



DEFENSE, AGILITY & STRENGTH TRAINING WORKOUT GUIDE

Below you will find all 15 drills from our Defense, Strength & Agility workout. Each drill set contains three drills organized by level of difficulty. Beginners and Younger players should challenge themselves to progress towards the more advance drills. Older ad Advanced players should challenge themselves to complete the entire circuit. The drills are organized as follows:

Level 1 – 1st - 5th grade or Beginners (Warmup for older players)

Level 2 – 6th - 8th grade and Intermediate players

Level 3 – HS or more advanced players

FOOTWORK & AGILITY

DRILL SET:

LEVEL 1: Foot Fire

LEVEL 2: Foot Fire w/ Hip Twist

LEVEL 3: Dot Drill

DEFENSIVE SLIDES & DENIAL

DRILL SET:

LEVEL 1: Lane Slides

LEVEL 2: Zig Zag Drill

LEVEL 3: Denial Slides

CHANGE OF DIRECTION & CLOSEOUTS

DRILL SET:

LEVEL 1: Sprint & Back Pedal

LEVEL 2: Closeout & Boxout

LEVEL 3: Closeout & Help

STRENGTH & CONDITIONING

DRILL SET:

LEVEL 1: Jumping Jacks/Planks/Sprint

LEVEL 2: Burpees/Sprint

LEVEL 3: Advanced Burpees/Sprint

POWER REBOUNDING

DRILL SET:

LEVEL 1: Squat Jumps

LEVEL 2: Power Stride Squat Jumps

LEVEL 3: Wall Sit Squat Jumps

FOOTWORK & AGILITY

LEVEL 1: Foot Fire

Purpose of this drill:

This drill will help you develop the foot speed necessary to maintain good defensive position.

Instructions:

1. Get into your defensive stance.
2. Make sure your arms and hands are raised into good defensive position.
3. Begin by raising and lowering your feet off the ground about 4" as quickly as you can.
4. Continue this process for :30 seconds or for as long as you can go.
5. Take a :30 second break between sets.

Points of Emphasis

1. Stay low in your defensive stance and make sure your hands and arms are active.
2. Keep your feet moving and tapping as quickly as you can

LEVEL 2: Foot Fire w/ Hip Twist

Purpose of this drill:

This drill will help you develop quicker foot speed and the core strength necessary to turn your hips to beat the defender to the next spot all while maintaining good defensive position.

Instructions:

1. Begin Foot Fire as you did in the first drill.
2. Every 5 seconds twist your hips to the right or left and Foot Fire for 1-2 seconds.
3. Return back to center for 4-5 seconds
4. Twist your hips in the opposite direction, right or left and Foot Fire for 1-2 seconds.
5. Challenge yourself by increasing the amount of time you can maintain Foot Fire for three sets.
6. Take a :30 second break in between sets. Complete three sets.

Points of Emphasis:

1. Maintain good defensive position
2. Stay low in your stance
3. Keep your upper body faced front and center while twisting your hips.

LEVEL 3: Dot Drill

Purpose of this drill:

Dot drills develop dynamic leg strength while increasing knee and ankle strength and stability to allow for quick changes of direction.

Instructions

Set up using simple things you have on hand. Mark five spots with chalk, tape, plastic cups, soup cans, or cones if you have them. Try to make your rectangle 2 feet by 3 feet but it doesn't have to be perfect. Complete three sets of all the exercises.

