

4. Agility Course

Purpose:

This drill will improve defensive form and quickness.

Setup:

Have the desired number of players line up on opposite sides of the lane, with the same number of players in each lane, if possible.

Execution:

* When the whistle blows, the first player in each line will sprint to the free throw line and make a 180 degree turn, thus facing the baseline. He/she will then do foot fires (tap his/her feet in place) as fast as possible until the whistle is blown again.

* When the whistle blows, players will defensive slide at an angle to half court. He/she will then do foot fires as fast as possible until the whistle is blown again.

* When the whistle blows, players will backpedal the sideline until they reach the baseline and head to the end of the line.

Coaching Tips:

* Continually tell your players to...

- Keep their head up when sliding.

- Keep their arms out when sliding.

- Avoid clicking their feet together when sliding.

- Work on defensive form first, and once technique is correct, then worry about speed.