Lee Taft – SuperConference '06
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Session #2 - Speed and Agility Drills for Basketball Players

1) How do you incorporate speed training it into your basketball practice?
   a) During your warm-ups
   b) Train **speed** early in practice
   c) Right before and after breaks
      i) This helps players focus
      ii) Ex. "we are going to get quicker defensively right now-so let's work at it"
   d) should be done in 2 minute increments
   e) do not do for long periods at a time – must be done in spurts
   f) speed runs of about 7 seconds
      i) how we improve speed is to do it hard, do it well and get out of it
   g) Crossover moves in 3-7 seconds
   h) choose a different aspect of speed each day
      i) lateral
      ii) straight ahead
      iii) combined movement patterns

2) Strength
   a) Most of his is done with body weight
   b) Trying to get the athletes to move more efficiently
   c) Test for ankle mobility
      i) Stand on one leg with toe slightly away from the wall (2-4 inches) and square hips to the wall
      ii) Press the heel in the floor and put knee to the wall
      iii) Bend the knee – the knee should contact the wall without the heel coming off the floor – if not poor mobility
      iv) This exercise is good for increasing the ankle mobility

   d) Single Leg Squat – every athlete needs to be able to do this
      i) Sit in chair
         (1) put weight on one foot then stand up on this leg
         (2) then go down and touch butt to the chair
         (3) this can be done with young kids
      ii) Clock Squats – good stabilization/strength exercise
         (1) free leg goes out 9 o'clock and squat on single leg down low
         (2) do not let leg come towards the mid-line as you go down
         (3) the patella should stay in line with the 2nd toe
         (4) as athlete goes down you can push it at the knee – the athlete must push out to prevent the knee from tracking inside – this will often create a burn in glute medius which is a stabilizier in of the knee and hip

e) Proper Squat and how to teach it
   i) Feet wider than shoulder width apart
   ii) Press outside of heels into the floor
   iii) Drive hips back with arms crossed
   iv) Sit so heels are behind the buttocks
   v) Shoulder blades should be together to get athletes to not round their back

f) Stabilization Progression Drills
   i) 2 foot landing – how to land
      (1) feet shoulder width apart
      (2) drive hips back
      (3) shoulders over knees – knees over toes
      (4) hands back
   ii) Then stand up and get to the squat position
   iii) Then start on balls of the foot and drop into the squat position
   iv) Then jump once and land in the proper squat position
   v) Then jump two times – stick and go but short stick and land in proper squat position
   vi) Then jump three times and land in this position – but each is a short stick so it is **not** plyometrics
   vii) Then jump forward and laterally and land in proper squat position
   viii) Single leg stabilization drills
      (1) Forward progression – hop
         (a) Land stabilize with hips back
         (b) Goal is complete stabilization within one second
         (c) Short hops – 12 inches
   ix) Lateral single leg stabilization drill
      (1) Complete the same drill as above
   x) Hop, stabilize, and squat – touch cones on each side of where you land

3) Movement Patterns
   a) Skipping
      i) How do they use their arms?
      ii) Source of legs is the arms
   b) Crossover – is used to mobilize the hips
      i) Step up and over the other knee
      ii) Drive the knee
      iii) Then do with a skip – this is a high level exercise

   c) High knees
   d) Butt Kicks
   e) Run
      i) Speed of leg action comes from the arms
      ii) Shorten arm action and you shorten leg lift

iii) Arm action is 90 degrees at the side of the body and then open the arms to 120 degrees at back

iv) Drive the arms back

v) Divide the body down the middle and don't let arms cross to the other side of the body

4) Drills

   a) Get ups – can be used for balance and acceleration

      i) for balance -get up and balance on one foot with hands above head

      ii) for acceleration - lie face down and when the coach says "go!" the athlete gets to their feet and sprints

      iii) add listening skills – ex. "when I clap my hands get up and go" then the coach says "ready, go!" – most athletes will go

         (1) "When I say blue get up and ____" then the coach says "red, white, blue" and see how quickly athletes respond

   b) One Knee Down – good strength drill

      i) Athlete begins in a lunge position with one knee just touching the floor

      ii) Then the athlete powers up off the foot planted in front

      iii) This is done by pushing the heel of the front foot down and back

   c) Acceleration Game-Rock-Paper-Scissors:

      i) The athletes are paired up and then line up on opposite sides of the centre line. The pair then plays the old game of rock-paper-scissors.

      ii) The loser must then run away and attempt to cross the foul line while the winner chases the loser and attempts to tag him/her before he/she crosses the foul line.

      iii) As well as working on agility, (hip turn and crossover step) it also forces the athlete to process the result of the rock-paper-scissors game quickly and transfer to a physical act.

   d) Pylon drills

      i) 5 pylons are placed 3-5 feet apart from each other

         (1) Athlete goes from 1 to 3, 3 to 2, 2 to 4, 4 to 3, 3 to 5

         (2) Have two athletes compete against each other

         (3) Can do this running with change of direction, crossover step with lateral shuffle, shuffle all the way, any combination

   e) Tag Games – tag is the greatest teacher of athletic movement

      i) Box Tag

         (1) Can involve multiple changes of directions, aggressiveness and decision-making.

