

Agility and Quickness Training



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Agility refers to being able to change body direction quickly, explosively, efficiently and in balance (under control). In basketball, quickness and agility are equally important for developing the lightning first step of a point guard or the smooth moves of the big man.

A Quality Agility Training Program should be:

- Short in duration
- Require at least 2 or 3 directional changes
- Focus on Lateral Movement
- Mix lateral with straight ahead and backpedaling movements
- Include Counter moves going in opposite directions
- Demand Ankle Agility

Principles of Agility Training

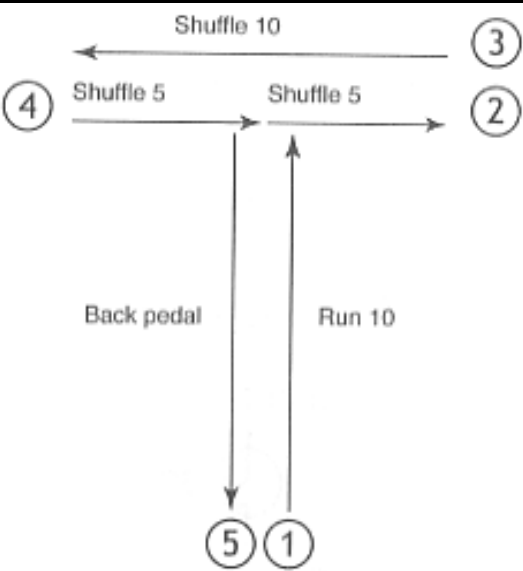
1. Warm up thoroughly. Speed and agility drills may not leave you out of breath but they do put considerable strain on your musculature.
2. Agility drills should be performed on separate days to other training or at least at the beginning of the session.
3. You will gain the most benefit from these Agility drills if you have previously developed a solid strength and power base.
4. A typical session should consist of approximately 5 sets of 10 repetitions (each sprint being 1 repetition). Work to rest ratio should be 1:5 i.e. a 5 second sprint should be followed by a 25 second recovery period.
5. Two sessions a week is ample. Agility training should be introduced late on in pre-season training. During the season 1 session a week may be enough.

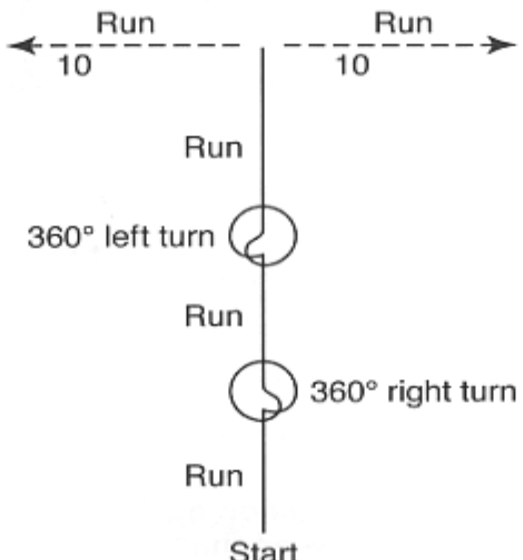
Chose 2 or 3 of the agility drills below to make up the session, keeping to the recommended number of sets and repetitions.

Agility Drills

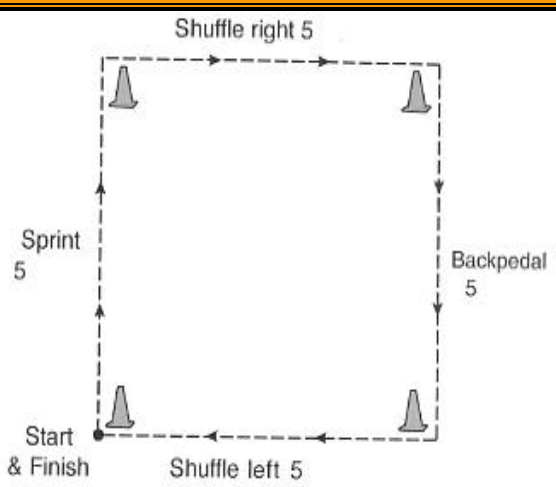
Running and Quickness Drills

For maximum effectiveness running drills should be timed by a partner and recorded. **You are trying to beat your ultimate opponent -You Yesterday!**

| T- Drill | |
|---|--|
|  | |
| <ol style="list-style-type: none"> 1. Sprint forward 10 m to a marked spot. 2. Shuffle 5 m touch a marked spot. 3. Shuffle 10 m touch a marked spot. 4. Shuffle to the right to marked spot. 5. Backpedal through the start/finish line. | |

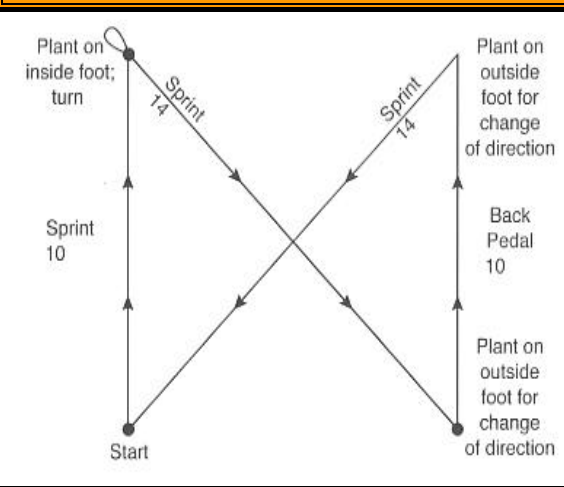
| Squirm | |
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|  | |
| <ol style="list-style-type: none"> Sprint 5 m, Rotate 360 deg. Sprint 5 m, Rotate 360 deg. Sprint Right or Left 10 m. Alternate turning direction. Try making turns by command of a partner!! | |

Box Drill



Sprint 5m to first cone & cut hard right.
 Shuffle right 5 m.
 Backpedal 5 m.
 Left shuffle through finish

X - Pattern



Sprint 10 m to first cone.
 Sprint diagonally 14 m to second cone.
 Backpedal 10 m to third cone.
 Sprint diagonally 14 m to finish.

