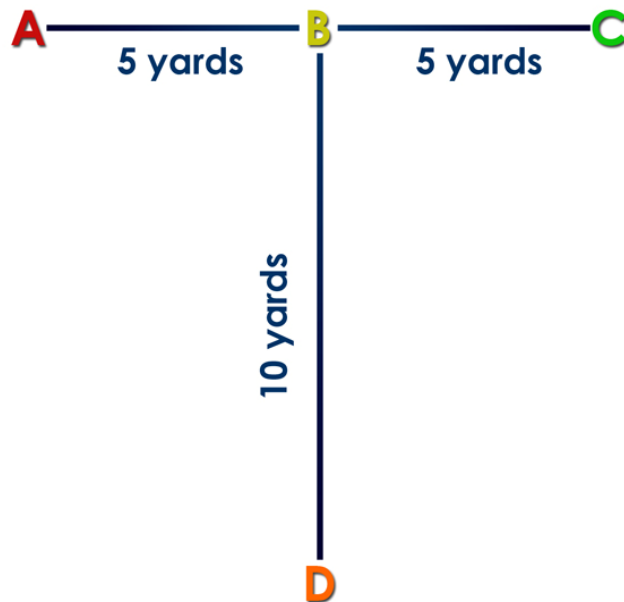


Agility Stations

BASIC SKILLS

1 "T" TEST AGILITY TEST



Instructions:

- Arrange cones as shown
- The runner begins at **D** and runs forward to **B**
- Touch **B** and slide towards **A** (face forwards, using defensive footwork)
- Touch **A** and slide towards **C**
- Touch **C** and slide back to **B**
- Touch **B** and run back to **D**

Volume:

- Repeat 3x → Build up to 5x

Points of Emphasis:

- Touch all the cones but do not stop moving
- Stay under control
- Anticipate next move

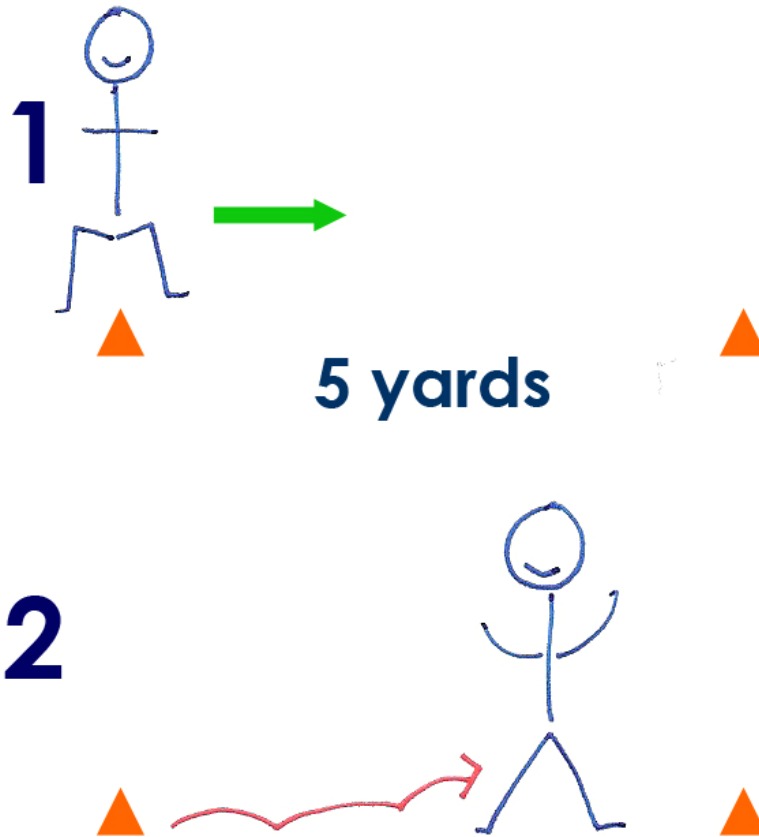
Skills:

- Moving without the ball

Agility Stations

BASIC SKILLS

2 LATERAL SPEED LUNGES



Instructions:

- Place two cones five yards apart
- Start in a squat position in front of one of the cones
- Slide to the opposite cone and squat
- Return to the starting cone and squat

Volume:

- Repeat 3x → Build up to 5x

Points of Emphasis:

- Face forwards and maintain defensive stance

Skills:

- Defensive stance

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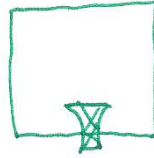
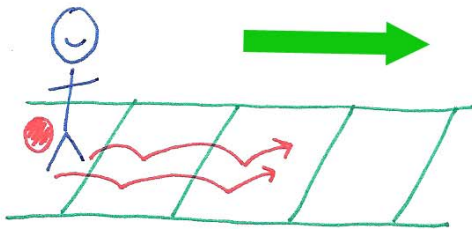
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Agility Stations

BASIC SKILLS

3 RAPID FIRE DRIBBLING

1



2



Instructions:

- Dribble using rapid fire footwork for six feet (speed ladder optional)
- Explode to the hoop and make a lay-up
- Rebound and repeat the sequence

Volume:

- 60 sec. → *Build up to 90 sec.*
- *Advanced:* Step outside the squares (lateral footwork) to increase difficulty

Points of Emphasis:

- Keep head up and feet moving
- Maintain balance while dribbling

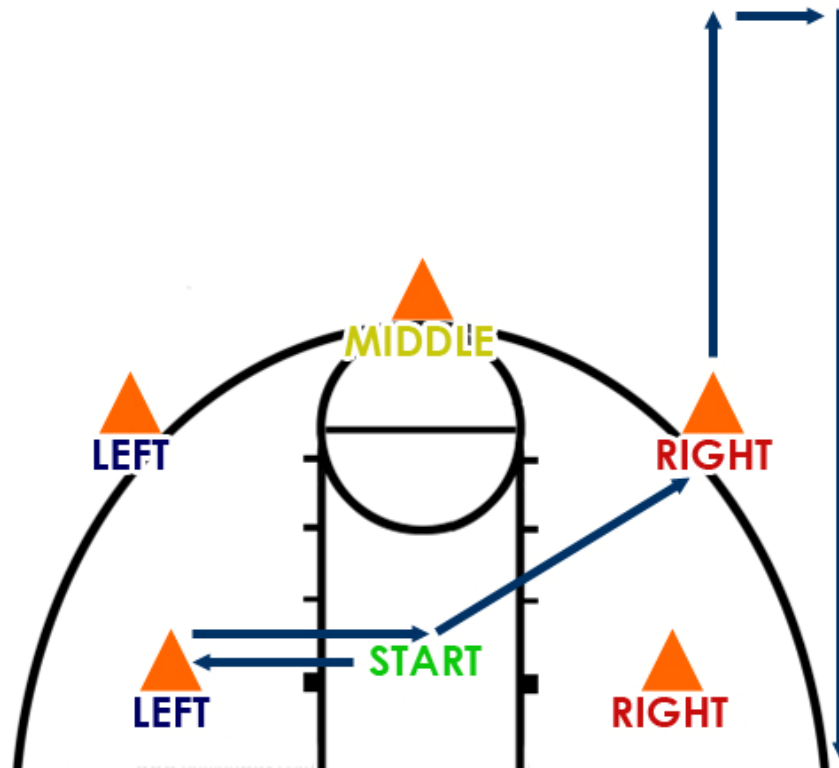
Skills:

- Dribbling
- Changing Direction

Agility Stations

BASIC SKILLS

4 HELP, RECOVER, & CLOSEOUT



Instructions:

- Place cones around the key
- Start in the middle of the key
- On the partner's comment ("left" or "right"), slide to that cone and recover to the middle
- On the next command ("left", "middle", or "right") closeout to that pylon then sprint to halfcourt and back

Volume:

- Repeat 3x → *Build up to 5x*

Points of Emphasis:

- Keep head up
- Closeout under control

Skills:

- Realistic movement

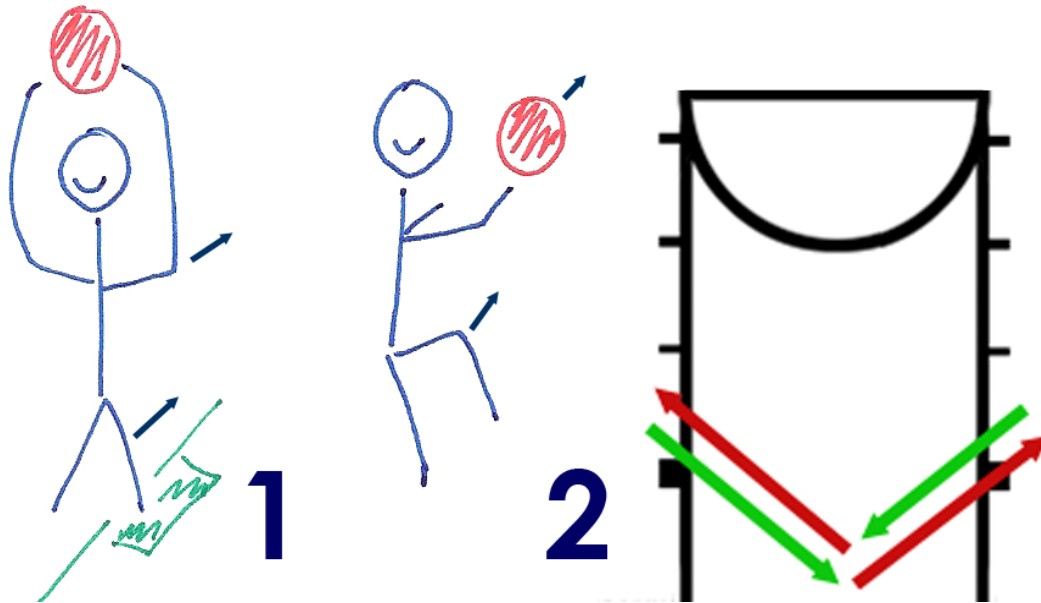
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Agility Stations

BASIC SKILLS

5 DROP-STEP MIKAN DRILL



Instructions:

- Stand on the block (or one big step away from the hoop)
- Self-pass the ball and drop-step towards the baseline
- Make the lay-up, grab the ball as soon as it passes through the net, and move to the opposite block
- Repeat from the other side

Volume:

- 60 sec. → *Build up to 90 sec.*
- A partner can simulate passive defence

Points of Emphasis:

- Keep the ball high
- Move quickly and swiftly at all times

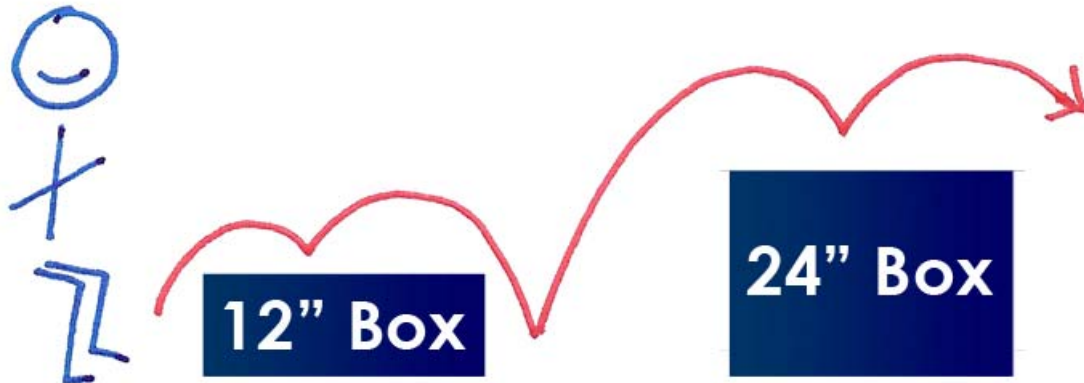
Skills:

- Post moves
- Pivoting

Agility Stations

BASIC SKILLS

6 BOX JUMPS



Instructions:

- Arrange one twelve inch box and one twenty-four inch box close together
- Jump on to the shorter box, jump off, jump on to the larger box, jump off, and return to the start

Volume:

- Perform the sequence with single leg (both right and left feet) and double leg jumps
- Repeat 2x → *Build up to 3x*

Points of Emphasis:

- Stay in an athletic stance
- Keep knees bent

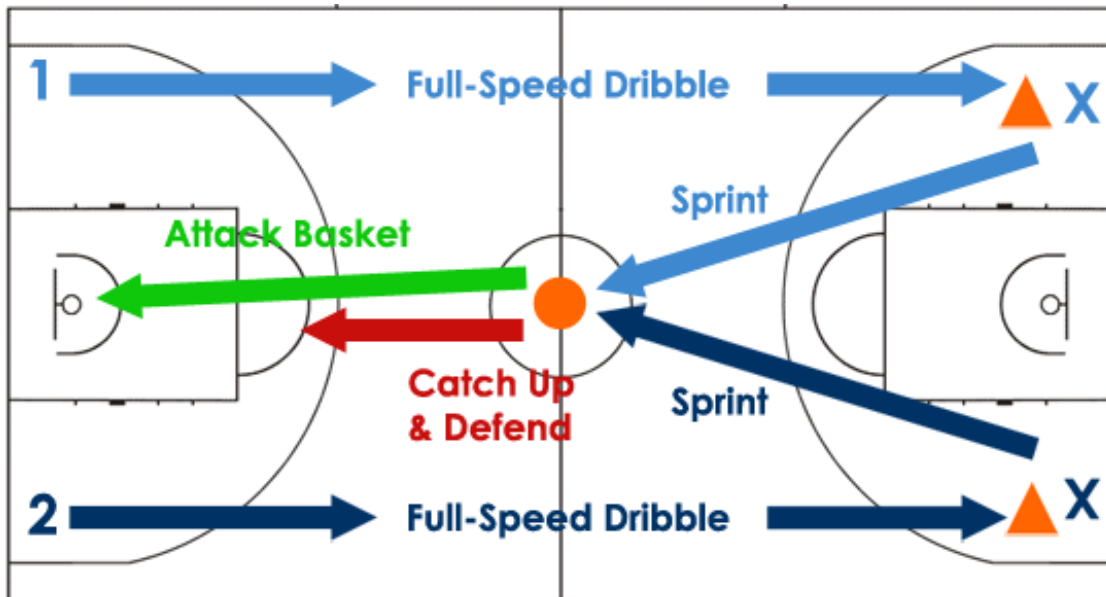
Skills:

- Vertical Leap
- Rebounding

Agility Stations

ADVANCED SKILLS

7 RACE TO THE HOOP



Instructions:

- Two players with basketballs line up on the baseline
- On the coach's command, they dribble towards a cone, place their basketballs on the X, and sprint to another ball on the floor at midcourt.
- The first player to arrive picks up the ball and attacks the basket. The second player must catch up and play defence.

Volume:

- Repeat 5x → *Build up to 7x*
- The coach can adjust the distances to suit each player's abilities in order to make the race competitive.

Points of Emphasis:

- Use efficient footwork, especially when changing direction.

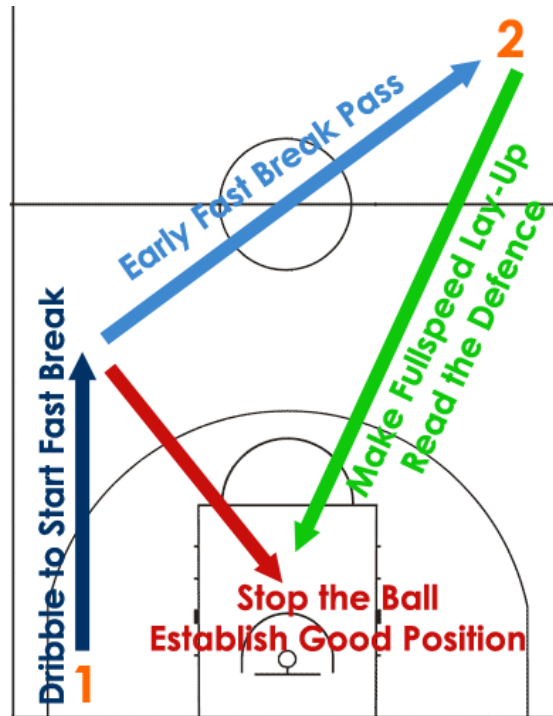
Skills:

- Switching from offence to defence

Agility Stations

ADVANCED SKILLS

8 STOP THE BALL



Instructions:

- Player 1 dribbles up the court and makes an early entry pass to Player 2.
- Player 2 catches the ball and attacks the basket.
- Player 1 must switch to defence and stop the ball by establishing good position, without fouling.

Volume:

- Repeat 4x → *Build up to 8x*
- All players should practice both offence and defence on each side of the court.

Points of Emphasis:

- Starting the fast break quickly.
- Read the opponent and make safe decisions.

