

## 5. Lane Slides

### **Purpose:**

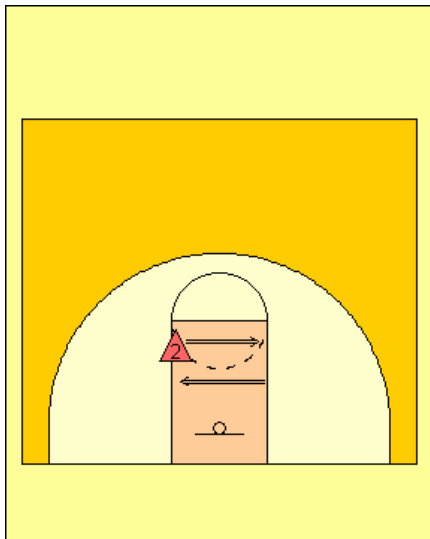
This drill improves lateral quickness and speed defensively. It's a great way to improve man-to-man defensive skills.

### **Setup:**

Players start with their outside foot touching the line anywhere from the block to the elbow in the free-throw lane. 5 players can fit in the lane at a time.

### **Execution:**

- \* Players get into a defensive stance.
- \* Then, slide across the lane and touch the opposite line with your outside foot.
- \* Once you touch the opposite line, slide back and touch the line where you started.
- \* Players do this as quickly as possible for 20-30 seconds.



**Coaching Tips:**

- \* Maintain a good defensive stance (butt low, on balls of feet, legs slightly wider than shoulder width apart, knees bent, back bent slightly forward).
- \* Slide as quickly as possible.
- \* Do not click heels, feet should never cross.
- \* Do not bob up and down; head should stay on a level plane.