Right Foot

1. Begin at **SPOT A** standing on your right foot only
2. Jump to B, then C, then D, then E, back to C and finally to A

Left Foot

1. Begin at **SPOT A** standing on your Left foot only
2. Jump to B, then C, then D, then E, back to C and finally to A

Two Feet

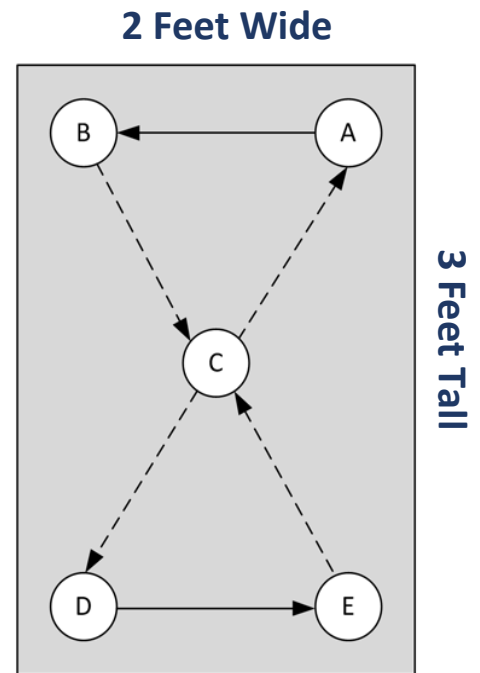
1. Start with your feet on **SPOT A** and **SPOT B**
2. Jump and land with BOTH feet on SPOT C
3. Jump and land with each foot on SPOT D and E
4. Jump backwards and land with both feet on SPOT C
5. Jump backwards and land with each foot on SPOT A and B

Two Feet with 180 degree spin

1. Start with your feet on **SPOT A** and **SPOT B**
2. Jump and land with BOTH feet on SPOT C
3. Jump and land with each foot on SPOT D and E
4. Squat and power jump into a 180 degree turn landing back on SPOTS D and E (facing the opposite direction)
5. Jump land with both feet on SPOT C
6. Jump and land with each foot on SPOT A and B

Points of Emphasis

1. Work on increasing your foot speed each time you advance through the sets
2. Balance and core strength are essential.



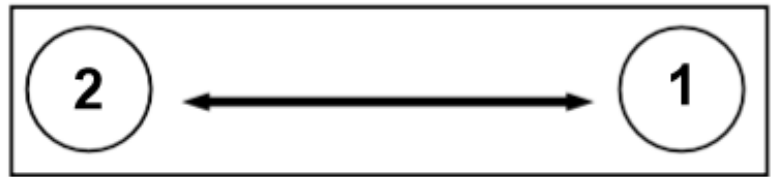
DEFENSIVE SLIDES & DENIAL

LEVEL 1: Lane Slides

Purpose of this drill:

This defensive basketball drill is going to help you work on your defensive slide technique, conditioning, and lateral quickness. The

cones are going to help remind you to stay low as you slide, and also provide you with a challenge to increase your speed every time you do this drill



Instructions

Setup: Place two objects about 10 feet apart (think the width of the paint on the court). Use cones if you have them, plastic cups, soup cans, or mark it with tape or chalk. Also, if you have them, place 4-5 objects (cups, cones..etc) that you can pick up as you slide on the side you will be starting. (if you don't have anything don't worry)

1. Drop down into your defensive stance by the starting point with the objects you can grab. Start your timer
2. Grab one of the objects and slide to the other side.
3. When you get to the other side, set the object down and then slide back.
4. Repeat until all the objects are moved one by one to the opposite lane line.
5. As soon as the last object is placed down the drill is over. Stop your timer
6. Repeat three times trying to beat your previous time.

Points of Emphasis

1. Don't raise up out of your defensive stance and maintain good defensive slide technique the entire time (don't: click heels together, cross feet over, or let your weight be out of balance).
2. Work on getting a good drive off of your leg and be ready to change directions quickly.

