

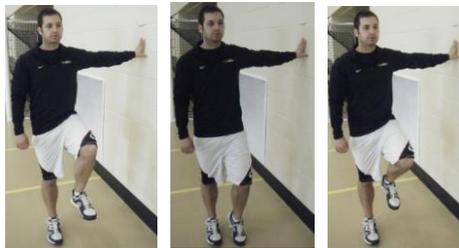


General Sports Drills

Footwork Drills

Paw Drill

- Stand next to the wall in an upright position and place your hand on the wall for support
- Next, bring up the leg next to the wall with the knee at a 90° angle with your foot parallel to the floor
- Bring your leg to the floor by slightly extending at the knee and bringing your leg around so that when you're done your leg will be back to the starting position
- When the ball of your foot hits the ground it should scrape against the floor quickly ("paw")
- When bringing your leg back to the starting position your leg should stay under your body and be pulled straight up from the "paw"
- You should finish with your knee bent at 90° and your foot parallel to the floor so that you can repeat another repetition



A Skip

- Begin by standing up right with proper posture and feet hip width apart
- While skipping you move quickly and have an exaggerated knee drive
- Your arms should be moving in opposition of your legs, as if you were running
- When doing A skips you hardly leave the ground in between movements and they are done in a rhythmic pattern
- Drive your right knee up while being up on the ball of your left foot
- When switching to your left leg there is a slight period of time where neither foot is touching the ground
- When the left foot is up, the ball of your right foot should be on the ground
- Do not touch your heel to the ground throughout the whole movement
- Continue to switch between legs rapidly in a rhythmic pattern
- When watching the action there should appear to be a slight bounce in your step





B Skip

- Begin by standing up right with proper posture and feet hip width apart
- While skipping you move quickly with an exaggerated knee drive followed by an exaggerated leg extension
- Your arms should be moving in opposition of your legs, as if you were running
- When doing B skips you hardly leave the ground in between movements and they are done in a rhythmic pattern
- Drive your right knee up while being up on the ball of your left foot
- Then extend at the knee bringing the right leg straight out in front of the body
- Then pull it under the body by performing the “paw” as described on the previous page
- However, do not bring the leg back up under the body to the starting position
- After the paw on the ground remain on the ball of the right foot and switch to the left leg
- Repeat the same action with the left foot
- Continue to switch between legs rapidly in a rhythmic pattern
- When watching the action there should appear to be a slight bounce in your step



Quick Feet

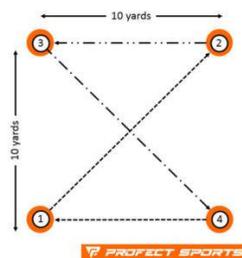
- Begin by standing up right with feet shoulder to hip width apart
- From here, get into a slight squat position and bring your weight onto your toes
- While staying on your toes, rapidly move your feet staying in a squat position
- Continue this movement for 15 seconds – 1 minute followed by a break and then repeat the movement 2-4 times.



Speed, Agility and Quickness (SAQ Drills)

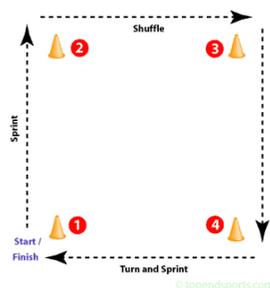
X Drill

- There is no need for equipment for this drill, however, if you have some type of markers it could be helpful
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
 - o Begin at Cone #1 and sprint to Cone #2
 - o Shuffle across to Cone #3
 - o Pivot 45 degrees and run to Cone #4
 - o Turn and sprint back to Cone #1
- Repeat by starting at Cone #4 so you are going in the opposite direction



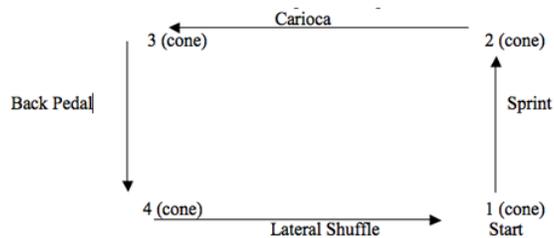
Square Drill

- There is no need to equipment for this drill, however, if you have some type of markers it could be helpful.
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
 - o Begin at Cone #1 and sprint to Cone #2
 - o Shuffle across to Cone #3
 - o Backpedal to Cone #4
 - o Turn and sprint back to Cone #1
- Repeat by starting at Cone #4 so you are going in the opposite direction.



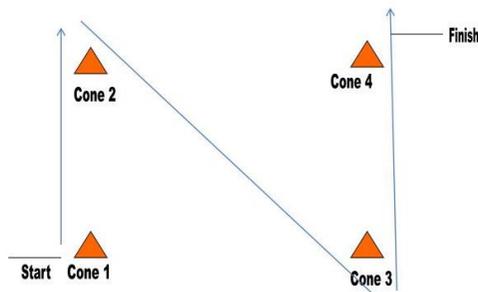
Four Corners Drills

- There is no need for equipment for this drill, however, if you have some type of markers it could be helpful
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
 - o Begin at Cone #1 and sprint to Cone #2
 - o Carioca or Grape Fine to Cone #3
 - o Backpedal to Cone #4
 - o Turn and Lateral or Side Shuffle to Cone #1
- Repeat by starting at Cone #4 so you are going in the opposite direction



N Drill

- There is no need for equipment for this drill, however, if you have some type of markers it could be helpful
- If you don't have markers, have other athletes stand in the positions or use lines on the field or court. On a basketball court, the lines outlining the lane to free throw line and baseline are perfect for this drill.
- How to run the drill:
 - o Begin at Cone #1 and sprint to Cone #2
 - o Round Cone #2 and sprint to Cone #3
 - o Round Cone #3 and sprint to Cone #4
- Repeat by starting at Cone #4 so you are going in the opposite direction





Reflexes

Partner Reflex Drill

- Have the athletes partner up and set themselves up across from one another
- Place a ball or object in between the athletes
- Begin by calling out body parts for them to touch on themselves (head, nose, shoulders, knees, ankles, feet, etc.)
- Then randomly say ball (or the name of the object). When they hear that cue they will need to grab the object.
- First one to grab it wins that round.
- You can either keep the same groups the whole time or rotate after every round.

<https://www.youtube.com/watch?v=Us8ISH1BtDI>

Direction Runs

- Have the athletes line up, either in one straight line across the baseline or end of the field or in multiple lines behind one another. Make sure the athletes are facing you and there is adequate space for movement.
- Stand facing the athletes and using hand and voice cues tell the athletes where to move:
 - o Forward
 - o Backward (athletes will move backwards still facing you, backpedaling or a step back and a backward shuffle works too)
 - o Right
 - o Left
 - o Make sure to switch up the order and the length of time athletes go in each direction
- Continue this for about 5 minutes and then take a 1-minute break and then repeat