         (2) Divide the team into two groups and line the groups up in opposite corners of a volleyball court.

         (3) One team is the "tagger" team and the other is the "evader" team.

(4) When the coach says "go!", the first "tagger" comes out and tries to tag the first "evader" as quickly as he/she can.

(5) The objective for the "evader" is to avoid being tagged for as long as possible.

(6) When the first "evader" is tagged then the second pair begins.

(7) When young people first play this game they will often be very cautious as an "evader". They tend to hang back in the corner and almost wait for the "tagger" to be right near them before they move.

(8) The "evader" should get near the middle of the court quickly so they have the opportunity to go in any direction and not get cornered by the "tagger".
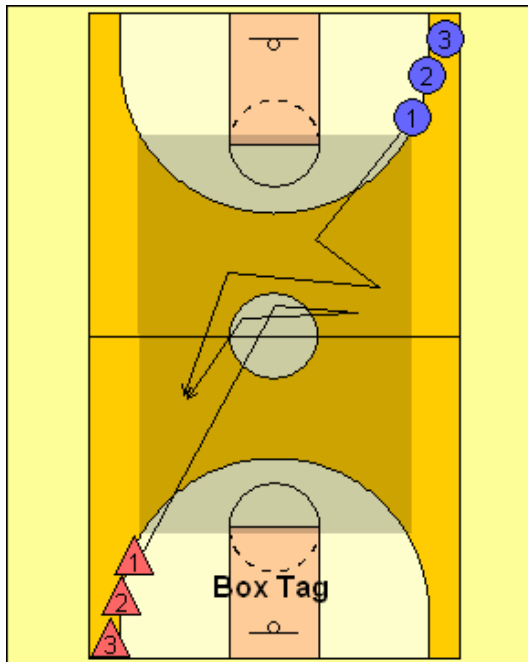
ii) Shuffle Tag

(1) all athletes are in the volleyball court and may only defensive slide.

(2) The objective is to tag as many people as possible in a specified amount of time (10-20 seconds).

(3) The tag must be at the knee and the person can deflect the tag attempt.

(4) If you are tagged you must step outside the court and complete 1 tuck jump/pushup/etc. and then get back in the drill.

(5) Increase intensity by giving them points for how many people they tag.

f) Power Shuffle

i) A set of 5 cones lined up equal distance apart for a total of 18-21 feet apart. The distance is determined by the size of the athletes.

ii) The athlete begins even with the first cone.

iii) On the command the athlete moves laterally to the 3rd cone and then back to the 2nd, over to the 4th cone, back to the 3rd and finishes going past the 5th cone.

iv) Athletes can compete against each other. They do not reach down and touch the cone but they must get even with the cones each time.

v) Teaching Point – Do not have the "big reach" with the front foot – then you are pulling with the hamstring and this is slower and makes the athlete susceptible to injury

g) Triangle Cones
  i) Coach – will point the direction the athlete is to go
  ii) set up 3 cones in a triangle about 6-10 feet apart
  iii) Instruct the athlete is the movement pattern – crossover step, defensive shuffle, run, back pedal, etc.
  iv) The athlete must face the coach to begin.
  v) When the coach points, the athlete performs the movement pattern to one of the two back cones. He/she then gets back to the top cone as quickly as possible. Then watches for the next direction the coach points to.
  vi) Creates good reactive ability.

h) Cone Stack Drill
  i) Total of 4 cones – 1 is where the athlete starts and the other 3 are stacked a distance away from the athlete
  ii) On the command the athlete gets one cone from the stack of 3, brings it back and stacks it on top of the one.
  iii) Continue until all four cones are stacked on top of each other.
  iv) Can do this with two athletes competing against each – they each have their own set of cones and race against each other.
  v) Can do this with any type of movement pattern though crossovers are best

i) V Drill
  i) A cone is set up at each block
  ii) Athlete starts at the foul line and on the coach's instructions (pointing) goes back to a cone then back to the foul line.
  iii) The athlete then goes back to the other cone and back.
  iv) Again the coach decides on the movement pattern.