



SECTION 3 – CONDITIONING

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3.1 Two Man Coast to Coast.

Description:

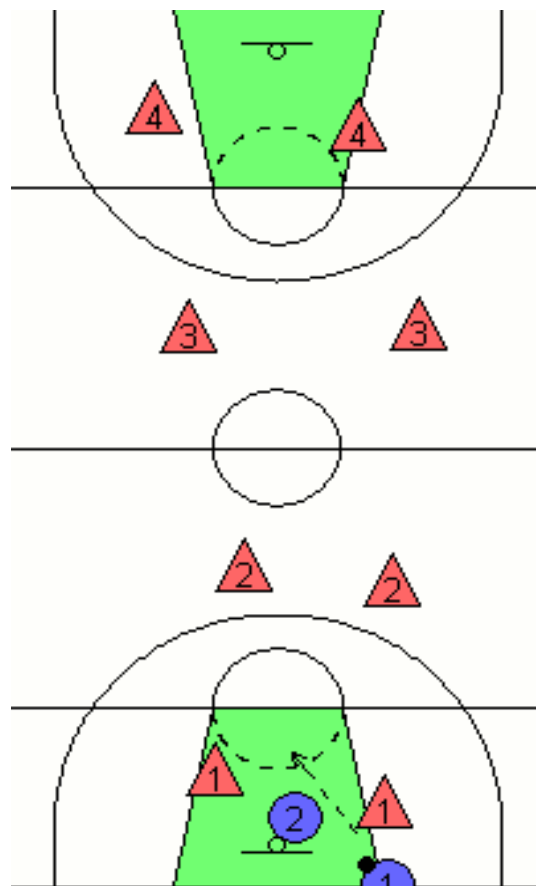
Minimum players: 10.

The court is divided into 4 zones - extended free throw line, mid court, & the other extended line.

In each zone there are 2 defenders. 1 and 2's

goal is to take the ball to the opposite basket, by getting through the four zones.

Defenders are only allowed to play defence within their own zone.



When the two offensive players have scored, the ball is rolled back to opposite base line.

Defenders in zone 1 play offence.

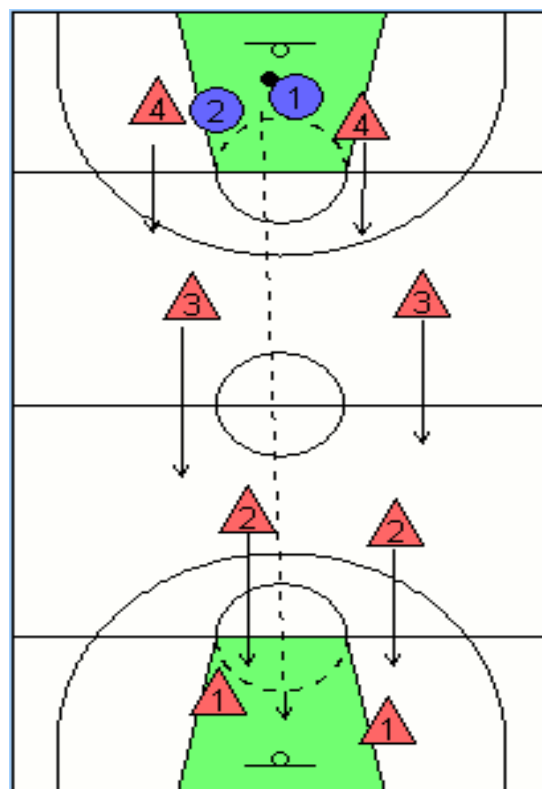
Defenders in zone 2 move up to zone 1, defenders in zone 3 take the next area and so on.

1 and 2 now defend zone 4.

If ball is lost before making it to the basket, its the same procedure as when basket is made:

The ball is rolled back, Defenders in zone1 become offence & the rest of the defenders move up a zone. O1 & O2 still move down to defend zone 4.

Variation: No dribble



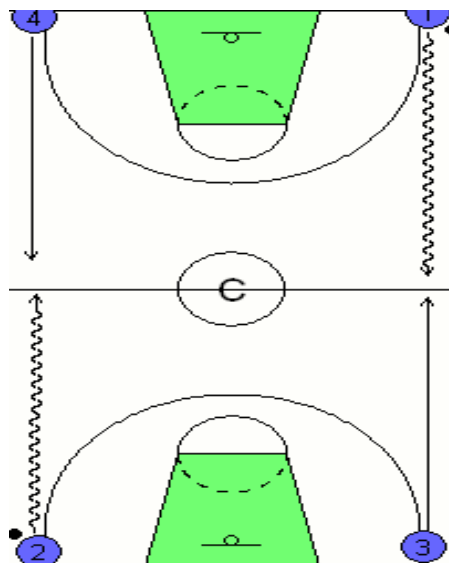
3.2 Two X half court 1on 1.

