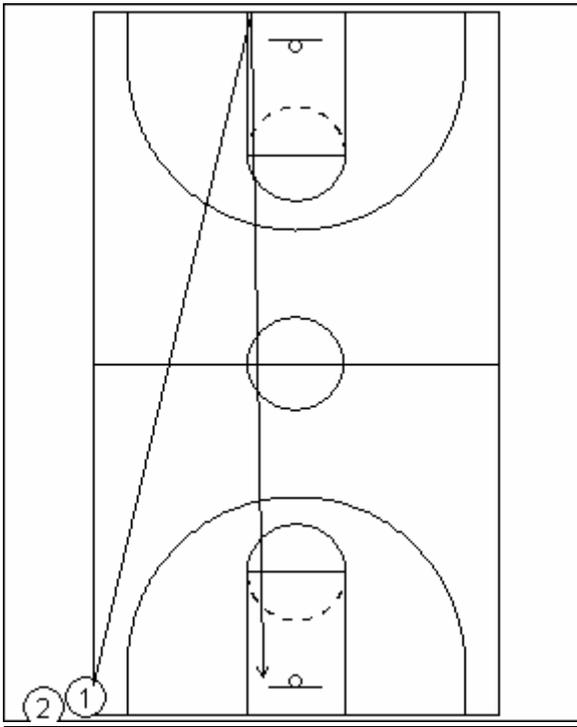
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TRIANGLE

Sprint to the far free throw line, then sprint backwards to the baseline with both elbows above the head.

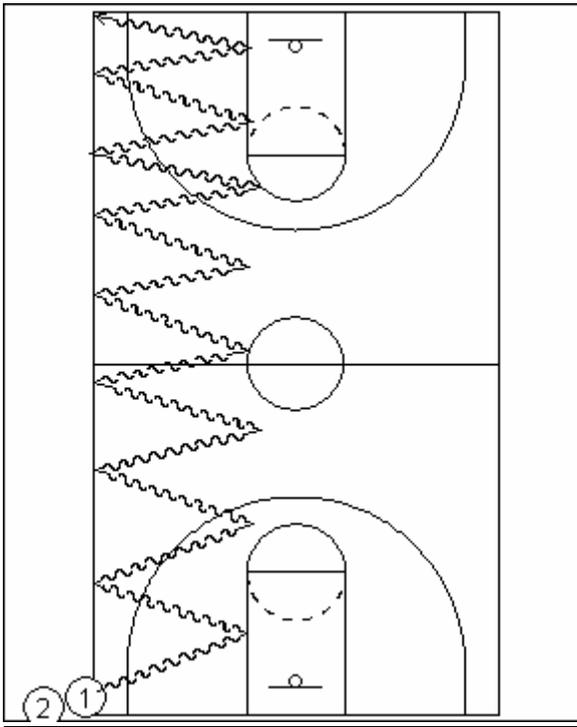
#8



TRIANGLE

Sprint to the far endline, then sprint backwards to the baseline with both elbows above the head.

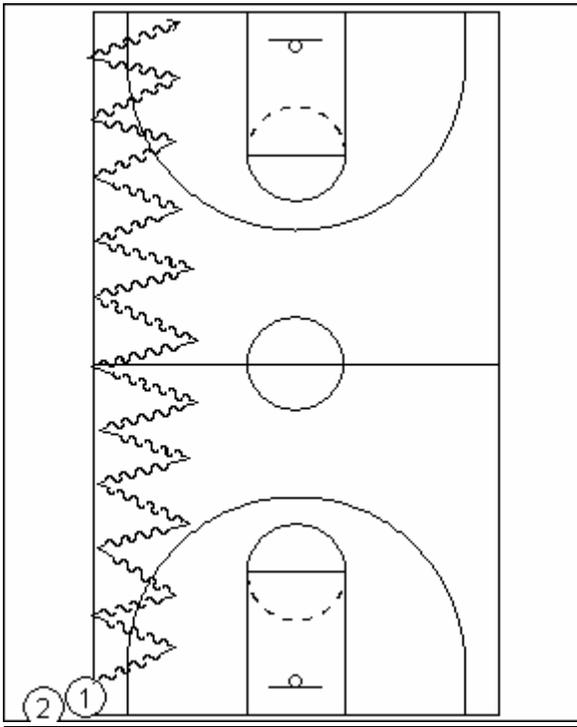
#9



ZIG-ZAG

Defensive slides, quick change of directions. Free throw lane to sideline.
Down and back

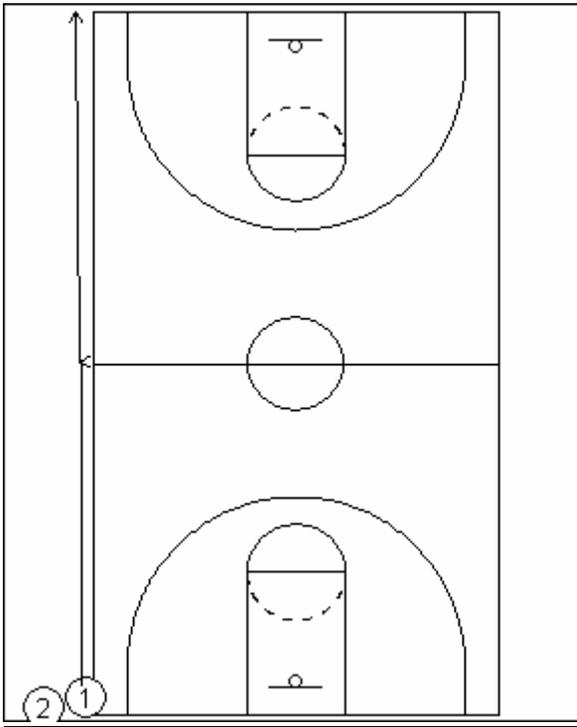
#10



ZIGS

Quick slides, if you have a volleyball court on your court then you slide from the volleyball line to the sideline. Down and back

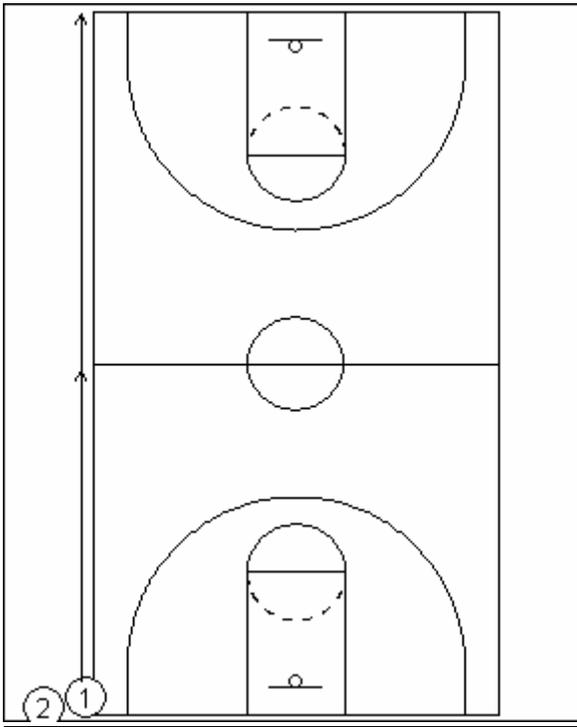
#11



FORWARD/BACKWARD

**Sprint to half court, turn and sprint backwards to the baseline.
Down and back**

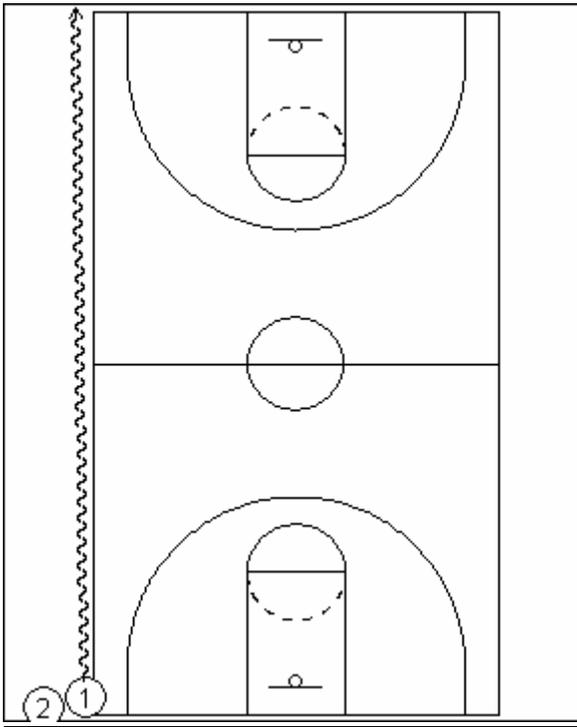
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BACKWARD/FORWARD

**Sprint backwards to half court, then turn and sprint forward to the baseline.
Down and back**

#13

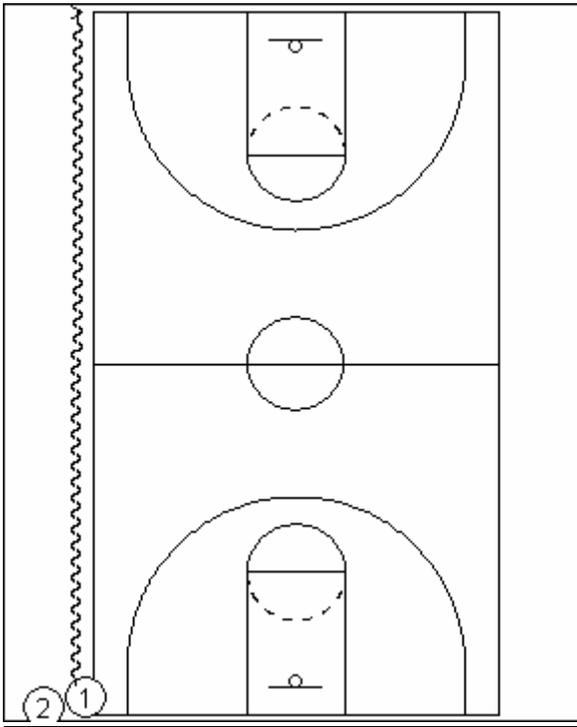


BACK SLIDES

With head facing opponent, begin slides backward. Every two slides, player will turn hips and shoulders from right to left. Do not turn your head.