LEVEL 2: Zig Zag Drill

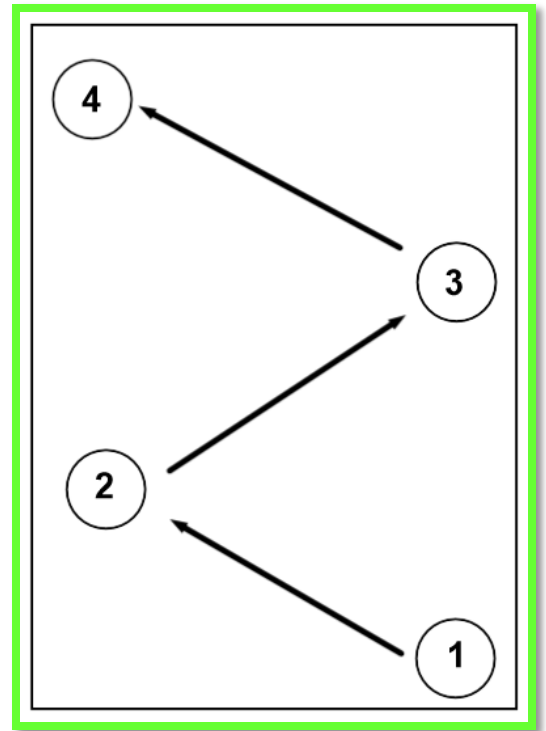
Purpose of this drill:

The Zig-Zag Slides drill teaches you to change direction in a low, defensive stance, simulates guarding an offensive player who has the ball and builds endurance and agility in your feet and legs.

Drill Details/Instructions:

Setup: Use 3 - 6 cones, cups, soup cans, or chalk or tape to mark off a zig zag pattern as pictured. You don't need to set them up in a specific way, just make sure you will be able to change directions each time you reach a cone and slide to a new cone.

1. Start at the first cone or object and get in your defensive stance.
2. Imagine you are guarding an offensive player with the ball.
3. Slide to the next cone, imagining you are maintaining a good defensive position on the dribbler.
4. When you get to the next cone, open up, drop your foot (drop-step) and slide to the next cone, once again imagining you are maintaining good defensive position and beating your defender to the next cone (object)
5. Continue to each cone you have. Sprint back to the starting cone
6. Rest for :30 seconds and repeat
7. Repeat this drill four times



Point(s) of Emphasis:

1. Make sure to stay low throughout the entire drill
2. Pivot on the toes
3. Drop step when you get to the cone and maintain good defensive position
4. You will get tired. Do not come out of your stance.

LEVEL 3: Denial Slides

Purpose of this drill:

This defensive drill demonstrates an aggressive, attack defense that will deny passes out to the wings. The denial is used to disrupt the ball movement, timing and sequence of the offense. Defenders need to understand the movements and hustle required to deny an entry pass.

Drill Details/Instructions:

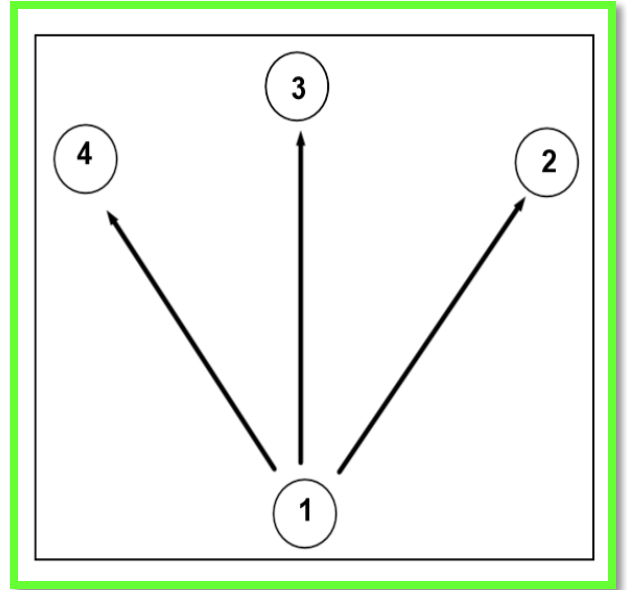
1. Start at the block (#1) in a proper defensive stance/position in relation to the offensive player and where the ball is.
2. Begin sliding up at an angle with your lead hand extended in an active motion towards #2. Your other hand should be tighter to your body and used to “feel” the offensive player.
3. Slide back to #1 in your defensive position as if the offensive player is trying to get open while keeping your head and eyes active as well.
4. When you reach spot#1, plant your back foot and pivot to open up to the ball as if the offensive player is going across the lane.
5. Slide across the lane to #3 and then with your lead foot plant and pivot back into a deny position and slide up at an angle as if the offensive player is now trying to get open on the opposite wing.
6. Rest 15 seconds and repeat.
7. Repeat the drill 3 times.

