

17. Line Jumps

Purpose:

To strengthen agility and increase height of jump.

Setup:

Players spread out in the half court next to a line (side line, baseline, foul line, etc.)

Execution:

- * Coach blows whistle and players jump over line for 30 seconds.
- * Players can jump left and right with side of foot next to the line or they can jump with their toes to the line, jumping forward and backward.
- * Players can also jump as quickly as possible or go for height back and forth.
- * Coaches can determine how many times or for how long players jump.

Coaching Points:

- * Stress not touching the line.
- * Control is key so go slower, if needed.