Down and back

#14

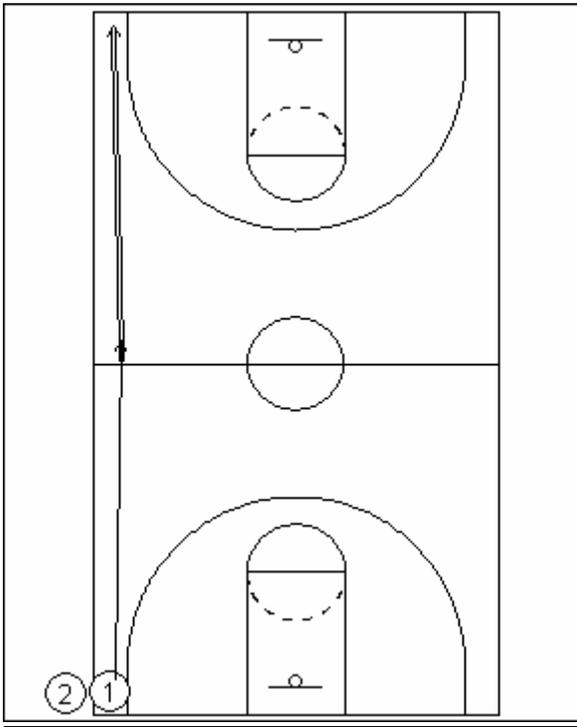


GORILLAS

Slide the sideline staying low. Every three slides players slap the floor with the palms.

Down and back

#15

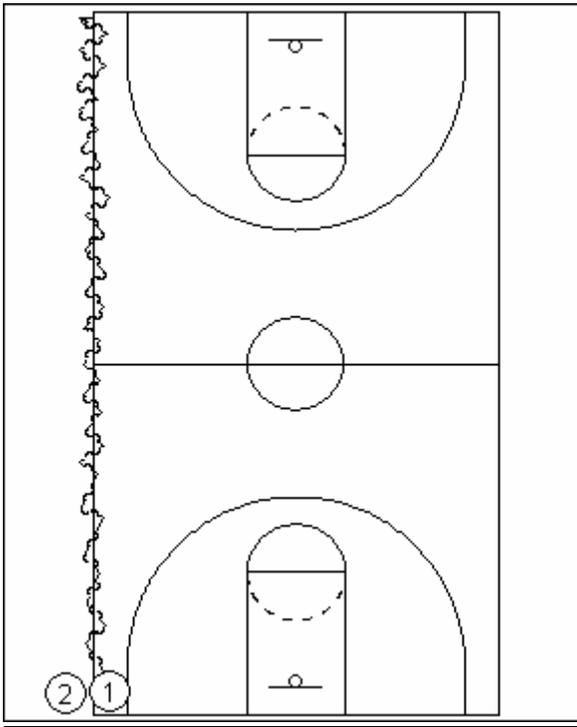


HEAD TURN INSIDE

Sprint to half court, when you reach half court turn your head to the inside looking for the ball (look back at the basket on the end you just left). Show outside hand target.

Down and back

#16

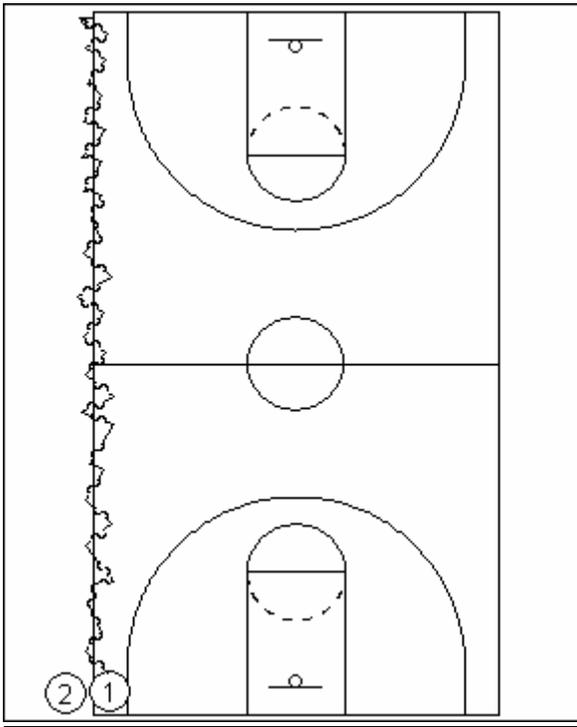


SKIING

Two foot hops across sideline, back and forth, keep feet together, go as fast as possible.

Down and back

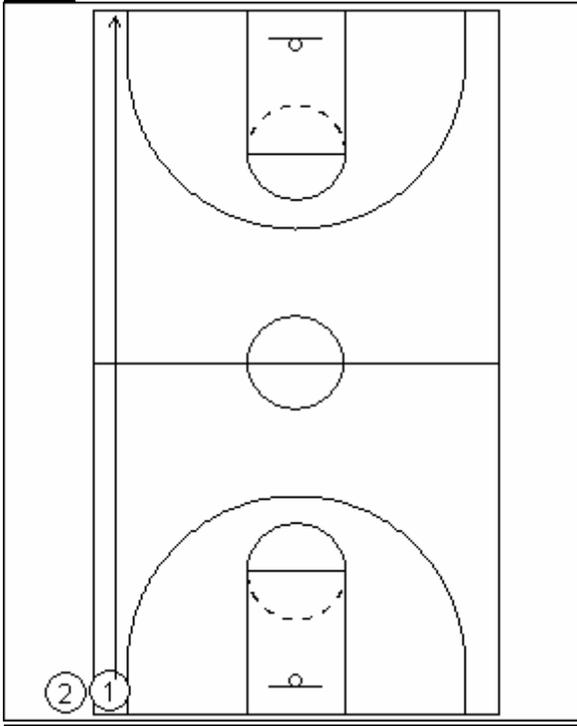
#17



ONE FOOT SKIING

One foot hops across sideline, back and forth, go as fast as possible. Hop on the right foot to half court then switch and hop on the left foot. Down and back

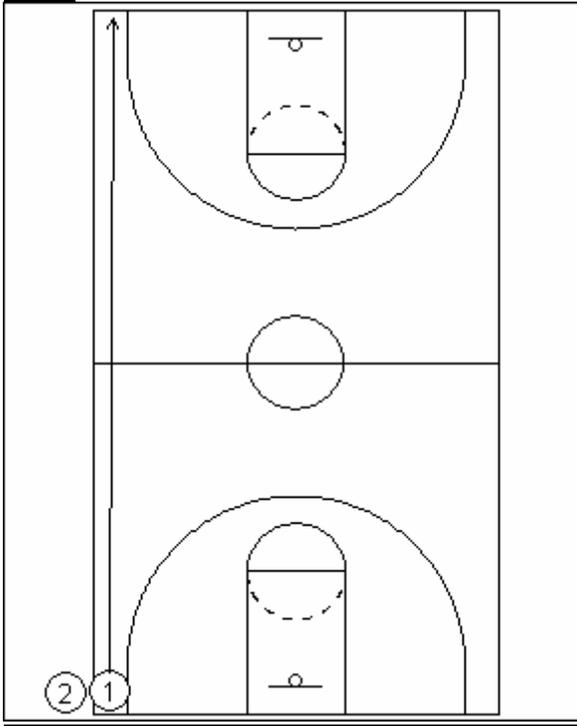
#18



HIGH KNEES

**Sprint forward with knees high.
Down and back**

#19



HEEL KICKS

**Run with the heels kicking the rear on every step.
Down and back**

CHAPTER TWO



DOT DRILLS FOR AGILITY

The dot drill will be difficult at first; you may appear clumsy. However, if you do it on a regular basis, improvement will come rapidly. You can have quicker feet in a short time.

DOT DRILL SET UP:

*The top two dots are approximately 20-24 inches apart.

The back dots are about 20-24 inches from the front

dots, with the middle dot being placed directly in the center.

.A .B
 .C
.D .E

There are (5) five separate drills and each is repeated a total of (5) times. Do each separate drill continuously, right after the other

1. Up and Back -- Repeat five times.

- Start with feet on A & B.

- Jump quickly to C with both feet, then quickly to D & E.

- Come back the same way.

2. Right Foot-- Repeat five times.

-Your feet from Up and Back should be on A & B. Now go to dot C with your right foot.

- Now go in order: Dot D, E, C, A, B

3. Left Foot -- Repeat five times.

- You will end the Right Foot drill on Dot B. Now go to C with the left foot.

- Now go in order: Dot D, E, C, A, B

4. Both Feet-- Repeat five times.

- You will end the Left Foot drill on Dot B. Now go to C with both feet.

- Now go in order with both feet. Dot D, E, C, A, B

5. Turn Around-- Repeat five times.

- You will end the Both Feet drill on Dot B. Now go to C with both feet.

- Now go to D & E with both feet as in Up and Back.

- Now jump and turn 180 degrees and face the other way. You should still be on D & E.

- Hit C with both feet, and then A & B with both feet like Up and Back.

- Now turn quickly 180 degrees with feet still on A & B.

Additional Dot Drills: **Can do six repetitions or do in 15 or 30 second intervals.

***Front to Back**

- Right foot starts on Dot E and left foot on Dot A.

- Proceed like a running motion, pumping arms. Right foot goes to Dot B and left foot to Dot D.