Description:

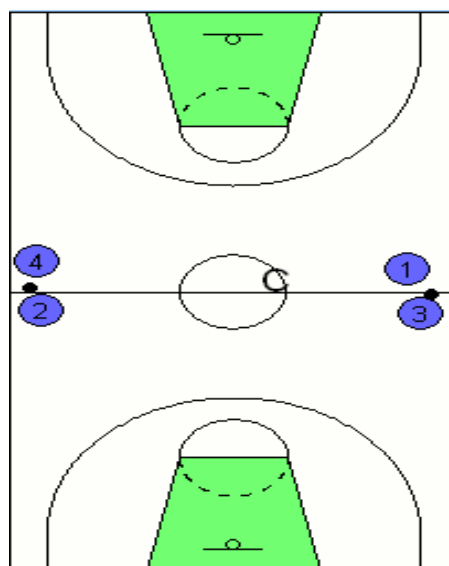
Minimum 8 players & two basketballs

Players line up in the corners of the court.

1 & 2 have the ball. 1 & 2 dribble to the centre of the court (as shown) when the coach gives the signal. Simultaneously 3 & 4 run to the centre of the court.



1 & 2 put the ball on the line (no passing!!!) so that 3 & 4 can pick up the ball.



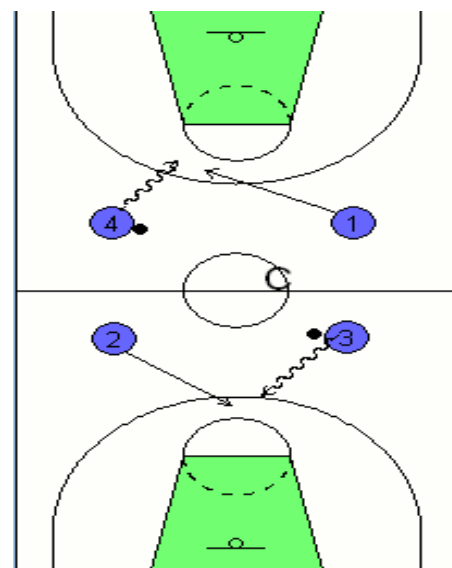
3 & 4 dribble as fast as they can to the hoop trying to score.

1 & 2 are now defending the man opposite in their half of the court.

Play until offence scores or the defender gets the rebound. The ball is then returned to the corner to start again.

Rotation can be opposite corner (same half) or work around each of 4 spots on the whole court.

You can motivate the players with the following: when an offensive rebound is taken the defender must make 5 or 10 push-ups.





3.3 Three Hat Agility.

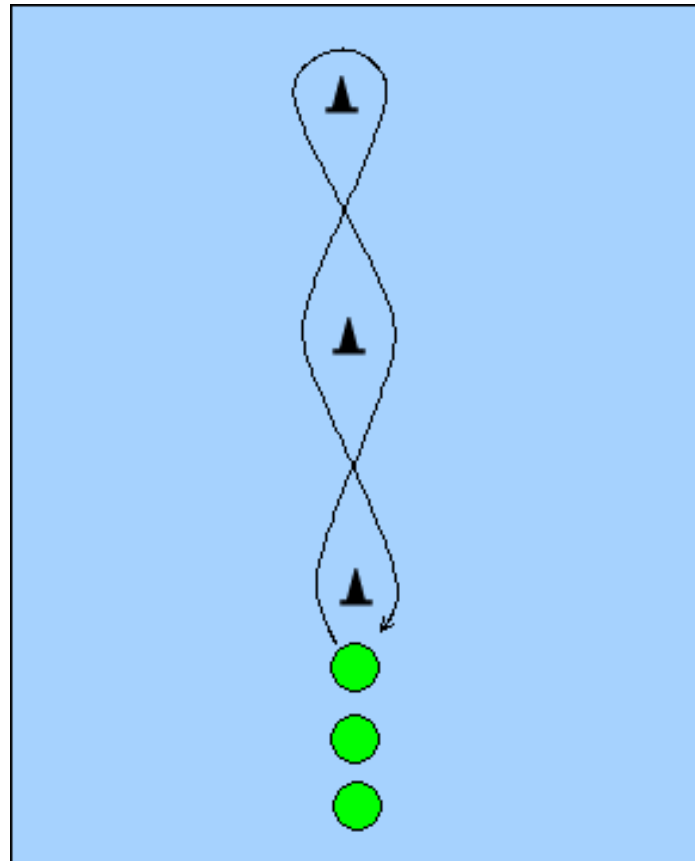
Description:

Players line up behind hats that are placed 2 meters apart.

Players always face forward.

The first player sprints through the hats as quick as possible and rounds the top hat with the backward sprint weaving back through the hats as quick as possible.

When player 1 returns player 2 performs the same task and so on it goes.