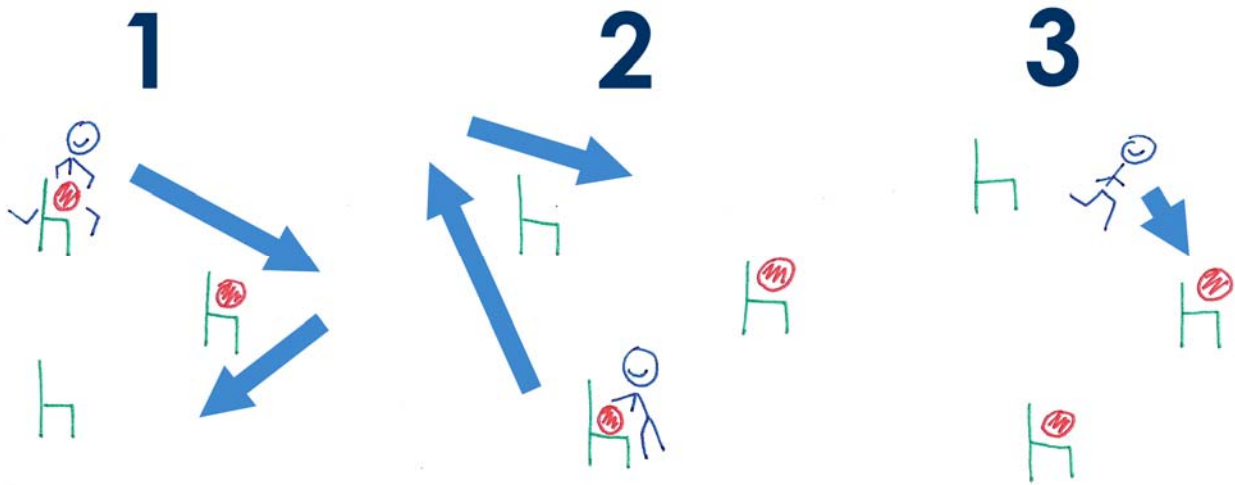
Skills:

- Recovering from turnovers in transition

Agility Stations

ADVANCED SKILLS

9 GUARD AGILITY ("THREE CHAIRS")



Instructions:

- Pick up the ball from the first chair (like a dribble hand-off) and use another chair as a ballscreen.
- Place the ball on an empty chair and use another chair as a ballscreen.
- Pick up the second ball and repeat.
- Change direction as needed.

Volume:

- 60 sec. → *Build up to 90 sec.*

Points of Emphasis:

- Maintain control of self and ball while moving.
- Use screens as closely as possible, staying low and exploding into the open court.

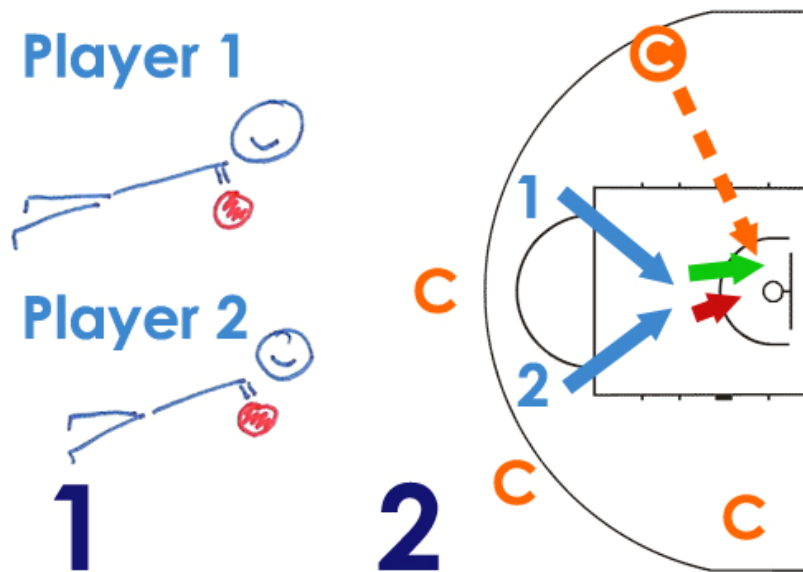
Skills:

- Moving with and without the ball.

Agility Stations

ADVANCED SKILLS

10 POST PLAY AGILITY



Instructions:

- Two players start outside of the paint holding power balls in an explosive push-up position.
- Coaches stand around the court with one basketball.
- After hearing the " **GO** " signal, both players get up and race into the key. The first player is the offensive player and the second player assumes a defensive position.
- The coaches pass the basketball around as the players adjust their position.
- The coaches may shoot or pass the ball inside. The drill continues until the offence scores or the defence secures the ball.

Volume:

- Repeat 5x for each position

Points of Emphasis:

- Adjust to the position of the opponent and the ball.

Skills:

- Moving from one balanced position to another