Did You Know??

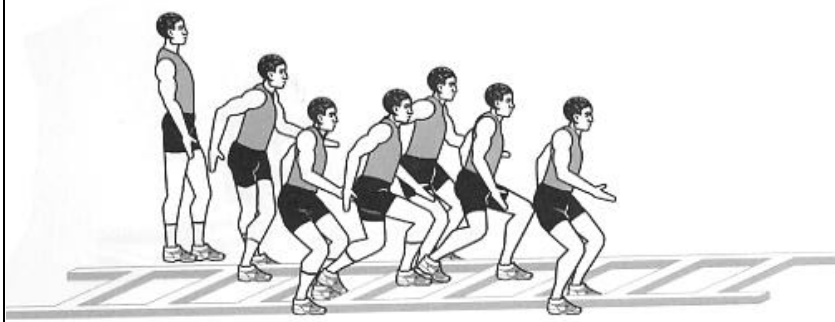
Canadian star Steve Nash broke several NBA team agility records in pre draft camps before being selected 15th overall by the Phoenix Suns.



Agility Ladder Drills

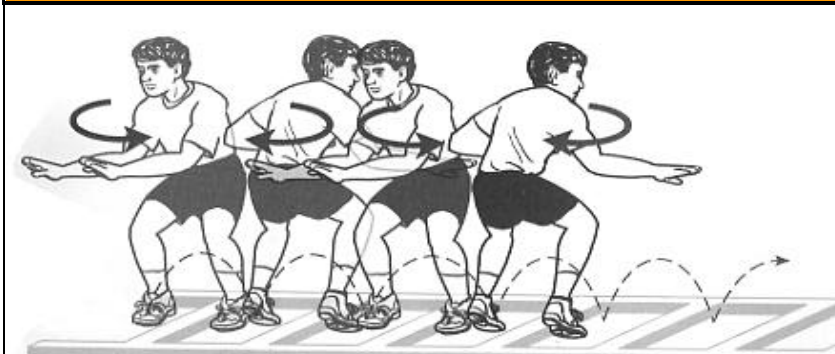
Note: If an agility ladder is not available, simply tape lines on the floor. Put the long lines about 30 inches apart and the rungs about 24 inches apart.

Cross Over Shuffle



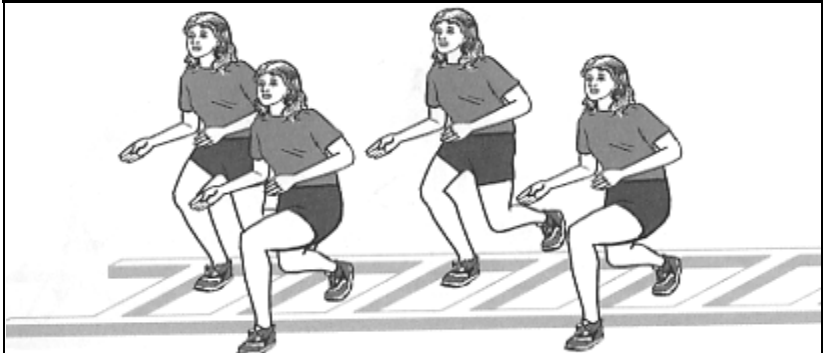
Move in and out of ladder always beginning with the outside foot. Only one foot can be in at a time. Each step crosses over the inside foot.

180 Quick Turns



Start straddling the first rung. With both feet jump and turn 180 deg. landing on next rung. Repeat down the ladder and return.

Side in Right/Left



Move laterally along the ladder stepping in only with your R foot alternate the L foot on each side of the ladder. Come back with L foot in and R foot out. Keep your eyes up for difficulty.

Agility Goal Setting

Record your best times of all agility drills in a chart similar to the one provide below. It is the best way push yourself to get quicker each day. **Remember you are always trying to beat you from yesterday!**

| GOALS | | | | | | |
|---|------------|---|------------|---|------------|---|
| NEEDS | WEEK 1 | | WEEK 2 | | WEEK 3 | |
| | Drill name | # | Drill name | # | Drill name | # |
| Speed (S) | | | | | | |
| Agility (A) | | | | | | |
| Quickness (Q) | | | | | | |
| NEEDS | WEEK 4 | | WEEK 5 | | WEEK 6 | |
| | Drill name | # | Drill name | # | Drill name | # |
| S & A & Q | | | | | | |
| S & Q | | | | | | |
| A & Q | | | | | | |
| Note: (v) = variation | | | | | | |
| Comments: <hr/> <hr/> <hr/> <hr/> <hr/> | | | | | | |

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