3.4 Six Hat Mirror Drill.

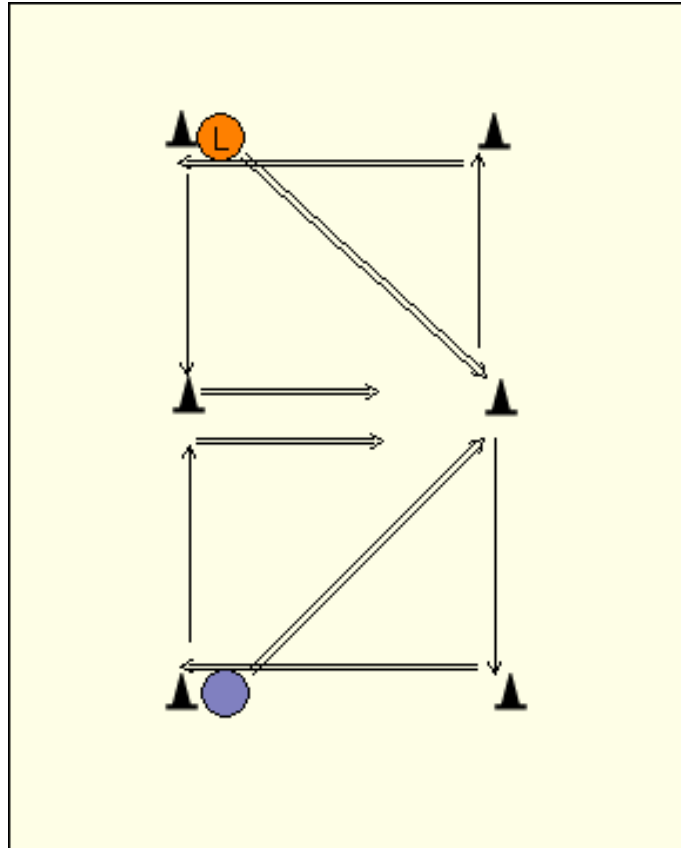
Description:

Place 6 hats or cones on the floor. 2 players stand opposite each other with one player nominated the leader.

When the coach calls go the lead athlete can choose to run, slide or back peddle in any direction to any hat or cone. (In the example shown the lead athlete slides diagonally, back peddles down, slides across, runs to the top then slides across.)

The athlete opposite must mirror the lead player & keep up with them. Players always face each other.

Coach sets time & encourages during drill.



3.5 Dribble, Slide, Lay-up.

Description:

A fairly simple but effective conditioning drill.

Each player has a ball.

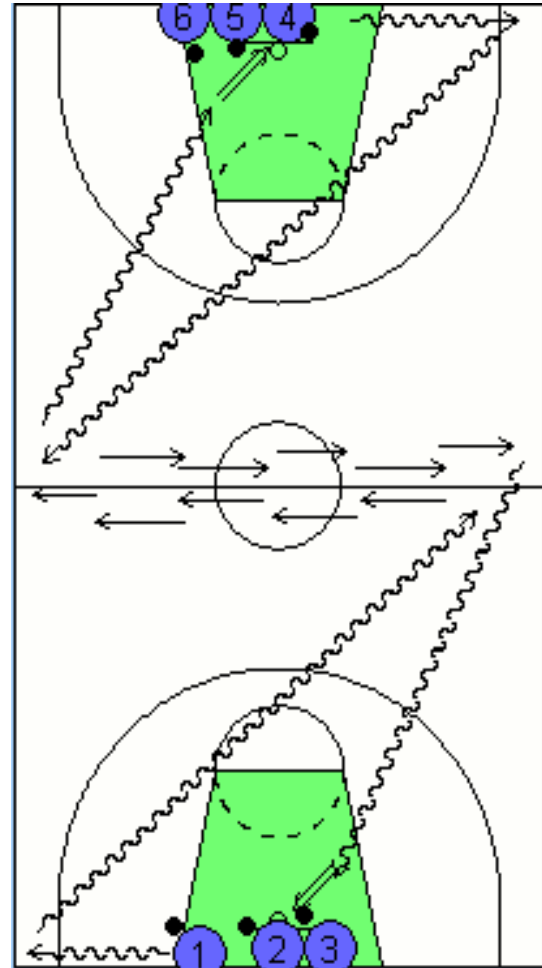
First the players dribble to the corner of the baseline with the left hand & make a crossover dribble to the right hand.

Speed dribble diagonally to the mid line.

Hold the ball, & slide with good defensive footwork parallel to the mid line to the other side. Face to the (offense) basket.

Finally speed dribble & left handed lay-up.

After 2 minutes rotate to the other side.





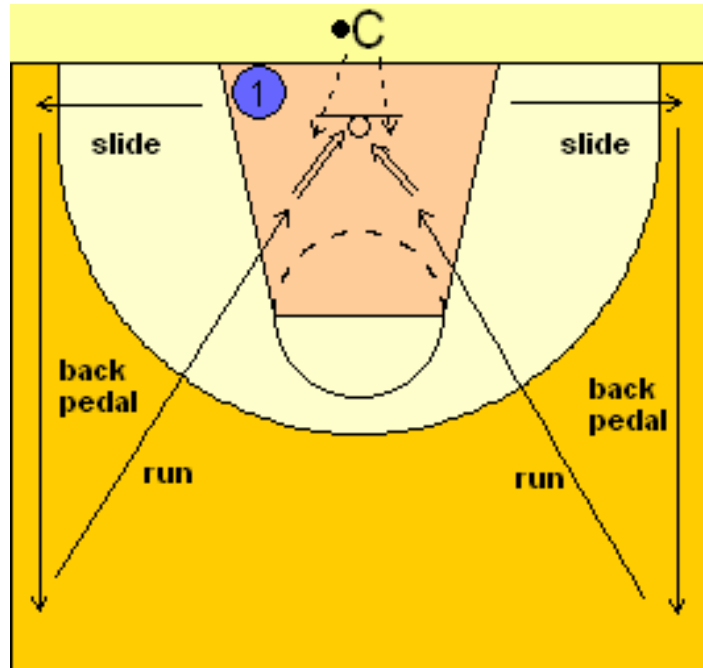
3.6 Slide, Back Pedal, Lay-up.

