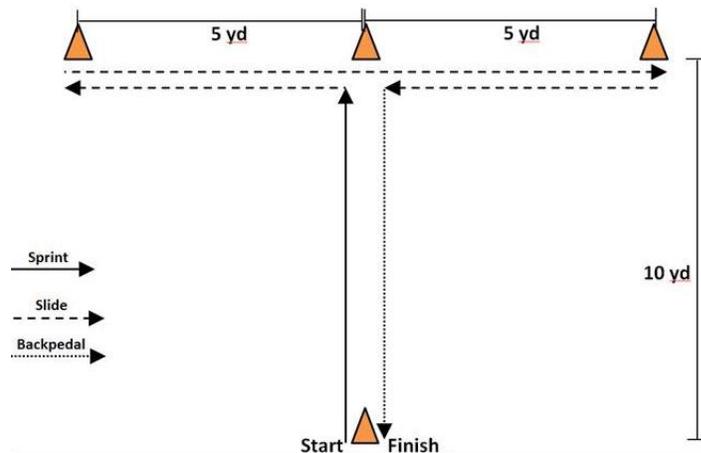


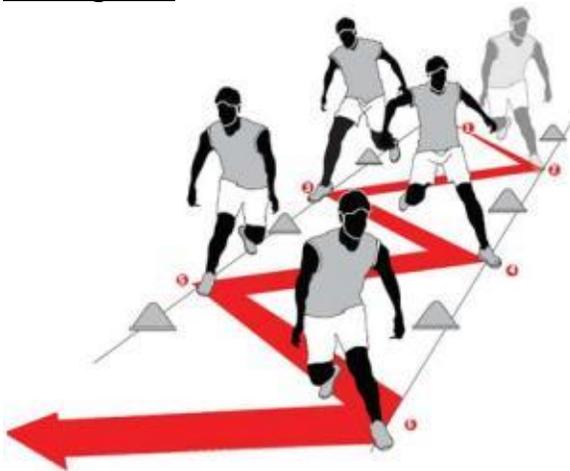
Agility, Balance, Flexibility, and Core Drills for Basketball

Lateral/Multi-plain Movements

T-Test – The drill is set-up as drawn below. Make sure to touch the cones with the hand closest to the cone while changing directions and movements. Sink the hips, shuffle the feet without crossing them and focus on efficient acceleration/deceleration and change of directions. Time athletes and challenge the tempo.



Cutting Drill



Basketball is a game of sharp movements. Changing speed and direction are 2 concepts that all players should understand at varying levels. You can put the cones as close or far apart as you wish.

- Cones which are further apart really emphasize changing speeds AND changing direction.
- Cones closer together will put more emphasis on changing direction and less on speed.
- A cut should always occur with the outside foot as shown above. Slow down into the cut and explode out of the cut. Athlete drops the hips as they get ready to cut and possibly even chop their steps to insure control.

Cone or Line Hops

Athlete hops over 4-6 cones in the forward plane. Emphasize knees up and landing soft with flexed knees to absorb the shock. Feet shoulder width apart on take-off and landing.

At the end of the drill, a coach can pass the athlete a ball and have the player dribble in for a lay-up/shot. In other words, hop over each cone, receive a pass from the front, right or left, then dribble for a shot. Athlete works multiple skills in 1 repetition.

Coach can progress this by having athlete jump sideways over the cones and then to 1 legged hops for the more advanced athletes.



Balance and Flexibility

Note: focus on three points of contact in your foot during all of the balance drills. Your balanced position should not be on your toes or heels, but rather three solid points throughout your foot. In addition to the three points of contact, engage your core as well. (3 points of contact=Heel, big toe, little toe)

Single Leg Balance to Sprint/Slide – Transition from balanced state on one foot into a sprint/slide. When possible, do so off of command to work on reactions as well. Focus on driving/pushing with the balanced foot into the movement. **YOU CAN START ANY BASKETBALL MOVEMENT WITH 1 FOOT TO WORK ON BALANCE.**

Then athletes can progress by balancing then reaching down to touch the floor. This is an advanced position and requires strength and balance. On the coaches whistle/voice, athlete can push off that leg and receive a pass for shot, etc...



Flexibility

Each athlete should go through dynamic movements to start practice. General muscles needed to be stretched for basketball.

- Groin
- Hamstring and Quad
- Calf – upper and lower (Achilles as well – bend knee to get this stretch)
- Triceps and general shoulder mobility

Strength and Core

Plank hold – to start practice...engage core! Make sure hips are not sinking or raise high into the air.



Modified Version



**KNEES UP
CRUNCH**



CRISSCROSS



CRUNCH



LEGS LOWER



HEEL TOUCH



FLUTTER KICKS



Wall Push

Athletes can either do repetitions or do wall holds. The closer the feet are to the wall, the easier it is. As athletes progress, move their feet away from the wall. Do 3 x 15 sec holds or 3 sets of 10 reps. Progress time and number as needed to challenge the athlete.