***Around the Horn**

- Both feet start on Dot B

- Jump to Dot E, then D, to A and back to B.

***Figure 8 / One Leg:**

- Right leg first, start on Dot A and go in a figure 8 pattern (A,C,E,D,C,B)

- Do the same with the left leg.

DOT DRILL STANDARDS:

Under 50 seconds: Super Quick. 50-60 sec: Great. 60-70 sec: Average. 70-80 sec: Need More Work.

CHAPTER THREE



JUMP ROPE FOR AGILITY

Drills can be done for short 15 or 30 second intervals at high intensity going for maximum speed.

Repetitions (quickness) or longer continuous sets switching between the different types of jumps (conditioning).

- 1. Two legs**
- 2. Alternate**
- 3. 2 Right, 2 Left**
- 4. Front Scissors -One foot in front of the other, then switch.**
- 5. Lateral Scissors - 2 feet together, then spread. In-Out.**
- 6. Ski Jump - 2 feet side to side, like downhill slalom.**
- 7. Front/Back Jump - Front and back over a line.**
- 8. Crossover - Like carioke. In front and then behind.**
- 9. Square Jump - 2 feet in a square.**
- 10. "X" Feet -Feet apart on A,B, together on C, apart on D, E.**
- 11. Heel Toe -Right heel out, right toe back, left heel out, left toe back and repeat.**
- 12. Backwards**
- 13. Running One Leg Crossover -Running motion with rope. Step over line with opposite foot with each jump.**
- 14. Kick Outs -Legs in straight, knees in locked position, kicking feet out in front**
- 15. High Knees - Running in place, drive knees up to waist.**

CHAPTER FOUR



IN-SEASON WEIGHT TRAINING

We are a big believer in getting our team to lift weights. We train very hard in the weight room. We try to train 2-3 times a week in season, and 3-4 times a week out of season.

We really believe that the stronger the player, the more aggressive he will play for you. We think players who are very strong tend to attack the basket more, rebound more, and play tougher defense.

Our basketball weight training program is designed to help prevent athletic injuries, and produce a strong, lean, and flexible basketball player. The workout we use is safe, comprehensive, and very challenging for basketball players... We really feel like our emphasis on getting bigger and stronger in the weight room has paid huge dividends for us on the basketball court.

Weight Training Principles

- 1. Weight train 2-3 times per week on non-consecutive days.**
- 2. Perform each repetition with proper technique.**

3. Use as much weight as possible (once proper lifting techniques have been learned).
4. Rest one minute between each set.
5. Attempt to increase the resistance performed every workout.
6. Keep a workout card to monitor progress and to make workouts more meaningful.
7. Train explosively and maintain a high level of intensity in the weight room.

3-Day Total Body Program Mon-Wed-Fri or Tue-Thu-Sat

Monday and Friday

1. Bench Press (10-8-6-4) - Shoulders, chest triceps.
2. Lat Pull Down (3 x 10) - Latissimus dorsi, biceps, and brachioradialis.
3. Bicep Curls (3 x 10) - Biceps, and forearms.
4. Bar Dips (3 x max) - Chest, shoulders, and arms.
5. Squats/ Leg Press (12-10-8-6) - Hips, hamstrings, quadriceps, groin, and lower back.
6. Hang Cleans (10-8-6) - legs, hips, lower back, upper back, and shoulders.
7. Calf Raises (3 x 30) - Ankles, and calves.
8. Wrist Curls (3 x 25) - Forearm flexors.

Wednesday

- 1. Incline Bench Press (10-8-6) - Shoulders, chest, triceps, and upper back.**
- 2. Seated Lat Row (3 x 10) - Latissimus dorsi, biceps, and brachioradialis.**
- 3. Lateral DB Raises (10-8-6) - Deltoid and trapezius.**
- 4. Tricep Press Downs (3 x 10) - Triceps.**
- 5. Dumbbell Curls (3 x 10) - Biceps, and forearms.**
- 6. Squats/ Leg Press (12-10-8-6) - Hips, hamstrings, quadriceps, groin, and lower back.**
- 7. High Pull (10-8-6) - Legs, hips, lower back, upper back, and shoulders.**
- 8. Calve Raises (3 x 30) - Ankles and calves.**
- 9. Shooting Exercise (2 x 12) - Forearm flexors. ises (10-8-6) - Deltoid and trapezius.**

CHAPTER FIVE



Strategies for Maintaining Strength throughout the Season

- 1. Use Multi-Joint Exercises:** Since energy and time will be limited, I suggest that you use only multi-joint exercises during the competitive seasons. These movements exercise a number of muscle groups at once, thus are more efficient.
- 2. Strength Train Immediately Following Games:** If you have access to the necessary facilities, strength training immediately after basketball games is a fantastic way to stay current with your routine. It also helps cool the body down after intense exertion. Post game workouts should be brief, and large amounts of fluids must be consumed before, during, and after the session. It is imperative that you respect your energy level after competition, along with monitoring any injuries you may have sustained during the game.
- 3. Use Your Off Days Constructively:** As any athlete can attest, off days during the competitive season are a precious commodity. An open day provides a basketball player an excellent opportunity to hit the weights hard. In my college playing days at Duke University, I used the 4 or 5 day break over the Christmas holidays to focus primarily on strength training. Because of this, I always felt strong and energized heading into ACC play in January. So if you have the energy and do not have a game the following day (strength training the day before a game is not recommended, as all energy should be conserved for competition), plan on strength training hard on your days off from practice.
- 4. Schedule A Team Strength Workout Instead Of Practice:** Scheduling a team strength training session in lieu of practice accomplishes a great deal. Along with allowing players to stay up with their programs, it provides everyone: players, coaches, trainers, and even managers, a mental break from the monotony of regular practice.
- 5. Strength Train Consistently In The Off-Season:** Perhaps the best way to ensure that you remain strong throughout the long, grueling basketball season is commit yourself to working consistently hard in the weight room in the off-season. The more strength you build in the off-season, the easier it will be to maintain peak performance levels when it counts during the competitive campaign.

CHAPTER SIX



Jump Training Drills

Exercise: Medicine Ball Sit-ups

Starting Position: For this exercise, you will need a medicine ball (5-20 lbs.) and a partner. Begin by lying on your back with your feet on the floor and knees bent at 90 degrees. Hold the medicine ball directly over your head. Your partner is standing on your feet for stability during this exercise.

Movement: Throw the medicine ball to your partner while simultaneously performing a full sit-up. Your partner will catch the medicine ball and hand it back to you over your head. Slowly return to the ground keeping the ball over your head. Perform 25 reps.

Exercise: Reverse Lunges

Starting Position: Stand upright holding a bar (10-30 lbs.) across your shoulders. For beginners, just use your body weight for resistance by placing your hands on your hips.

Movement: Step backward directly behind you. As you reach back, allow your shoulders to come forward slightly. As you drop down DO NOT allow your front knee to go out in front of your toes. This places undue stress on the knee. Your front leg should be perpendicular to the floor (90 degrees) at the bottom position. Hold this position for a moment and then slowly and under control pull yourself upright with your forward leg. Do not spring off your back leg. Allow your forward leg to perform the entire movement.

Exercise: Box Jumps

Starting Position: Stand 1-1.5 feet away from a box that is 12"-36" high. Be sure that the box is stable, will not skid, and will support your body weight. Use a shorter box if you are beginning and progress to a taller box as you are able to.

Movement: Using your arms to gather momentum, jump up as high as you can and land softly on top of the box. Focus on a soft and controlled landing by bending at the knees with hips back. Step (DO NOT JUMP) down off the box and repeat for the duration of prescribed time.

Exercise: Ankle Jumps

Starting Position: Stand straight with arms extended straight over head.

Movement: With your knees slightly bent and arms raised over head, bounce up and down off of your toes. Focus on performing quick and precise jumps, keeping yourself in the same spot on the ground for the designated amount of time.

Exercise: Squat Jumps

Starting Position: Begin with your feet shoulder-width apart in a squat position with hands touching the ground in front of your toes. Your knees should be directly over your toes with hips sitting back. Your knees should be bent approximately 90 degrees. Your chest should be directly over the middle of your thighs.

Movement: Explode up and jump as high as you can into the air reaching for the sky. Land soft and under control with your hips back, knees over your toes in the starting position. Immediately repeat the jump for the designated amount of time.

Exercise: Calf Raises

Starting Position: Stand with the balls of your feet on the block of a standing calf raise machine. Your hips should extend out behind you. Hook your shoulders under the pads of the machine and straighten your legs bringing the weights of the machine up. DO NOT lower heels as far as possible toward the floor as this puts tremendous stress on your calf muscles and tendons. Keep your feet parallel to the floor or slightly below. If you do not have access to the machine, you can stand on a step or box and perform this exercise.

Movement: Come up on your toes as far as possible (1-2 seconds). Pause for a good second or longer, get a good squeeze at the top of the movement. Slowly lower back down (3-4 seconds) to the starting position.

Exercise: Lunge Jumps

Starting Position: Start in a semi-lunge position with one foot in front of the other.

Movement: Jump up as high as you can, alternating foot positions in mid-air. Use your hands for balance; land softly and under control. Repeat the action for prescribed time.

Exercise: Single Leg Jumps

Starting Position: On one leg, lean forward so your shoulders are over your knee and hips are back.

Movement: Jump from one leg to the other straight up and down. Land softly and under control and hold the landing for 1-2 seconds. Increase the rhythm and knee height as you progress. Continue for the designated time.

Exercise: Box Jumps (Advanced Only)

Starting Position: Holding a medicine ball (5-20 lbs.) behind your head, stand 1-1.5 feet away from a box that is 12"-36" high. Be sure that the box is stable, will not skid, and will support your body weight.

Movement: Holding the medicine ball behind your head, use your hips and knees for momentum and jump as high as you can and land softly on top of the box. Focus on a soft and controlled landing by bending at the knees with hips back. Step (DO NOT JUMP) down off the box and repeat for the duration of prescribed time.