Points of Emphasis:

1. Maintain a good defensive stance
2. Keep your arms and head active when sliding
3. When pivoting to slide across the lane, make sure your back is to the basket and you can see the whole court
4. Conditioning and Hustle needed to sustain denial

CHANGE OF DIRECTION & CLOSEOUTS

Set up: For all three of these drills you will need 4 objects (cones, cups, soup cans or tape or chalk) to mark four spots as pictured to the right. Try to space each cone 10 feet from the center cone and about 10 feet from each other.



LEVEL 1: Sprint & Back Pedal

Purpose of this drill:

The purpose of this drill is to help you work on developing the foot speed and coordination needed to change direction on the basketball court

Instructions:

1. Begin the drill by sprinting to cone #2 with your hands raised high in the air.
2. As you approach cone #2 begin taking short choppy steps to slow yourself down.
3. Once you come to a complete stop, begin back pedaling.
4. Back pedal as fast as you can back to cone #1
5. Repeat to cones 3 and 4.
6. Complete three sets

Points of Emphasis:

1. Sprint to the cone
2. When you take short choppy steps, stay low to the ground
3. Keep your hands high in the air
4. Once you come to a complete stop, push off backwards and backpedal as quick as you can.

LEVEL 2: Closeout & Boxout

Purpose of this drill:

The purpose of this drill is to help you work on closing out to the shooter, contesting the shot, boxing out and pursuing the ball.

Instructions:

1. Begin the drill by sprinting cone 2 and closing out on the defender.
2. Contest the shot while yelling "shot".
3. Box out the "shooter" then sprint back to cone 1
4. Repeat to the drill to the center cone (3) and the left cone (4)
5. Complete three sets

Points of Emphasis:

1. Make sure we are sprinting all out before beginning your close out
2. As you begin to close out, take short choppy steps to maintain balance.
3. Extend either you left hand or right hand to contest the shot.
4. When boxing out the shooter, turn and square yourself to the defender.
5. Keep your hands high and elbows extended to the sides.

LEVEL 3: Closeout & Help

Purpose of the Drill:

The purpose of this drill is to help you work on having active feet at all times on defense, close out properly, and retreat back to help when the ball is passed.

Instructions

1. Begin at your starting cone with Foot Fire for 5 seconds.
2. Sprint into a closeout on your first cone (to the left or right)
3. Pretend shadow the offensive player holding the ball with active hands for 3-4 seconds
4. Drop step, pivot, and sprint back to your starting cone into a help defense position.
5. Immediately begin to Foot Fire again and repeat the sequence, to the other two cones

Points of Emphasis:

1. Sprint into choppy steps to perform your close out with active feet and active hands.
2. On closeouts to the wings force the offensive players to the sideline, no middle penetration.
3. Close out with HIGH HANDS and be active.
4. Be vocal on your closeout yelling "SHOT!" and then again vocal while in the help position "Help!, Help!, Help!".

STRENGTH & CONDITIONING

LEVEL 1: Jumping Jacks/Planks/Sprint

Purpose of this drill:

This drill will help develop your core strength as well as provide you with a cardio workout.

Instructions:

1. Place a towel or mat on the ground and two cones about 10 feet apart.
2. Begin with 10 jumping jacks.
3. When finished get into a plank position (the position in which you start a push up from)
4. Lower yourself down onto your right elbow first and then your left elbow, the lift yourself back up onto each hand. Repeat 5 times
5. When finished sprint to the other cone and back

Points of emphasis:

1. Take your time when doing your jumping jacks
2. Keep your back straight when doing your planks

LEVEL 2: Burpees/Sprint

Purpose of this drill:

Burpees work nearly every muscle in your body. The squatting and kicking back work your legs. The hand plank works your arms, chest, and shoulders. The combination of kicking back and planking works your lower back. And they are an intense cardio workout.

