

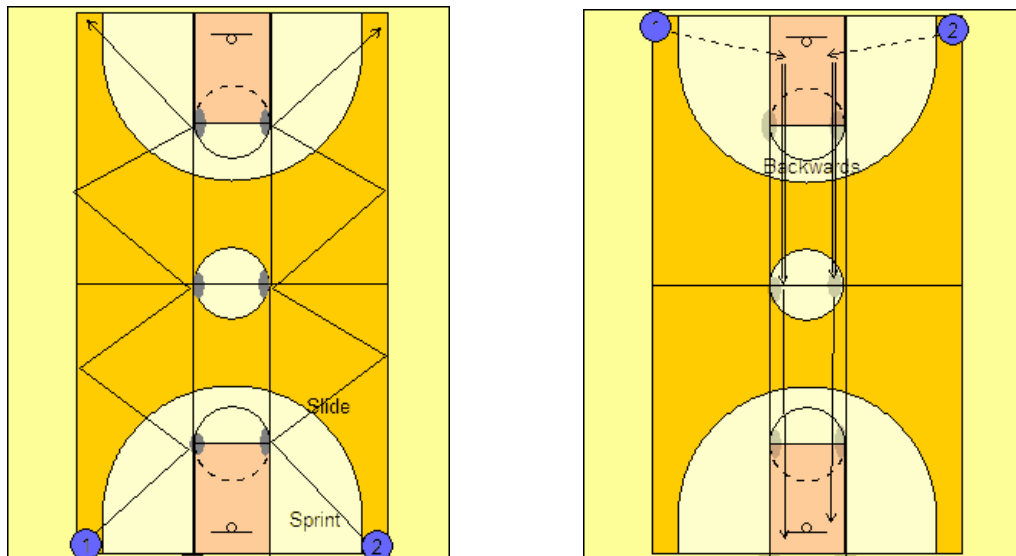
# 7. Recovery Drill

## Purpose:

This drill is designed to build defensive speed, helping your team recover quickly and stop the offense from getting an easy bucket. An indirect benefit from this drill is getting your players in better physical condition.

## Setup:

\* Divide the court into three lanes, positioning cones on each side of both free throw lines and the mid court line.



## Execution:

- \* Players will be positioned on the corners of baseline, and on the whistle, the first player in each line will sprint to the first cone.
- \* Once this player reaches the first cone, the next in line may proceed.
- \* When the players reach the first cone, they will slide to the sideline, ending half way between the first and second cones. They will then repeat this process until they reach the other baseline.
- \* Once the players have reached the far end of the court, they will go to the center lane (in between the cones) and run backwards to half court.

\* Once to half court, they will turn around and sprint back to the opposite line they started in.

**Coaching Tips:**

\* Continually tell your players to...

- Stay low when in their defensive stance
- Keep their feet from clicking together when sliding
- Pretend there is an offensive player trying to get by them
- When sliding, back pivot each time you reach the line and change directions.