Exercise: Tuck Jumps

Starting Position: Stand in a half-squat position with your hips back, knees over toes, and shoulders over your knees. Keep your hands out in front of you for balance.

Movement: Jump up as high as you can, bringing your knees to your chest at the top of the jump. Land in a soft and controlled manner with hips back and shoulders over your knees. Hold this position for 1-2 seconds and repeat the jump. Continue this movement for the duration of the prescribed time.

Exercise: 180-degree Jumps

Starting Position: Stand in a half-squat position with your hips back, knees over your toes, and shoulders over your knees.

Movement: Jump up as high as you can and, while in the air, spin 180 degrees, so that you land facing the opposite direction. Land softly and under control. Repeat, jumping in the opposite direction. Perform for designated time.

Exercise: Medicine Ball Catapult

Starting Position: Stand in a half-squat position with feet slightly wider than shoulder-width apart. Hold a medicine ball (10-25 lbs.) between your legs, keeping your back straight and eyes forward.

Movement: Throw the medicine ball as high as you can. Press your legs through the ground and drive your knees, hips, and ankles upward. Extend your arms as high as possible as you release the medicine ball from your hands. Let the medicine ball drop to the ground, pick up and repeat for the duration.

Exercise: Broad Jumps

Starting Position: Stand with your toes on a line, feet shoulder-width apart. Keep your hands in front of you for balance.

Movement: Using your knees, you will be bending down, keeping feet stationary. Rock back and then jump forward as far as you can under control. Land softly and hold for a second. Also, use your arms to further your distance. Perform a set of 5 repetitions.

Exercise: Body Weight Squats

Starting Position: Stand with feet shoulder-width apart, knees slightly bent, hips back. Place hands behind the head.

Movement: Bend knees, keeping them over the toes, to a full squat position. Perform 10 repetitions. **ADVANCED:** Perform the body weight squats on a balance board such as a low balance beam or a 2x4 piece of wood. Also, hold a medicine ball (10-25 lbs.) over your head.

Exercise: Single Leg Squats

Starting Position: Stand on one leg and lean forward so that your chest is almost perpendicular to the ground. Place arms out to the side and other leg back for balance.

Movement: Making sure you are balanced, bend your knee to approximately a half-squat position. Push back up slowly and repeat. Perform 10 repetitions on each leg. **ADVANCED:** Perform the body weight squats on a balance board such as a low balance beam or a 2x4 piece of wood.

CHAPTER SEVEN



Stretching Exercises

Overview

The following are examples of general stretching and mobility exercises. These exercises could form part of the warm up and warm down program of a training session. In all exercises breathe easily while performing them and hold static stretches for 20 to 30 seconds.

Current research work suggests that the use of dynamic stretches - slow controlled movements through the full range of motion - are the most appropriate exercises for warming up. By contrast, static stretches are more appropriate for the warm down.

The Exercises

Shoulder Circles

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Raise your right shoulder towards your right ear, take it backwards, down and then up again to the ear in a smooth action.
- Repeat with the other shoulder.

Arm Circles

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Lift one arm and reach forward, lift it up and backwards in a continuous circling motion.
- Keep the back straight at all times
- Repeat with the other arm.

Chest Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold you arms out to the side parallel with the ground and the palms of the hand facing forward
- Stretch the arms back as far as possible
- You should feel the stretch across your chest

Biceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold you arms out to the side parallel with the ground and the palms of the hand facing forward
- Rotate the hands so the palms face to the rear
- Stretch the arms back as far as possible
- You should feel the stretch across your chest and in the biceps

Upper Back Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place your right arm, parallel with the ground across the front of your chest
- Bend the left arm up and use the left forearm to ease the right arm closer to you chest
- You will feel the stretch in the shoulder.
- Repeat with the other arm.

Shoulder and Tricep Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both of your hands down the middle of your spine
- You will feel the stretch in the shoulders and the triceps.

Trunk Twists

- Stand tall with your feet slightly wider than hip-width apart, knees slightly bent, hands resting on hips.
- Rotate the upper body slowly and smoothly to bring right shoulder to the front
- Rotate the upper body slowly and smoothly to bring left shoulder to the front
- Keeping your back straight and your hips facing forward.

Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical position and then bend to the other side
- Do not lean forwards or backwards.

Abdominal and lower back muscles

- Lie face down on the ground in a prone position
- Lift your body off the ground so that you are supported only by your forearms and toes. The elbows should be on the ground and should be almost directly below your shoulders. Your forearms and hands should be resting on the ground, pointed straight ahead, toes and feet should be shoulder width apart and your head in line with your spine
- Contract your gluteus (butt) muscles gently. Hold for ten seconds
- Lift your right arm off the ground, straighten it and point it straight ahead, holding it in the air for 10 seconds
- Return to the starting position
- Repeat with the left arm
- Return to starting position
- Lift your right leg off the ground and hold it there for ten seconds (keep back straight).
- Return to starting position
- Repeat with left leg
- Return to starting position
- lift your right arm and left leg simultaneously and hold them in position for ten seconds
- Return to starting position
- Lift your left arm and right leg simultaneously and hold them in position for ten seconds
- Return to the starting position

Hamstring Stretch

- Sit on the ground with both legs straight out in front of you
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg
- Allow the left leg to lie relaxed on the ground
- Bend forward keeping the back straight
- You will feel the stretch in the hamstring of the right leg
- Repeat with the other leg

Calf Stretch

- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor.
- Keep your hips facing the wall and the rear leg and spine in a straight line.
- You will feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

Hip and Thigh Stretch

- Stand tall with you feet approximately two shoulder widths apart.
- Turn the feet and face to the right
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical
- Gradually lower the body
- Keep you back straight and use the arms to balance
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Repeat by turning and facing to the left.

Adductor Stretch

- Stand tall with you feet approximately two shoulder widths apart.
- Bend the right leg and lower the body
- Keep you back straight and use the arms to balance
- You will feel the stretch in the left leg adductor
- Repeat with the left leg.

Groin Stretch

- Sit with tall posture
- Ease both of your feet up towards your body and place the soles of your feet together, allowing your knees to come up and out to the side.
- Resting your hands on your lower legs or ankles and ease both knees towards the ground
- You will feel the stretch along the inside of your thighs and groin.

Front of Trunk Stretch

- Lie face down on the floor, fully outstretched.
- Bring your hands to the sides of your shoulders and ease your chest off the floor, keeping your hips firmly pressed into the ground.
- You will feel the stretch in the front of the trunk

Iliotibial Tract Stretch

- Sitting tall with legs stretched out in front of you.
- Bend the right knee and place the right foot on the ground to the left side of the left knee
- Turn your shoulders so that you are facing to the right
- Using your left arm against your right knee to help ease you further round.
- Use your right arm on the floor for support.
- You will feel the stretch along the length of the spine and in the muscles around the right hip.

Quadriceps Stretch

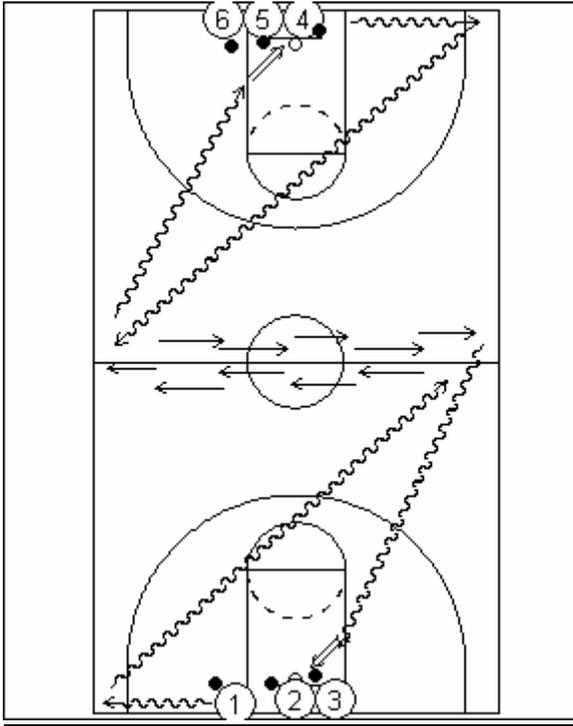
- Lie face down on the floor, resting your fore-head on your right hand.
- Press your hips firmly into the floor and bring your left foot up towards your buttocks
- Take hold of the left foot with the left hand and ease the foot closer to you buttocks
- Repeat with the right leg
- You will feel the stretch along the front of the thigh.

CHAPTER EIGHT



CONDITION WITH THE BASKETBALL

DRIBBLE SLIDE DRILL



**A fairly simple but effective conditioning drill.
6 or more players, each player a ball.**

First the players dribble to the corner, and make a reverse dribble to keep their body between ball and the (imaginary) defense.

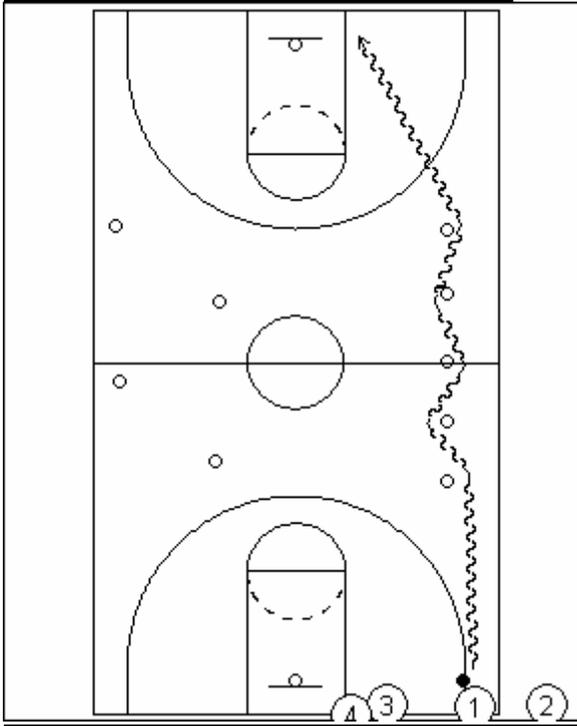
Speed dribble to the mid line.

