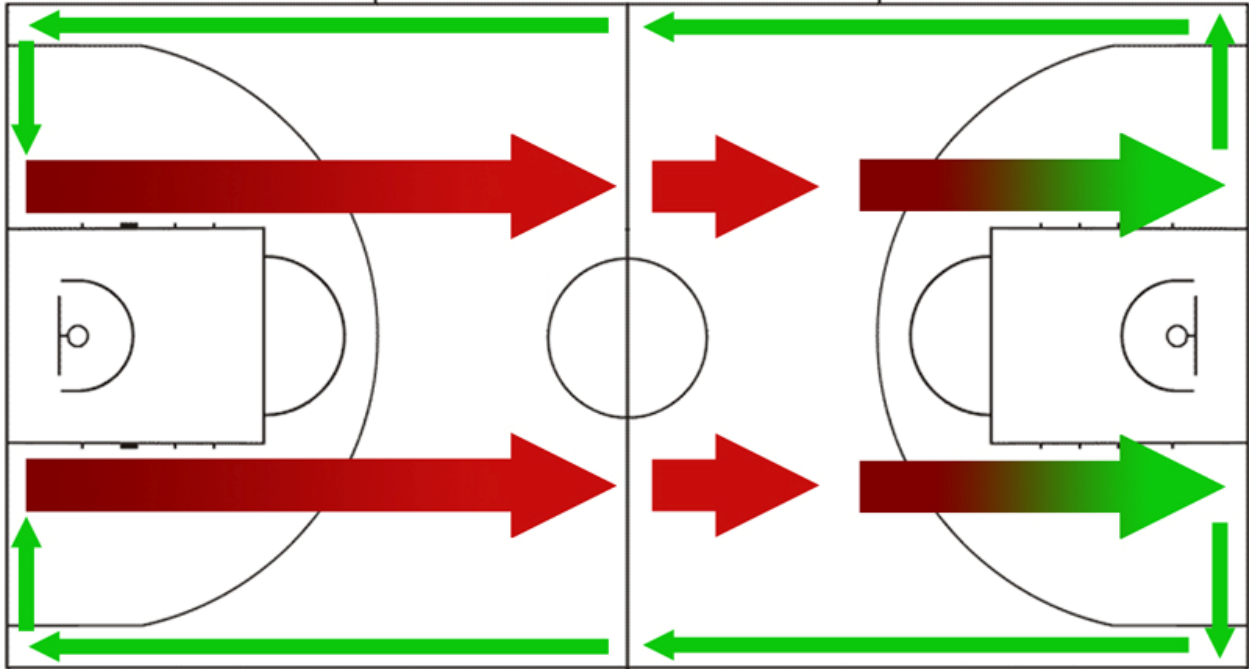


Speed Drills

INTENSITY AND QUALITY

1 ACCELERATION



Instructions:

- Line up behind the baseline
- Accelerate to full speed by mid-court
- Take two strides at full speed ***only***
- Decelerate in the last quarter of the court and walk back to the start

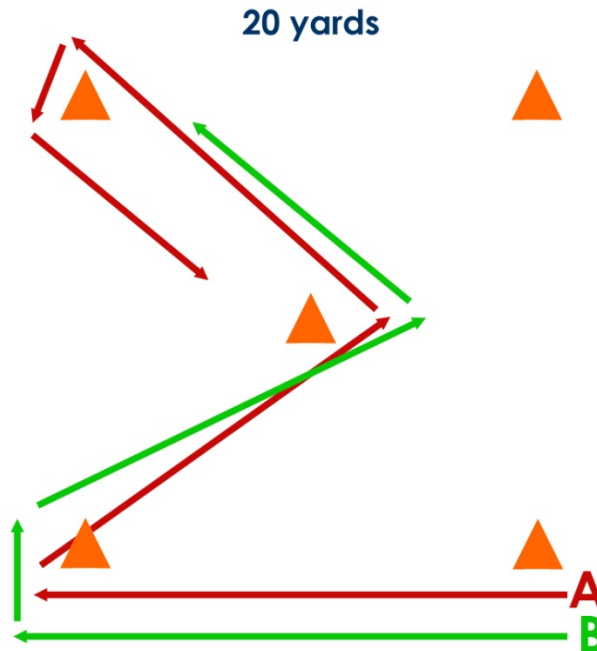
Volume:

- Repeat 3x

Points of Emphasis:

- Use the mind to control the body's speed

2 RABBIT DRILL



Instructions:

- Create a twenty-yard square with four cones plus one in the center
- **Player A** runs through the pylons
 - Combine forwards and backwards running in addition to defensive footwork
- After five seconds, **Player B** follows in pursuit
 - **B** must copy **A**'s movements exactly
- Switch roles and repeat

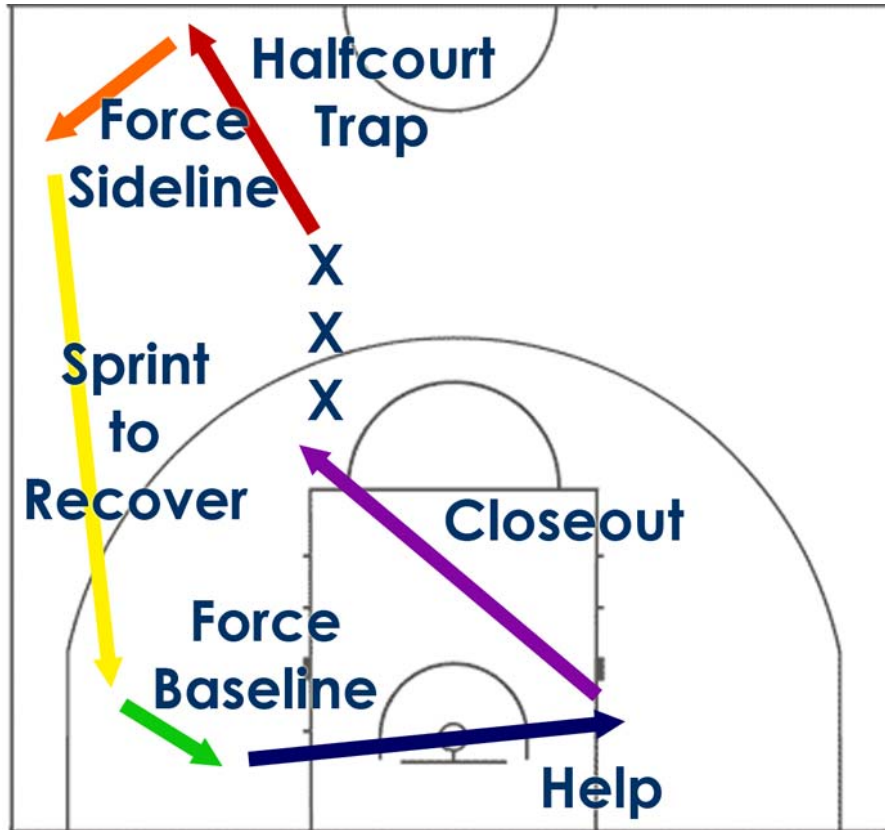
Volume:

- The drill ends when **Player B** catches **Player A** or when thirty seconds have elapsed.
- Repeat 2x

Points of Emphasis:

- Keep heads up for safety

3 6 DEFENSIVE JOBS



Instructions:

- Line up in the middle of the court
- Run up to midcourt to trap an opponent
- Pivot and force the player to the sideline
- Sprint along the sideline
- Pivot and force the player to the baseline
- Run to the other side of the key to help
- Rotate to closeout the open shooter