Description:

Player 1 faces the baseline & slides from the edge of the key to the sideline. They then back pedal to the 1/2 way line, stop, and then sprint to the basket to receive a pass off the coach & shoot a lay-up.

Repeat drill on the other side of the court.

Play should continue until they have made a set number of lay-ups (e.g. 6- 10).





3.7 Dribble, Slide, Lay-up.

Description:

This drill is a timed for 1 min.

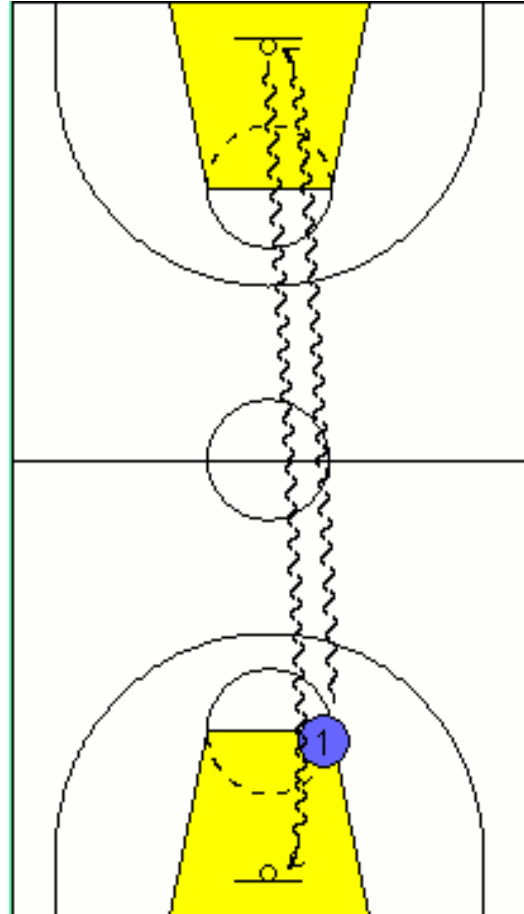
The player starts at the corner of the Free Throw line. Make sure the player operates on the same side of the floor each time. This ensures using alternate hands on the dribble and lay-up.

When coach calls "go" the player dribbles up the floor as quick as possible to make the lay-up.

The player then rebounds the ball and dribbles the full length of the floor as quickly as possible with the opposite hand to make another lay-up.

Coach should count down the last 10 seconds so the player can get a final shot off.

A good athlete can get 10 in a minute





3.8 Suicides

Description:

Players start at the Baseline.
On "Go" players sprint to the nearest Foul line & back.
Then to the Centre & back.
Then to the far Foul Line & back. Then to the far Base Line & back.
Turns should be low and sharp, avoid using looping turns. Players must touch lines with foot.

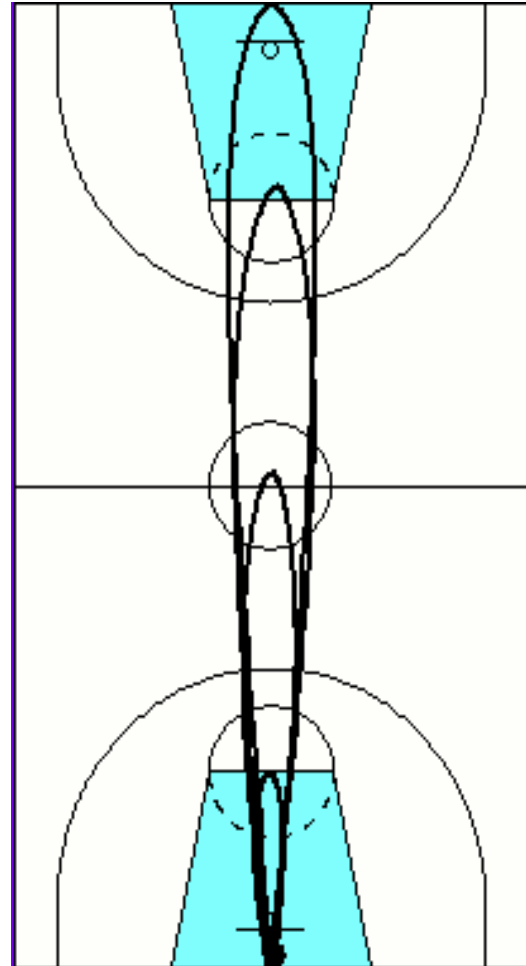
Boys:

26 sec – Excellent, 28 sec - Very Good,
30 sec – Good, Above 30 sec needs work.