Hold the ball, (or if you have ball racks place the ball in the rack), while doing defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble and left handed lay-up.

After 2 minutes rotate to the other side.

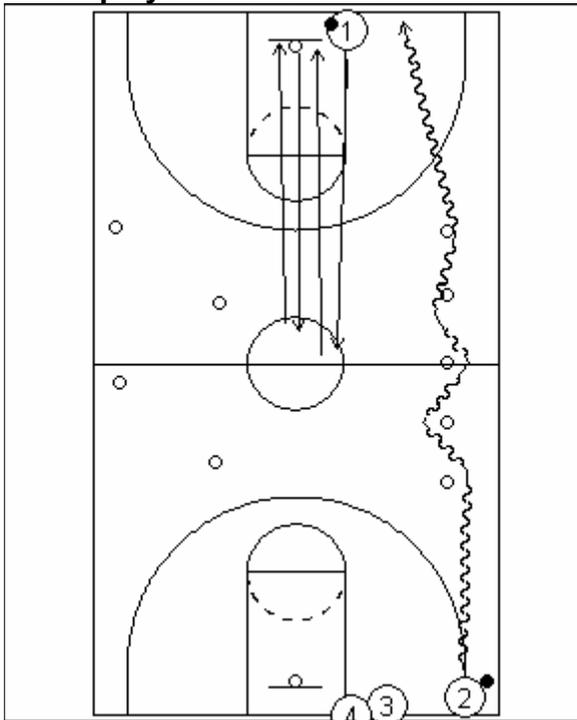
BIG TIME CIRCUIT DRILL



This is a full court combination drill

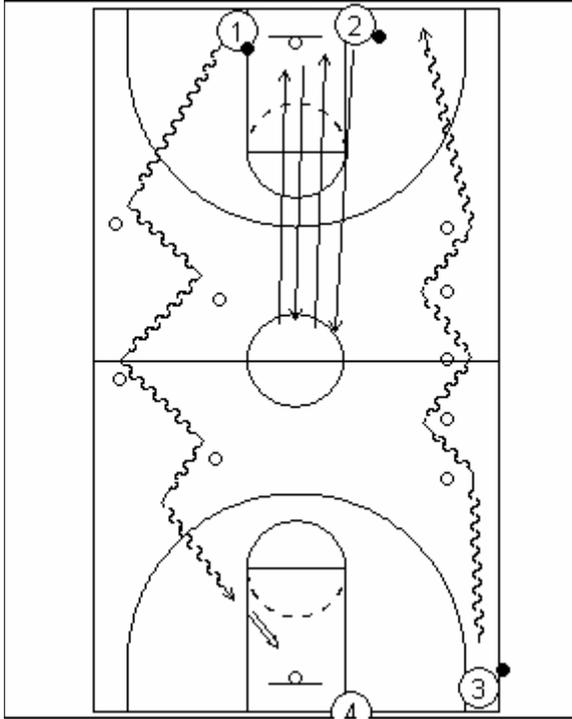
It starts with player 1 dribbling to the other side of the court while making cross overs between the pylons.

When player one reaches the baseline he puts the ball on the floor



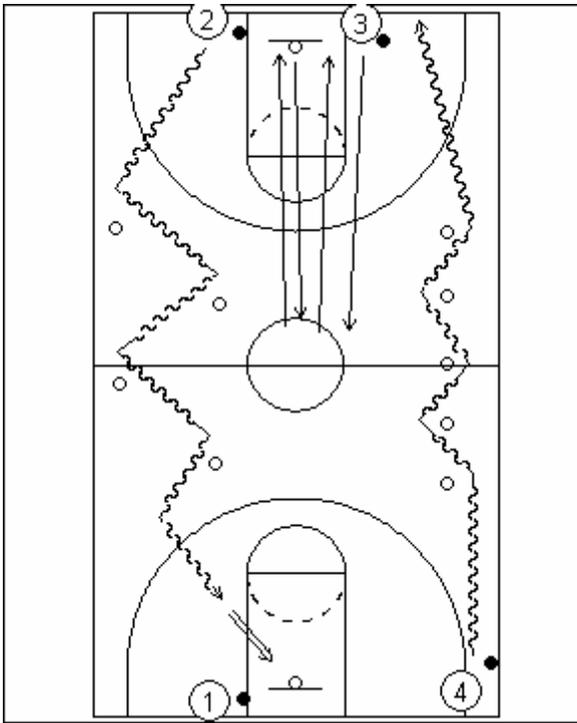
Player 1 will then start with defensive footwork to the middle circle and back and again to the middle circle. The second time player 1 reaches the middle circle he jumps five times as high as he can.

At the same time player 2 starts his drill with the crossover dribble.



Player 1 picks up his ball and starts dribbling again making (spin) reverse dribbles at the pylons he ends with making a lay-up at the basket.

Player two start with his defensive footwork and jumps and player 3 with his dribble



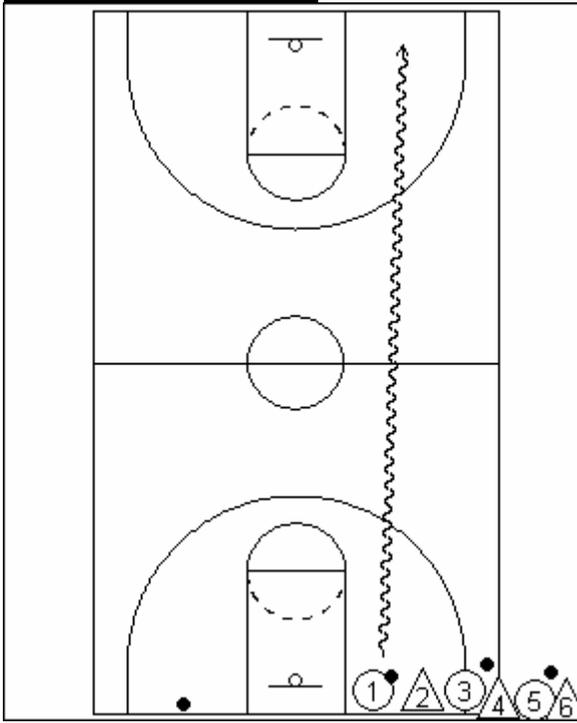
After making his lay-up player puts the ball on the floor and makes 5 (or more) push-ups or sit-ups.

After this he picks up his ball and starts again.

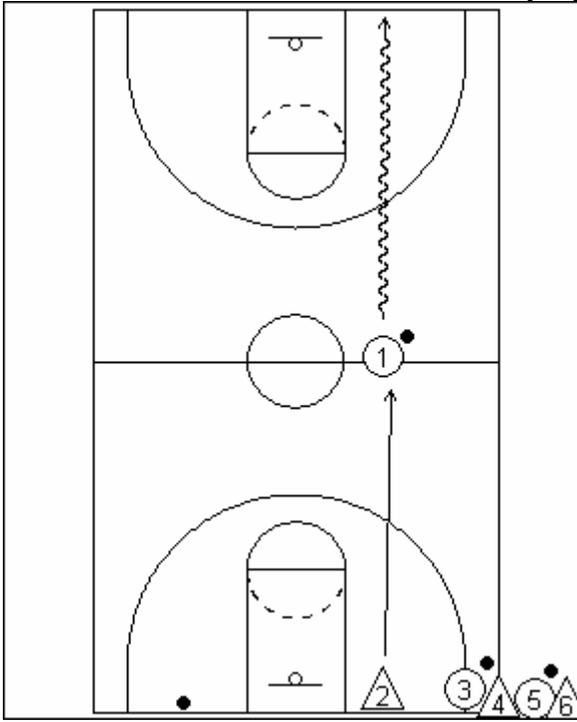
At the same time player 2, 3 and 4 continue with their part of the drill.

4 to 6 complete circles is (for me more than) enough.

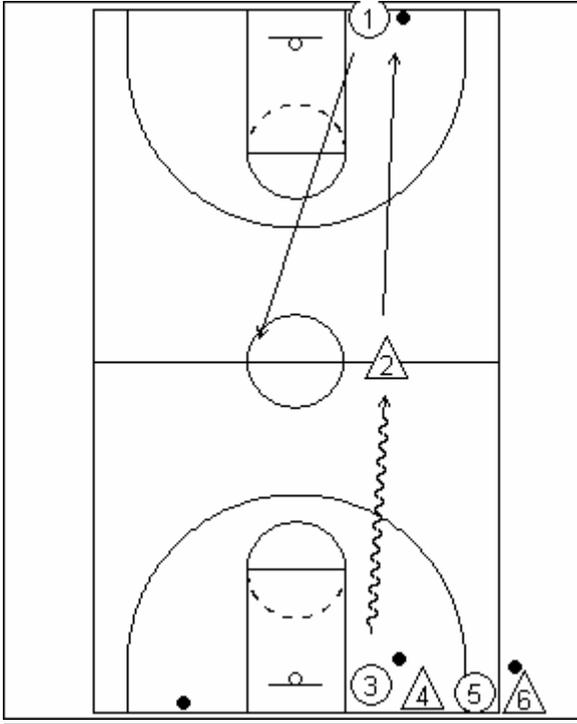
SLIDE-IT DRILL



This drill start off with a dribble of player one to the other side of the court

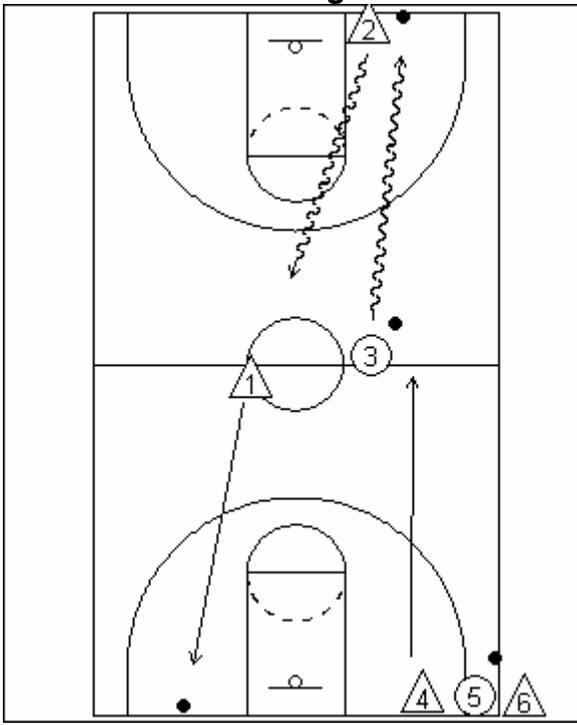


When player 1 reaches the middle line player 2 starts his defensive footwork to the other side of the court.