Instructions:

1. From a standing position, move into a squat position with your hands on the ground (count 1)
2. Kick your feet back into a hand plank position, while keeping your arms extended (count 2)
3. Immediately return your feet into squat position (count 3)
4. Stand up from the squat position and jump up.
5. Sprint to the other cone and perform another burpee
6. Repeat four times or as many as you can do in :30 seconds
7. Complete two sets

Points of emphasis:

1. Do not rush through the burpee, do each movement one step at a time.
2. On the jump up, explode as high as you can and land with soft feet.
3. On the sprint, stay low and sprint hard to the other cone (object).

LEVEL 3: Advanced Burpees/Sprint

Purpose of the drill:

The purpose of this drill is to improve muscular and cardiovascular endurance and to promote proper defensive stance while fatigued.

Instructions:

1. Place a cone about 10-15 yards away from you.
2. Have a clear and safe space to perform the movement.
3. Begin by squatting to the floor with knees bent, then kick back into a plank position, then perform a push-up, then kick back to the original squatted position.
4. Explode up to a jump.
5. Upon landing, go into a defensive stance and be vocal "Ball, Ball, Ball"
6. After 3-5 seconds of being in the defensive stance, sprint out to the cone, touch it, and sprint back to starting position.
7. Repeat the process 5 times before resting.
8. Perform 3 total sets

Points of emphasis:

4. Do not rush through the burpee, do each movement one step at a time.
5. On the jump up, explode as high as you can and land with soft feet.
6. Be low in your defensive stance, in a seated position with arms out wide.
7. On the sprint, stay low and sprint hard to the cone and back.

POWER REBOUNDING

LEVEL 1: Squat Jumps

Purpose of this Drill:

This drill will help you develop strength in your legs and improve your strength and balance.

Instructions:

1. Stand with your feet shoulder-width apart.
2. Start by doing a regular squat, then engage your core and jump up explosively.
3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.
4. Do two to three sets of 5 reps.

Points of Emphasis:

1. Make sure to use your whole foot to jump, not just your toes.
2. Try not to let your shoulders lean out beyond your knees, as this can strain and injure your back.

LEVEL 2: Power Stride Squat Jumps

Purpose of this Drill:

This drill will help Improve your lateral movement, vertical jump height, agility and quickness.

[Click here for an example](#)

Instructions:

1. Position two cones about 10 feet apart. You don't need a lot of space for this drill.
2. Starting at a cone, begin by shuffling (similar to a defensive slide but you are looking to move rapidly) towards the other cone.
3. After two to three shuffles or when you get close to the second cone, plant both feet and explode into a power jump. You want to jump straight up and land where you jumped from.
4. Upon landing, immediately push off in the opposite direction, shuffle and explode into power jump once you reach the other side.
5. Do this at least four times
6. Perform three sets.

Points of Emphasis:

1. Keep your body square and in line: Toes pointed forward, your shoulders aligned with your hips and knees.
2. Emphasize push and step, push and step
3. When leading into your jump, plant both feet, bring your arms behind you and then propel your arms forward and up, to help you jump as high as you can.
4. Position your feet so that when you land you are prepared to push off into the opposite direction.

LEVEL 3: Wall Sit Squat Jumps

Purpose of the drill:

The purpose of this drill is to improve muscular endurance in the lower body combined with working on explosions to grab a rebound.

Instructions:

1. Find a wall or flat surface with at least a few feet of open space surrounding the area.
2. Lean against the surface with your back and squat into a seated position with arms out simulating a defensive position to perform the wall sit
3. Hold position for 30 seconds
4. Then, take a big slide step to the right and explode as high as possible and simulate grabbing a rebound and chinning the ball strong with elbows out and arms parallel to the floor.
5. Pivot off the right foot to simulate an outlet pass.
6. Repeat the process but now, following the wall sit, step slide to the left and pivot off the left foot when simulating outlet pass.
7. 5 sets (1 set includes performing the exercise on each side)

Points of emphasis:

1. Hold wall sit position, do not put too much weight on your back - be sure the pressure is on your lower body
2. When sidestepping, take a big step and stay low in the defensive position
3. When simulating the pivot to an outlet, fully extend arms when making the pass.