Girls:

28 sec – Excellent, 30 sec - Very Good, 32
sec – Good, Above 32 sec needs work.

Note: curved lines on diagram are for demonstration only, players should run in straight lines





3.9 Short 17.

Description:

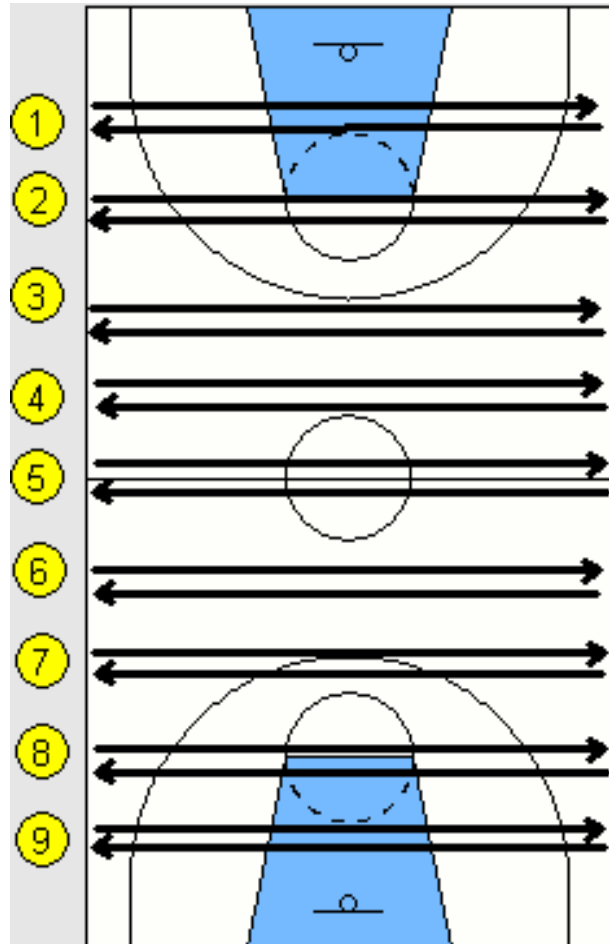
This is 17 side line sprints in 1 minute.

Line your players up on the sideline.

Coach calls "go" and clock starts.

Players sprint across court & must touch line with their foot. Over is 1, back is 2 & so on until 17 widths of the floor have been run.

Sharp low turns are required for best results.





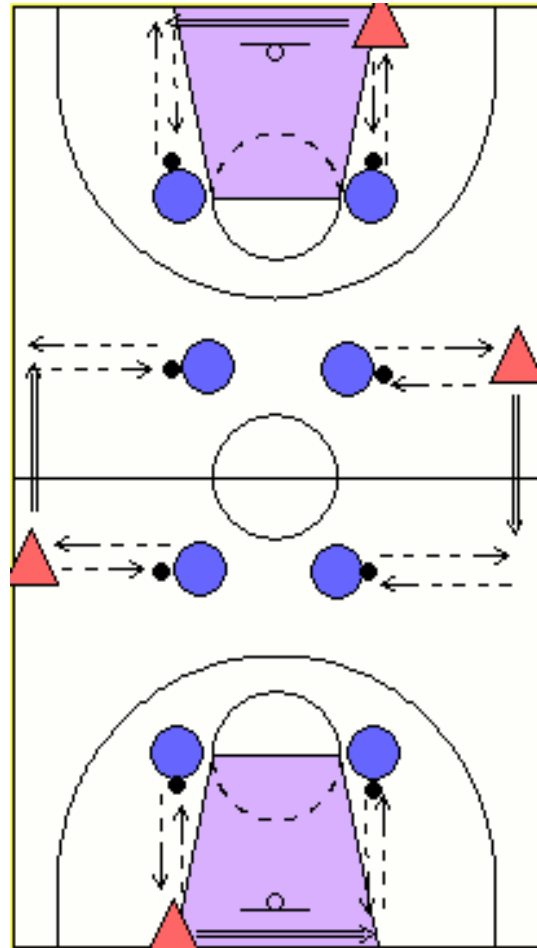
3.10 Pass & Slide.

Description:

In this drill we have a player line up on the baseline or sideline with 2 passers about 3 meters away & just wider than the circles.

The player on the line slides hard to one side, receives the pass and sends it straight back. The player now returns to receive the pass & sends it straight back to repeat the drill again.

Coach can set period of time to run drill, 1 min to start.
Rotate through the group in a clockwise circle.