When player one reaches the baseline he places the ball on the court and start defensive footwork to the other baseline.

Where a ball is waiting for him/her.

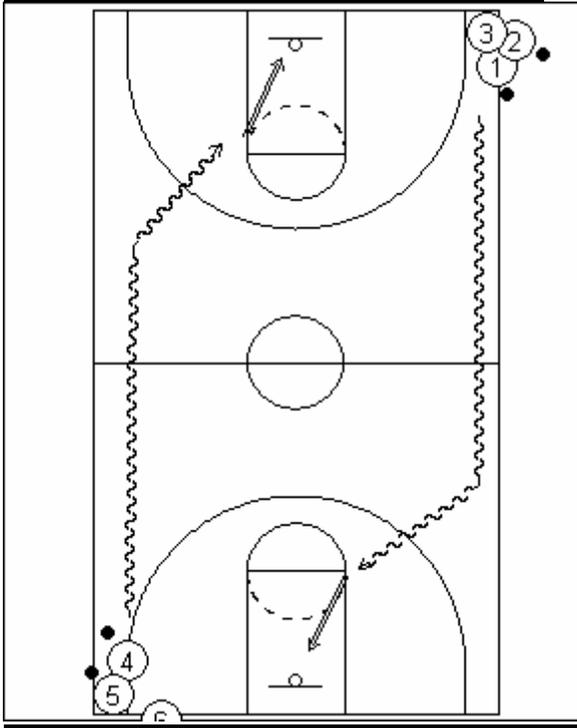


When player two reaches the ball one has placed on the baseline he picks it up and starts dribbling to the other side.

The rest of the drill is a repeat of the steps described before.

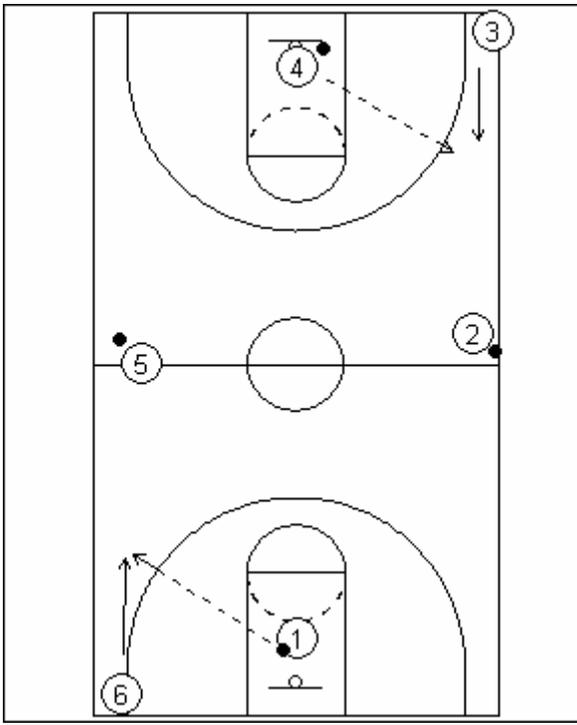
Make sure that when in defensive mode the players switch their leading leg (with an even amount of players let them watch the same wall all the time)

FULL-COURT SHOT DRILL



6 or more players 4 balls.

This drill start by dribbling to the opposite site of the court at the extended top of the 3 point line. The players cut to the the corner of the bucket. They make a jump stop and take a jump shot.



After taking the shot the players rebound the ball and give an outlet pass to the player without the ball.

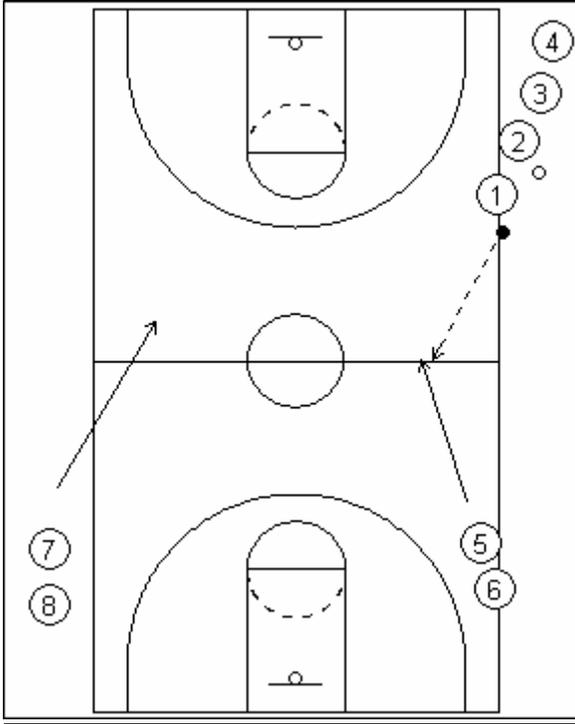
The player receiving the ball from the outlet pass must wait behind the baseline until the ball is rebounded.

Variations.

Lay-ups

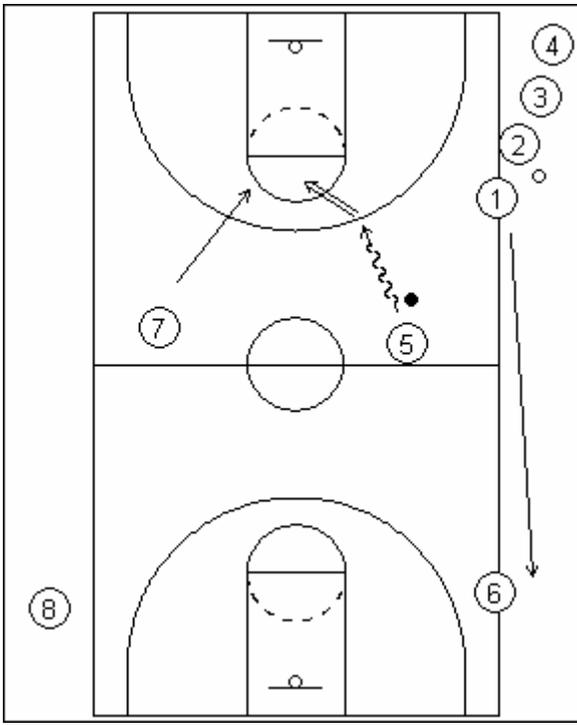
shot from the other side.

OUTLET CONDITIONING DRILL



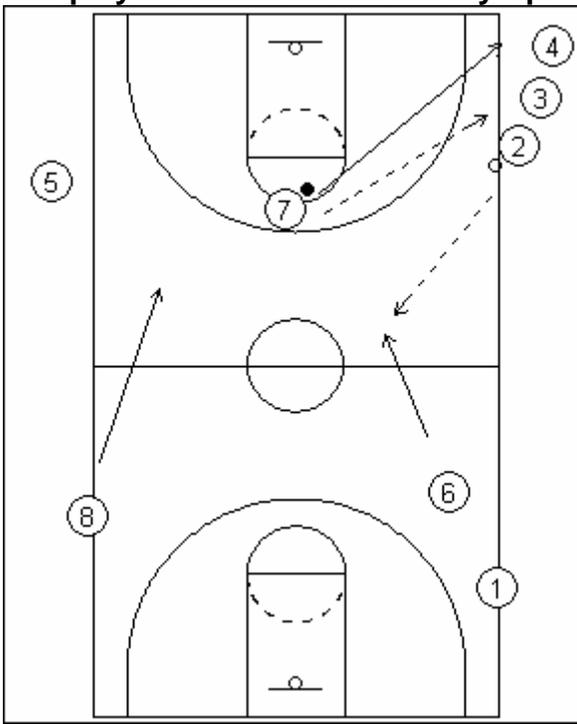
8 or more player 2 -3 balls

**Player 5 gets a pass from player 1 and goes for the basket.
Player 7 goes for the rebound.**



Player number 1 goes to the mid line.

and player 5 takes makes his lay-up.



Player 7 takes the rebound and gives an (outlet) pass to player 3. He/she continues after his ball to the baseline corner.

