

Agilities

1. Jump Ropes – 2 legged hop, right leg, left leg, jog in place, side to side
2. Dot Drill – figure 8, make an “N”, Make an “Z”, “hour glass” – Make a box about 3 or 4 feet apart and a dot in middle (you can use tape / marker on floor)
3. Line Jumps – side to side, front to back
4. Lane Box – close out to elbow / slide other elbow / back peddle / slide to opposite lane line
5. Lane X – Close to elbow, slide to opposite block, close to elbow, slide to opposite block
6. Backboard Touches – with ball, pound ball on backboard
7. 3 Cone Jumps – hop, hop, hop and turn...
8. Cone Jumps – back and forth / side to side
9. W drill – start in corner, slide to elbow, pivot, slide to mid line, pivot, slide to elbow, pivot, slide to corner

LADDERS

- Great for ankle strength, quickness, and speed
 - I like holding the ball with two hands (ball toughness) or adding the dribble with one hand. To start, I would get the movement patterns down and not use a ball.
10. 1 foot hops – start on right foot and hop all the way down just on right foot, repeat with left foot
 11. 2 foot hops – same action, just two foot
 12. 2 forward / 1 back – jump 2 squares forward and 1 back, 2 forward and 1 back
 13. Scissors – start on side of ladder with lead foot in ladder and back foot outside the ladder – as you move up ladder switch feet in and out – switch sides and go back
 14. “Icky Shuffle” – start right side and stand on right foot, push off right foot land on left foot (in) then right foot (in), push out and land on left foot outside ladder, push back to middle – land right foot (in) then left foot (in) and push to right foot (out)
 15. “Icky Shuffle backwards” – repeat same steps going up ladder backwards
 16. 1 in 1 out – Start on right side. Right foot stays outside ladder all time, left foot taps in ladder then outside the ladder, repeat all way down ladder (right foot stays parallel to ladder whole time) – switch sides!
- Pick 4 or 5 and work hard at these. These should be done at a very quick pace and do each exercise 2 or 3 times down and back.