3.11 Short Suicide.

Description:

Players run to the Free Throw line & return to the Starting Baseline

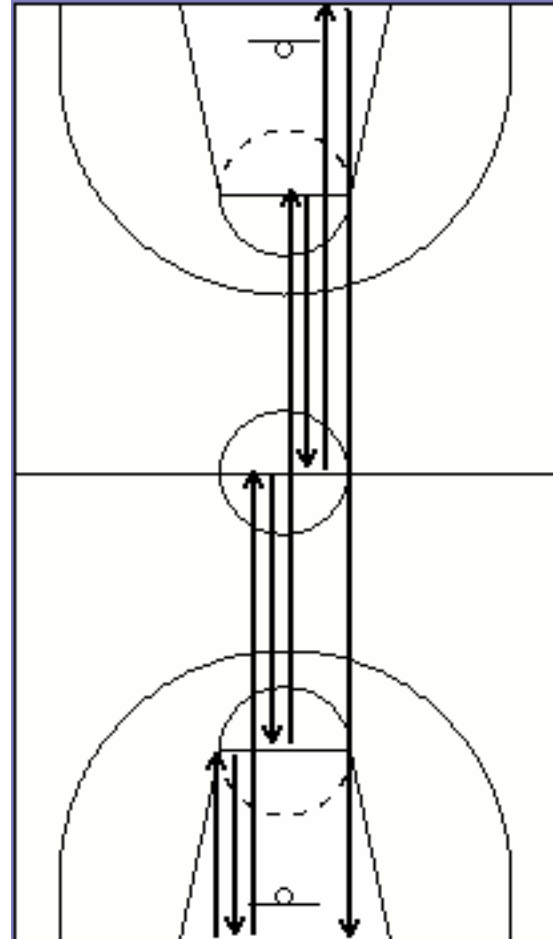
Then to the Half way line & return to the Free Throw line

Then to the Next Free Throw line & return to the Half way line.

Then to the far Base Line & return to the starting Base Line.

Boys should complete this in 20 secs

Girls should complete this in 22 secs.

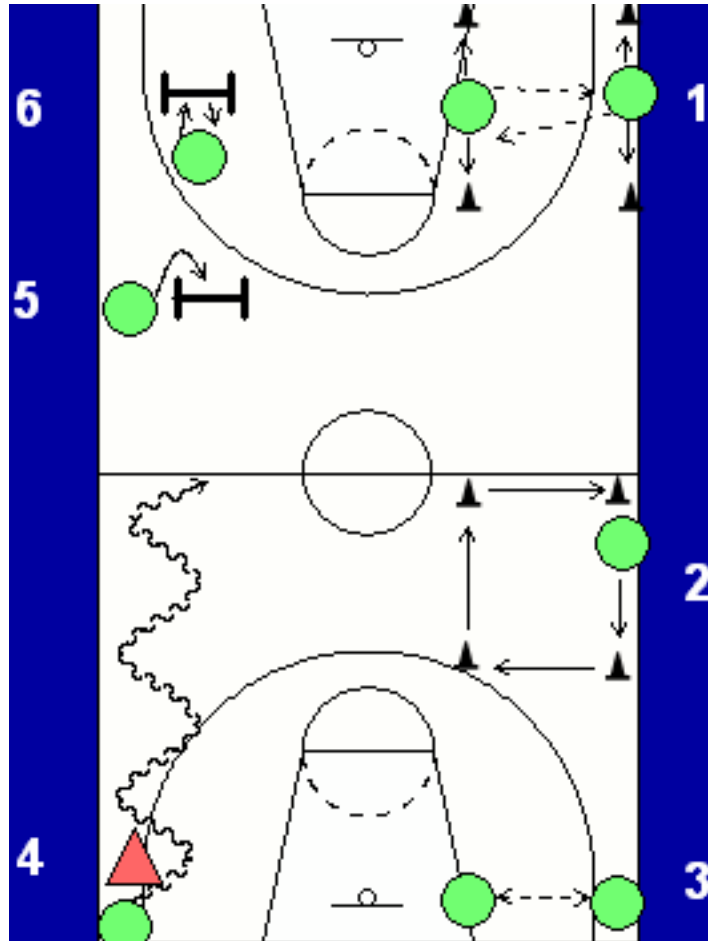


3.12 Circuit Workout.

Description:

This is a circuit that is run for 2x1 min rotations, 40 secs of exercise with 20 secs break or rotation to next station

1. Slide & pass - Players face each other & pass whilst sliding between hats, vary passes.
2. Between hats players defensive slide across, run backwards, slide across, run forwards.
3. Players jump, catch & pass in one motion.
4. 1 offence, 1 defence, dribble & slide in a zigzag pattern to the half, swap O & D & return.
5. Players make 2 foot jumps up & down on a box 30-50cm in height.
6. Players do step ups on a box 30- 50cm in height.