Player 5 goes to the mid line behind player 8

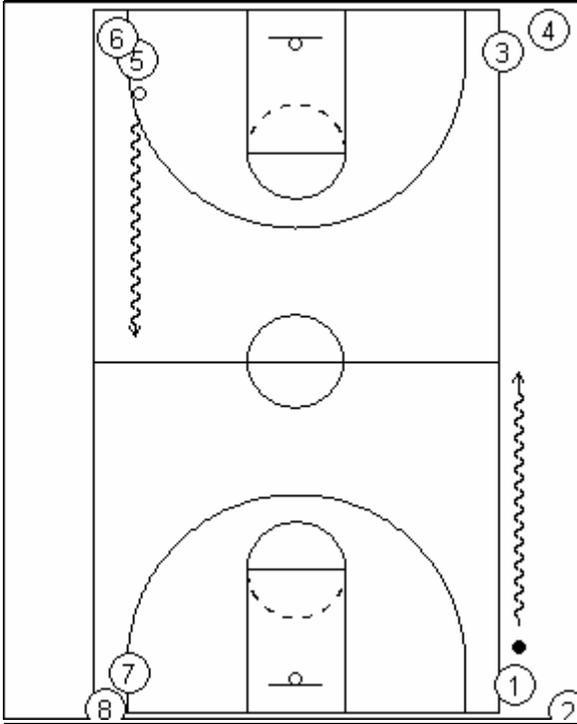
Player 2,6 and 8 started with there rotation.

Variations:

Left lay-up

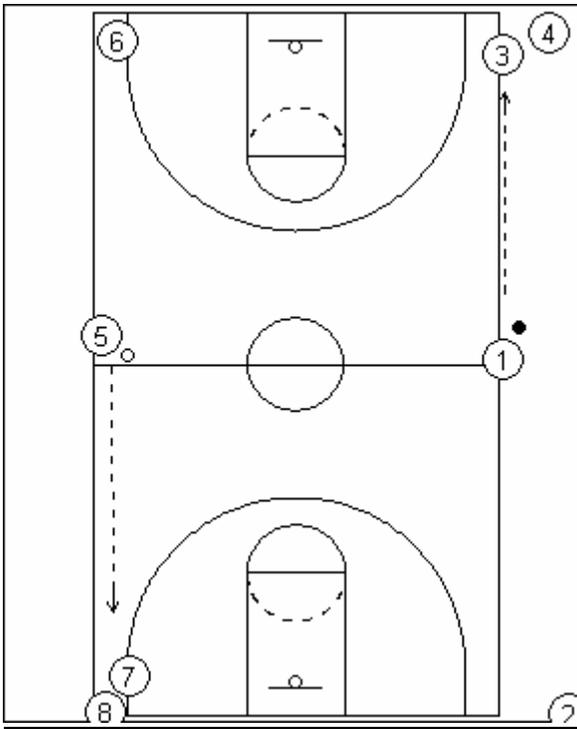
Shots instead of lay-ups.

DAWSON CONDITIONING DRILL



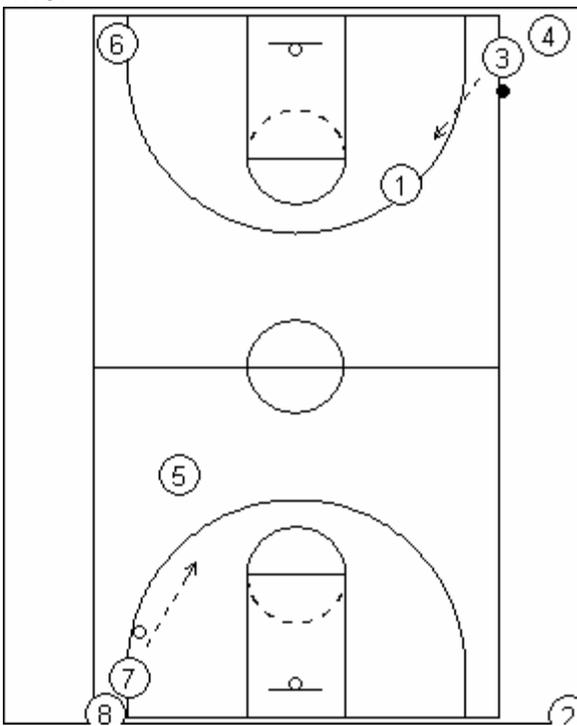
For this drill 8 or more players and 2 or more balls are needed.

**This drill start with a dribble to the middle line
by player 1 and 5.**

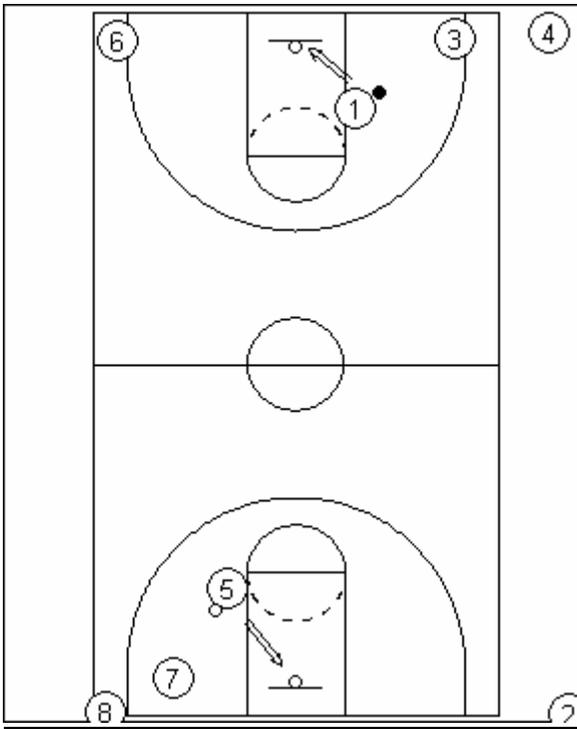


When the players are at the middle line they pass to the corner and start cutting to the basket.

The pass can be given out of the dribble or after a jump stop on the middle line.



Player 3 and 7 pass the ball back to player 1 and 5 who will make a lay-up. Player 3 and 7 will follow the ball for the rebound.



Player 3 and 7 will make the rebound and pass out to players 6 and 2 and follow to that corner.

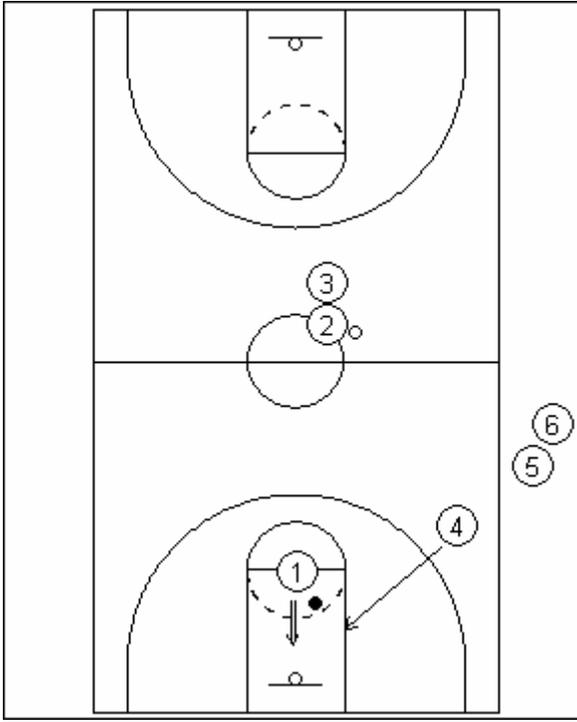
Player 1 and 5 go to the corner of 4 and 8.

To speed up the drill use more balls.

Options:

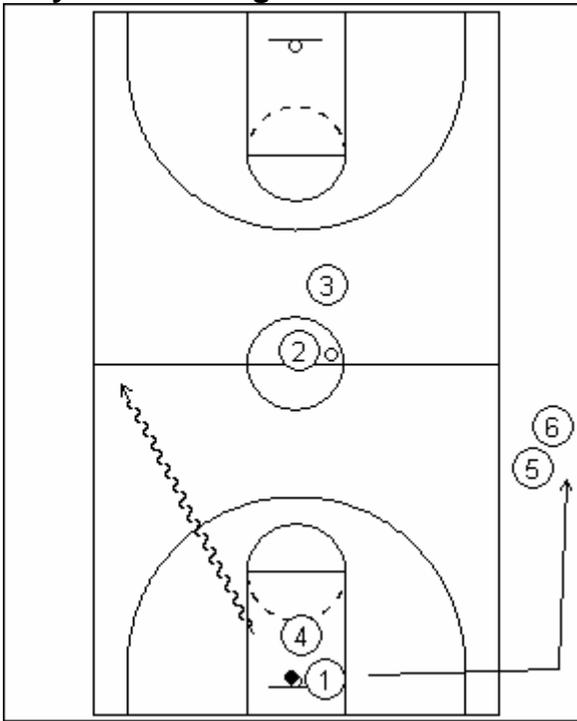
This drill can be run with left and right handed lay-ups.

Instead of the lay-up a jump shot can be taken outside the bucket area.



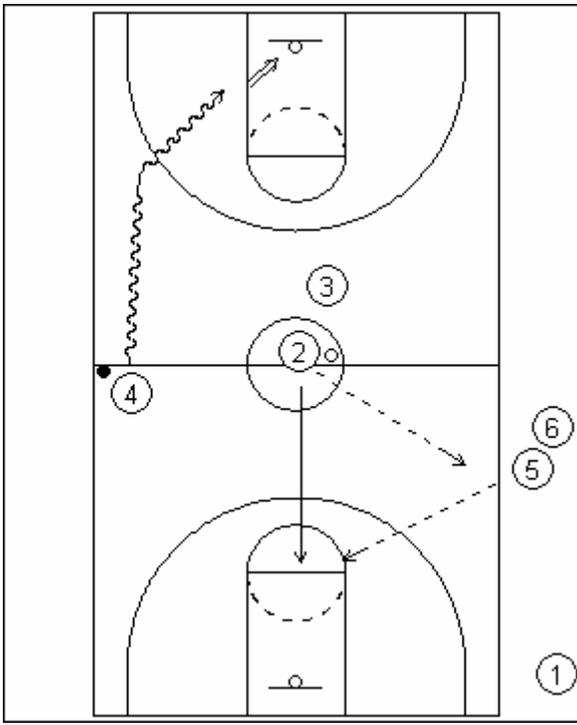
Player 1 makes his lay-up while going straight for the board.

