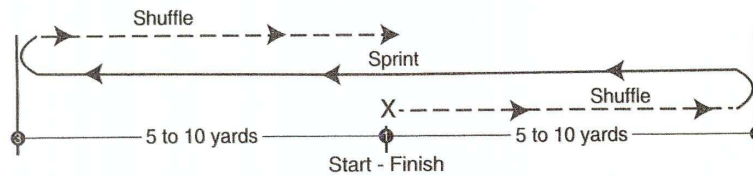


I-DRILL

This drill incorporates change-of-direction patterns. It can be performed indoors on a court or on a field. The focus is on acceleration, deceleration, and cutting. Set up three cones 5 to 10 yards apart in a straight line. At the end cones, mark a short line perpendicular to the line formed by the cones.

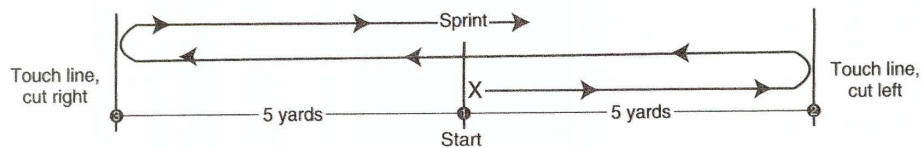
1. Assume an athletic position with the feet directly below the hips and face cone 1.
2. Shuffle to cone 2 and plant the right foot while touching the short line near the cone.
3. Turn, and sprint to cone 3. Decelerate with quick steps, and plant the left foot as you touch the line near cone 3.
4. Shuffle to cone 1 to finish the drill.



SHUTTLE DRILL

Shuttles are excellent for training and for testing. Athletes who cut efficiently will perform well on this exercise (see also chapter 2 for a shuttle test). This drill may be done individually or in groups of five. For teams, set up five groups of three cones each 5 yards or meters apart, as shown in the figure below. Five athletes will start on cone 1 and race.

1. Start facing cone 1. On the go signal, turn and sprint to cone 2.
2. Decelerate and plant the right foot on the line at cone 2. Touch the hand to the line. Make sure the body is in a good athletic position and under control.
3. Accelerate off cone 2 and sprint to cone 3. Decelerate, cut off the left foot, and touch the line.
4. Finish by sprinting through cone 1.



FAST-FEET: SIDEWAYS

This drill works the quadriceps, adductors, abductors, calves, and anterior tibialis muscles.

1. Start from an athletic position with the feet about 12 inches (30 centimeters) apart and staggered.
2. On the go signal move the feet as rapidly as possible, moving to the right or left with rhythmic ground contacts.
3. Maintain a stable ankle, and perform the drill on the balls of the feet. Move the feet and arms in opposition.
4. On the second go signal (after you have moved two to three yards or meters to the side) plant the back foot, drive off it, and turn the hips so that you can sprint forward for 15 yards or meters.
5. Perform this drill two to four times.

FAST-FEET: BACKPEDAL

This drill works the hamstrings, calves, and anterior tibialis muscles.

1. Start in an athletic position with the knees slightly bent, the back flat, the chest forward, and the hips down.
2. Aggressively backpedal with rapid foot contacts and arm action.
3. Cover 15 to 20 yards or meters and repeat.

FAST-FEET: FORWARD, BACKWARD, FORWARD

This drill works all of the muscles of the lower extremity.

1. Start from an athletic position with the feet about 12 inches (30 centimeters) apart and staggered.
2. On the first go signal move the feet as rapidly as possible with rhythmic ground contacts as you move forward.
3. Maintain a stable ankle and perform the drill on the balls of the feet. Move the feet and arms in opposition.
4. On the second go signal (after about two to three yards or meters) move the feet as rapidly as possible moving backward.
5. On the third go signal (after about two to three yards) plant the foot and explode into a sprint forward for 15 yards or meters. The planted foot should step straight down and not back from the body.
6. Perform this drill two to four times.

SPLIT JUMP

Split jumps develop power in the gluteals, hamstrings, and hip flexors. They help develop balance as well.

1. Stand with the legs in a stride position (left leg forward, right leg back).
2. Explode upward off the ground, jumping as high as possible.
3. Scissor the legs in the air and land with the opposite leg forward.
4. Perform 10 ground contacts (five per leg) and repeat for two sets