3.13 Pass & chase Drill.

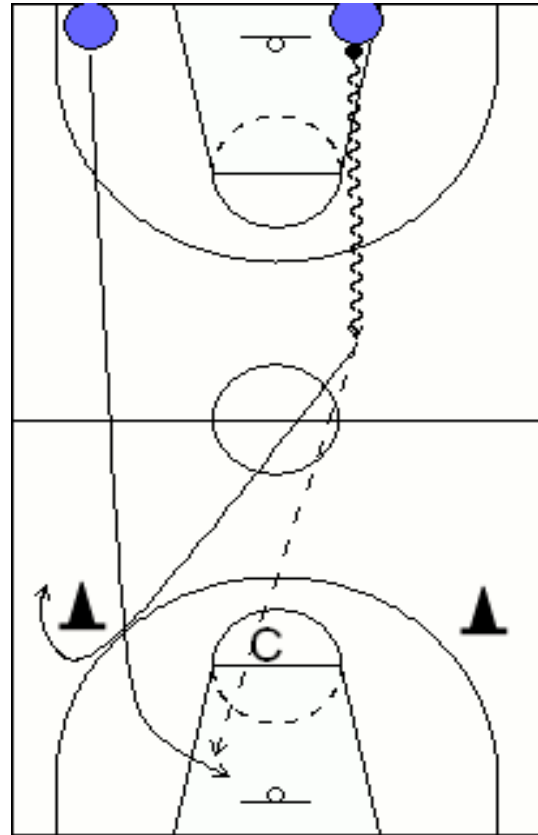
Description:

Dribble off baseline at speed & throw the pass ahead of the running outlet player. The outlet player must be at full speed to run the ball down.

Coach at foul line to add extra pressure by having to pass over them.

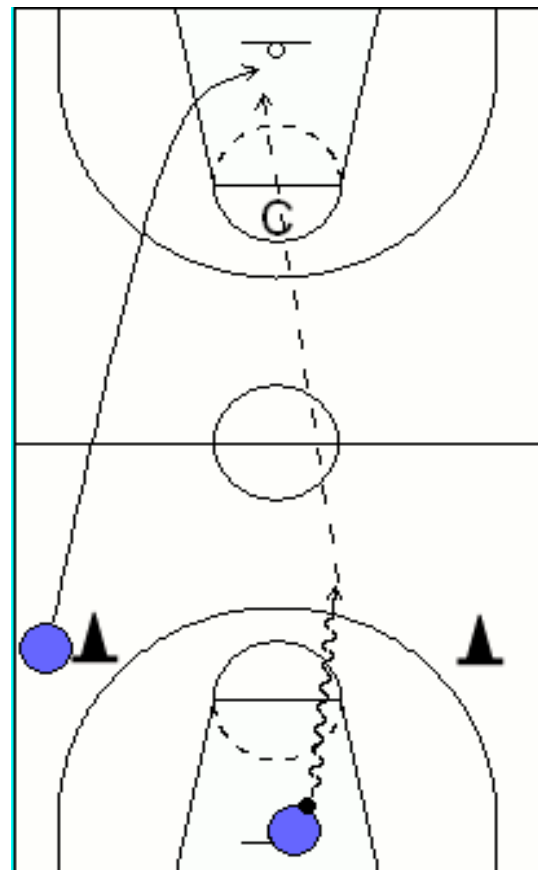
Passer runs around hat. Receiver makes the

lay-up & rebounds their own shot



Return doing the same thing. Alternate sides of the court.

This can be made to be a continuous drill, coach can determine the amount of sets according to the fitness of the athletes



3.14 Two Man Series.

Description:

1 Ball at each end under the basket.

Inbounds pass to

wing who leads for the ball. Wing player dribbles ball through middle of court to top of key to pass the ball to the chaser.

Inbounder/Rebounder becomes the chaser & sprints the floor touching the centre/side line receiving the ball back for the lay up.

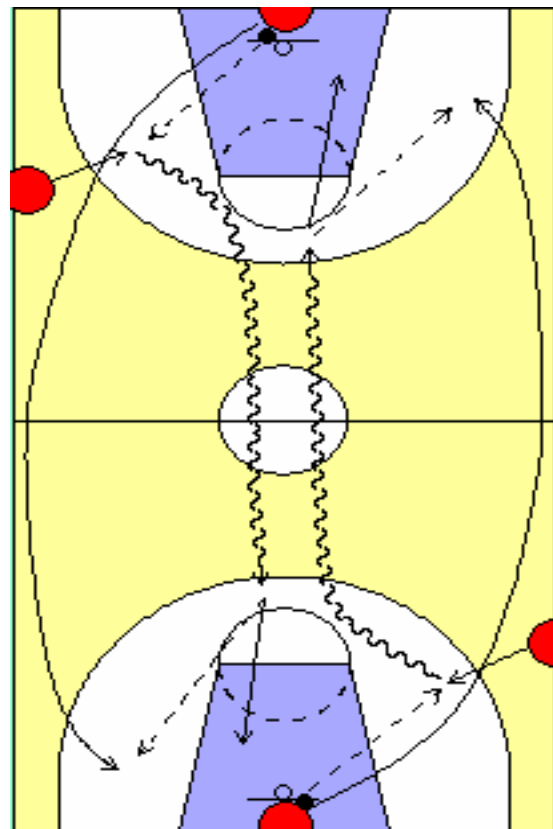
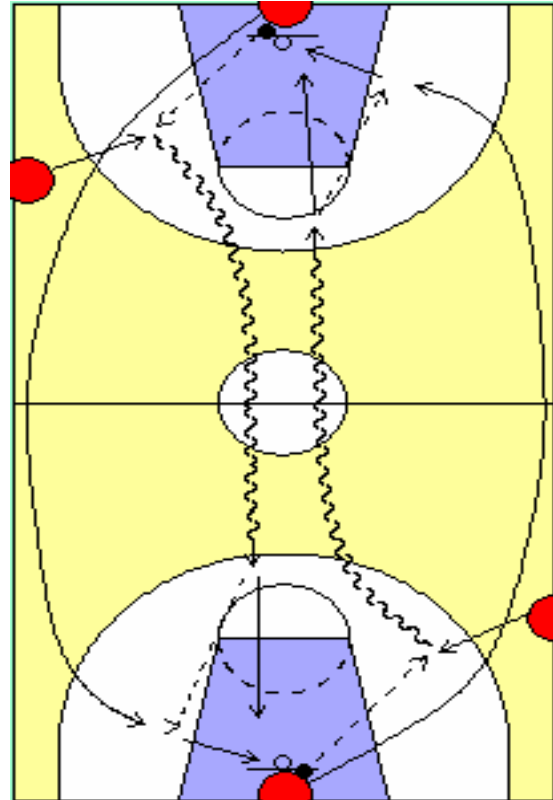
If you have enough players under the basket & on the wing continue the drill.