Player 4 takes a good rebound.



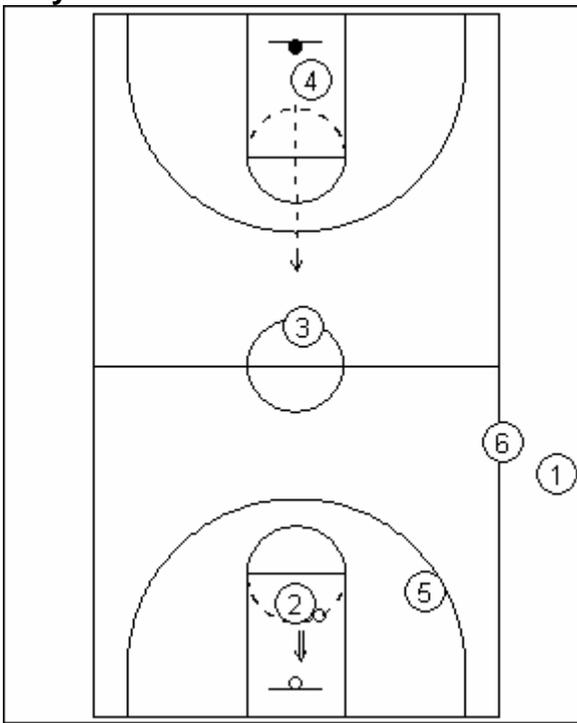
Player 4 starts his dribble to the other side of the court. (In this case with the left hand which is often the weak hand of players)

Player 1 goes to the row on the sideline.



Player 4 starts makes his left handed lay-up and takes his own rebound.

Player 2 and 5 start with the drill



Player 4 takes his own rebound and passes the ball to 3 who will then start.

Variations.

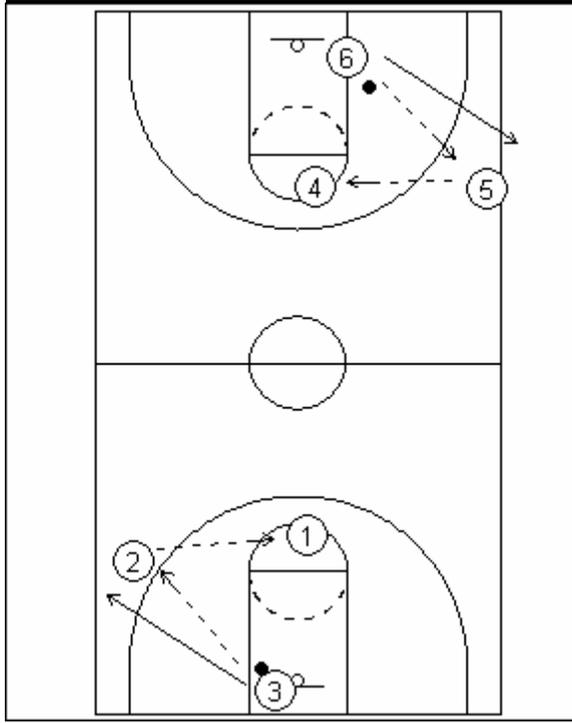
Change the passes from chest to overhead, bounce or (for the half court pass) baseball pass.

Instead of the lay-ups shots can be taken.

Put a pylon on the floor and let the players in the dribble make a cross-over or a (spin) reverse.

And as always it can be run the other way around.

PASSES-DRIBBLE CONDITIONING DRILL



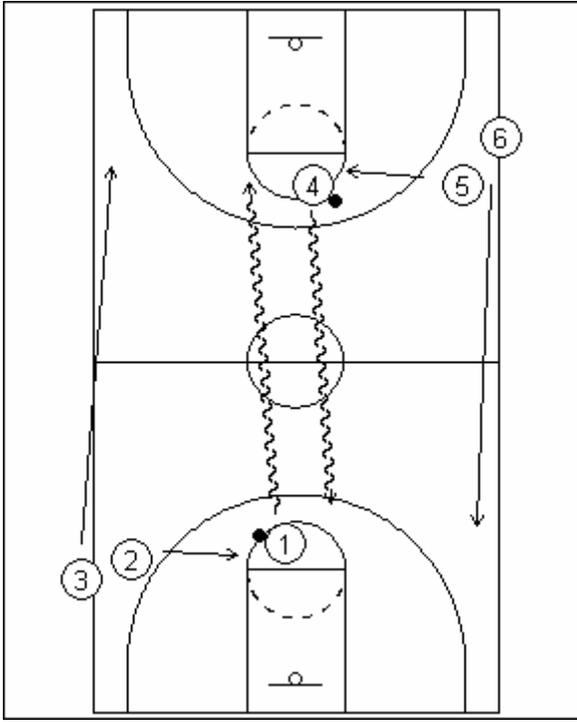
6 or more players 2 balls.

This is a full court warming up drill, with six players it can be intensive, you might want to use it after the warming up.

Player 3 gives an outlet pass to player 2. (Overhead or push bounce depending on defense, height of the player etc.)

Player 3 goes around player 2 to the other side of the court.

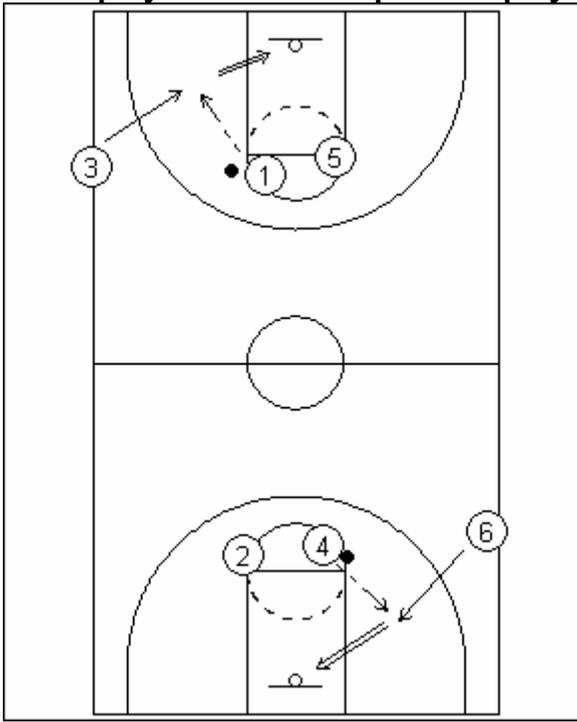
Meanwhile player 2 passes the ball to guard 1



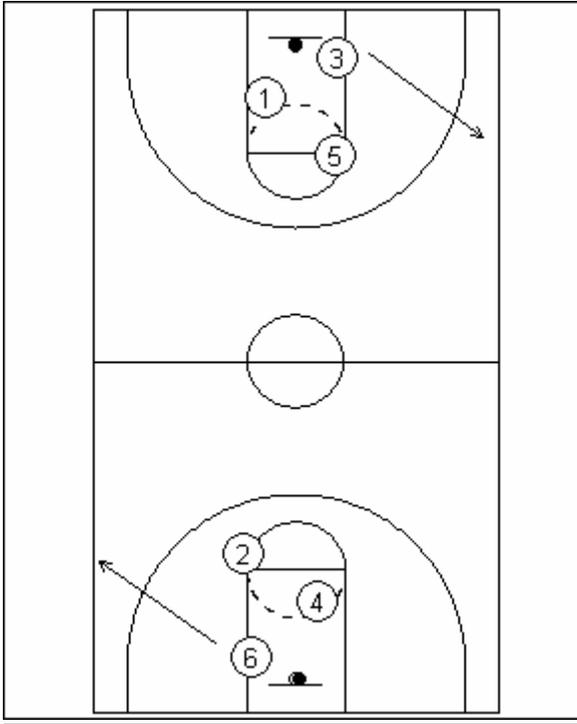
Player 1 starts to dribble to the other side of the court and makes a jump stop at the top of the bucket. (shot, shot fake)

Player 3 also runs to the other side.

While player 2 takes the place of player 1.



Player 1 passes to player 3 who makes a lay- up.



Player 1 takes the rebound and player 3 goes to the outlet position.

This are the starting positions and the drill can start again.

**Variations,
Right handed lay up,
Jump shot form the corner**

PICK ME DRILL

Have your entire team line up on the baseline. The coach will blow the whistle and they will all begin to footfire. The coach will call a players name and he must sprint to the opposite baseline and back. He will then begin to hop up and down with arms raised above his head. All other players will continue performing footfires. The coach will call another players name and he will perform the same routine. When all players have completed the footfire and sprints and are all hopping let them hop for about 15 sec. and on the coaches command "Defense" the entire team will slap the floor and yell out "Defense!!".

100 MILES PER HOUR DRILL

Start at the baseline with two players (One standing on the left foul line and one standing on the right foul line). Chop your feet while facing each other and start to pass a basketball back and forth. After 7 passes sprint to the shooting foul line (With both players still at their sides) pass the ball back and forth 7 more times then sprint to the half court line corners. Launch the ball back and forth 5 times while still chopping your feet. After the half court run to the opposite free-throw lines and pass the ball 7 times while still chopping your feet. Then run down the free throw lines to the base line and throw the ball back and forth 7 times while still chopping.

10-1 DRILL

Have players line up along the baseline. When whistle goes, the players run the length of the gym, and do 10 wall taps (with both hands) against the wall, and then sprint to the other end and do 9 wall taps. Then sprint to opposite end and do 8 wall taps... Until the players get down to 1 wall tap. After one tap, they do one last sprint.

9-1 DRILL

Have players line up along the baseline. When whistle goes, the players run the length of the gym, and do 9 wall taps (with both hands) against the wall, and then sprint to the other end and do 8 wall taps. Then sprint to opposite end and do 8 wall taps... Until the players get down to 1 wall tap. After one tap, they do one last sprint.