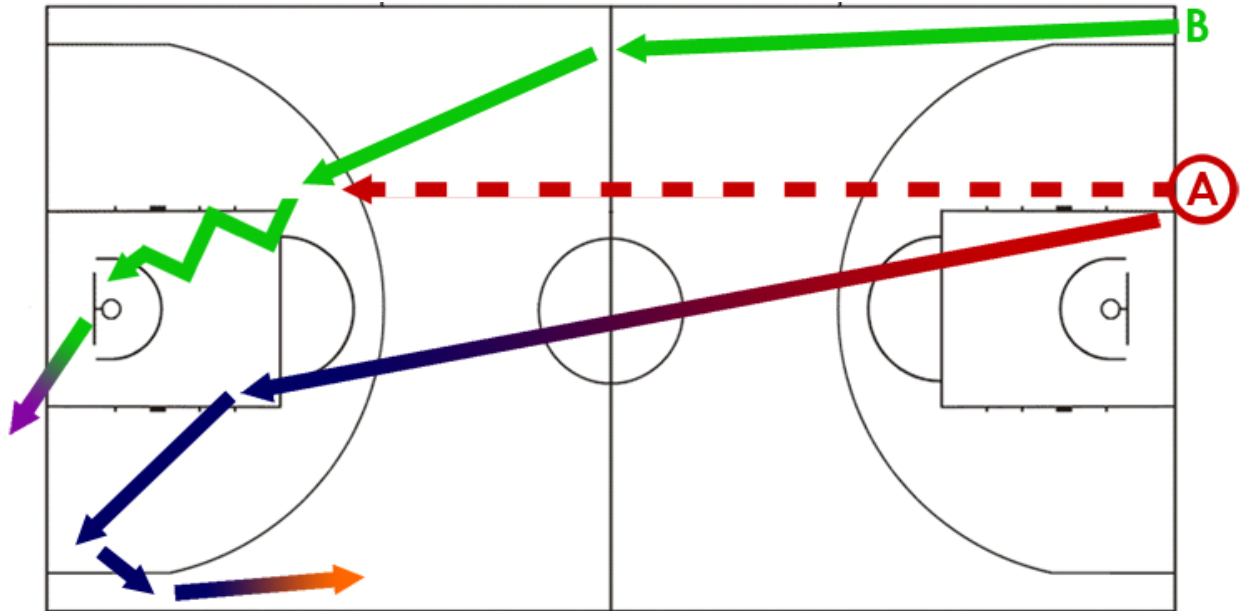
Volume:

- Repeat 2x on each side of the court

Points of Emphasis:

- Practice correct defensive footwork

4 LONG PASS DRILL



Instructions:

- **Player A** takes the ball out of bounds at the free throw lane extended as **Player B** begins running from the corner on the same side of the court
- **A** throws a long pass the length of the court and starts running
- **B** catches the pass in the mid-post, gets under control, and makes the lay-up
- **B** rebounds the shot and takes the ball out of bounds on the opposite side of the court
- **A** touches the baseline and turns back to the start

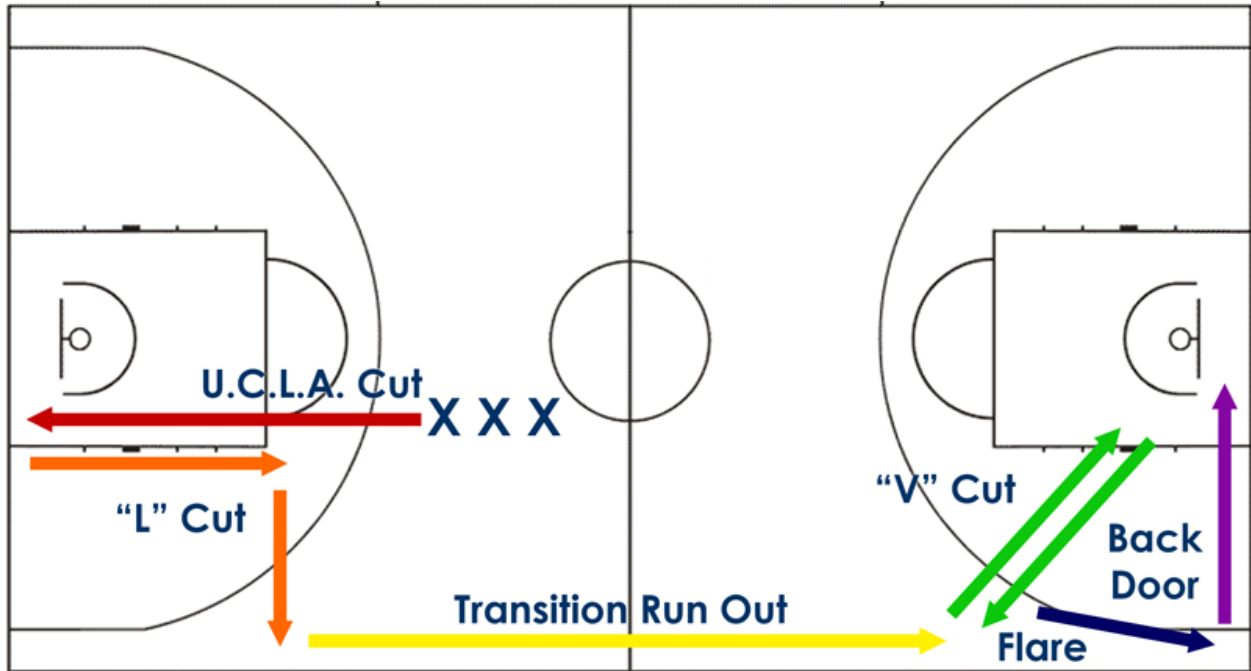
Volume:

- The players continue to switch roles, until four lay-ups have been made

Points of Emphasis:

- Communicate while running at full speed

5 MOVING WITHOUT THE BALL



Instructions:

- Line up outside the three point line
- Make the following cuts:
 - a U.C.L.A. cut to the baseline
 - an "L" Cut to the wing
 - a transition run out to the other court
 - a "V" cut to the block and back
 - a flare to the corner
 - a back door cut along the baseline

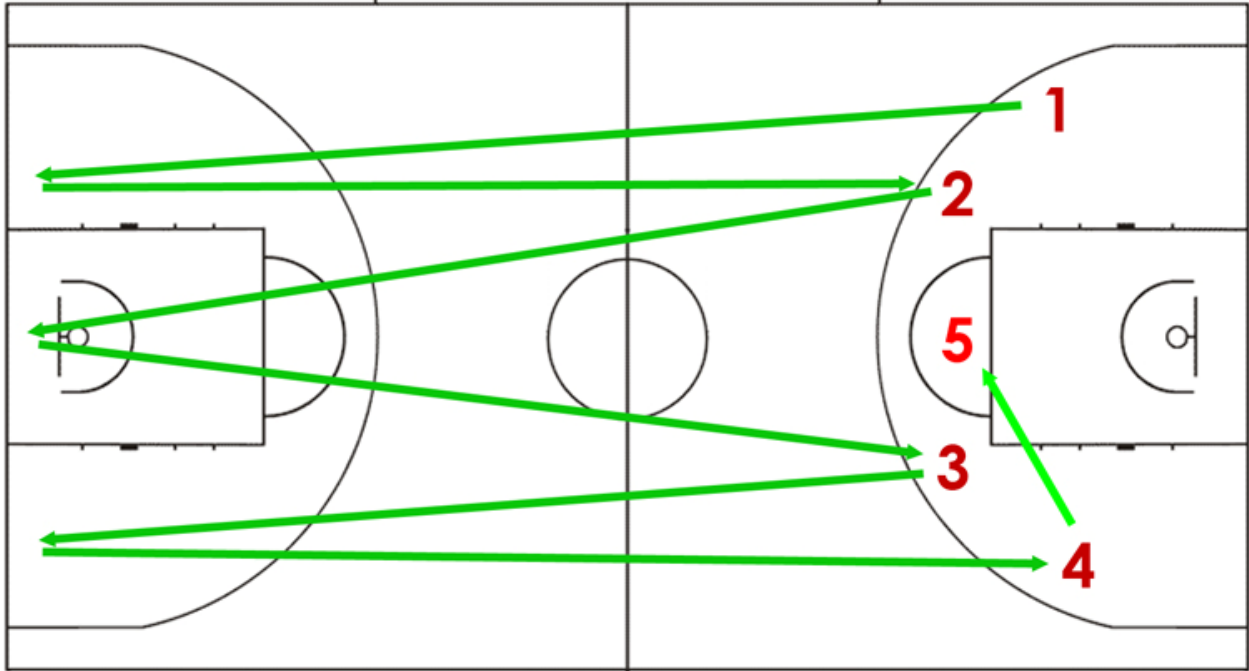
Volume:

- Repeat 2x on each side of the court

Points of Emphasis:

- Always remain in a ready position

6 FULLCOURT SHOOTING



Instructions:

- One player spots up on the wing (location **1** or **4**) and receives a pass from their partner
- The shooter takes a shot, sprints to the opposite baseline and back, and spots up at the next number
- After shooting from all four spots, the shooter calms down and shoots a free throw
- The partners switch roles

Volume:

- The players continue until the tandem has made six out of ten shots

Points of Emphasis:

- Get under control after sprinting and employ proper shooting form