

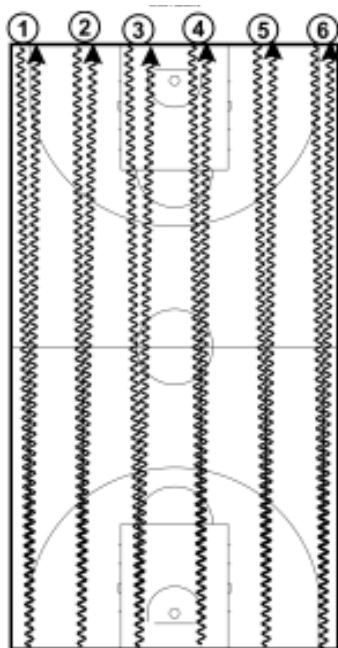


DRILL OF THE WEEK

“55 Second Drill”

DRILL PURPOSE

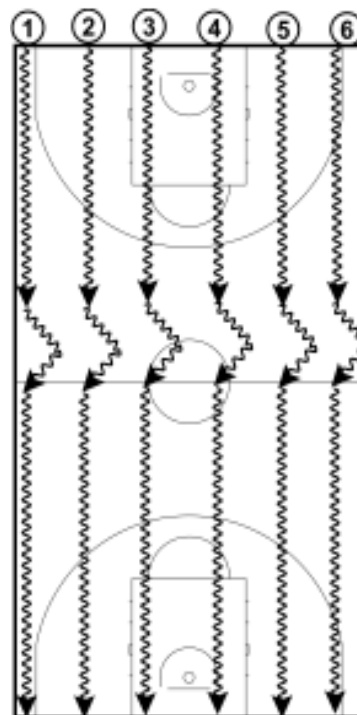
This drill is great for conditioning as well as emphasising ball handling and skill development as a priority for your team. The target is to have mature athletes complete the drill inside 55 seconds.



INSTRUCTIONS

1. Line your players up on the baseline, each with a basketball in the hands and one at their feet.
2. On the coach's whistle, players speed dribble the length of the floor with their right hand being sure to lay a foot on the opposite baseline.
3. Players turn and speed dribble back with their left hand.

4. Players then speed dribble the length of the floor again with their right hand but must make two dribble moves at half court whilst doing so (eg. crossover, through the legs, around the back, inside out move etc).
5. Players return speed dribbling with their left hand, once again making a different pair of dribble moves at half court
6. The third time down the floor, players will perform the pretzel walk at top speed
7. Players must then return performing a backwards pretzel walk
8. Finally, players will perform a two ball pound dribble the length of the floor whilst skipping
9. Players will return piston dribbling the final length



Pretzel Walk: Walking at top speed whilst handing the ball from one hand to the other through ones legs.

Two Ball Pound Dribble: Dribbling a basketball in each hand simultaneously with the balls hitting the ground at the same time.

Piston Dribbling: Dribbling a basketball in each hand simultaneously with one ball hitting the floor as the other returns to the hand