If there are 2-4 people this drill can be continuous with the inbounder becoming the chaser/lay-up/wing receiver. The wing receiver becomes the dribbler/passer/inbounder.

Coach sets time or number of lay-ups

Add the options of:

1. Chaser taking the jump shot.
2. Chaser receives the ball, Dribbler UCLA cuts for lay-up.
3. Chaser receives the ball, Dribbler posts up, then the chaser relocates for shot.





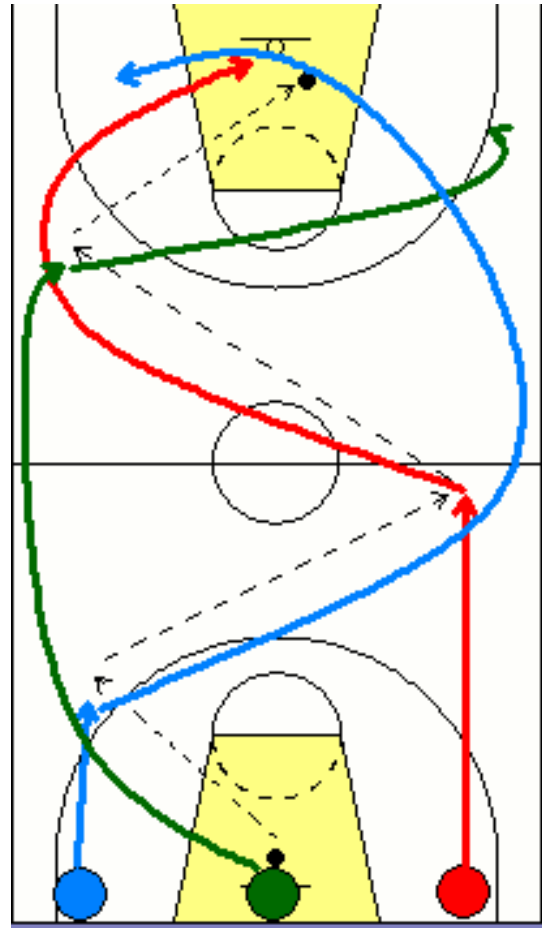
3.15 Three Man Weave.

Description:

Have players perform a 3 man weave up the floor. The basic instruction for a 3 man weave is to follow behind the player you pass the ball to. The running players must touch the sideline after the pass. All players must get to at least the level of the far foul line. We normally try to make it up the floor in 3 passes for older athletes and 4 passes for younger athletes.

To play 2 on 1 out of the 3 man weave the last passer becomes the defender scrambling back after getting to foul line level, the shooter runs wide & the 3rd player rebounds to bring the ball up to play 2 on 1.

You may chose to pyramid with the 3 man weave having the athletes run one 3 man weave up & back in turn. Then run 2 continuous lengths up and back. Build up to 3, 4 & 5, then work back down to 1. If the ball hits the floor or there is a turnover the set the athletes are on starts again.





3.16 Five Man Weave.

Description:

Have players perform a 5 man weave up the floor. The basic instruction for a 5 man weave is to follow behind the player you pass the ball to. The running players must touch the sideline after the pass. All players must get to at least the level of the far foul line. We normally try to make it up the floor in 3 passes for older athletes and 4 passes for younger athletes.

To play 3 on 2 out of the 5 man weave the last passer & the shooter become the defenders scrambling back after getting to foul line level, the shooter runs wide & the 3rd player rebounds to bring the ball up to play 3 on 2.

You may chose to pyramid with the 5 man weave having the athletes run one 5 man weave up & back in turn. Then run 2 continuous lengths up and back. Build up to 3, 4 & 5, then work back down to 1. If the ball hits the floor or there is a turnover the set the athletes are on starts again.

