CONDITIONING CIRCUITS ON THE BASKETBALL COURT

Conditioning circuits may replace an on-court conditioning day in the 12-Week Off-Season Conditioning Program. Individual, partner, or group circuits can be performed. A group circuit is defined as 2 or more circuit stations performed at the same time. Stations may use similar-themed exercises (for example, court running drills) or be mixed and varied with exercises from conditioning, speed, agility, and plyometrics with or without a basketball.

Conditioning circuit variables include the number of exercise stations, time of each station, time of each rest interval, work intensity of each station, and total circuit workout time. A proper warm-up and stretch are recommended before performing a conditioning circuit.

Caution: For safety reasons, with group or team circuits, make sure each station has enough space and does not interfere with other stations.

ON-COURT CONDITIONING DRILLS FOR INDIVIDUAL CIRCUITS

Suicides: See description on page 42.

Deep 6s: See description on page 43.

Sideline to Sideline: See following description.

Accelerators: See description on page 44.

X Drill: See description on page 45.

Full-Court Sprint Dribble: See description on page 46.

Full-Court Zigzag Sprint Dribble: See description on page 47.

Sideline to Sideline

Start behind a sideline. Sprint to the other sideline and sprint back to the start. Over and back is 2 repetitions; 1 repetition is 1 width of the court. Do as many as you can in 30 seconds. Sprint in a straight line. (See figure 3.4 on page 43.)

AGILITY DRILLS FOR INDIVIDUAL CIRCUITS

Lane Shuffle, Sprint, and Backpedal

This drill features shuffles, sprints, and backpedals and uses the free-throw lane.

Starting position: Start in a ready position behind the right corner of the baseline and lane, facing the court.

Action: Shuffle to your left across the lane and touch the line with your left foot. Immediately change directions and shuffle back to the start. Immediately sprint up the free-throw lane line to the free-throw line and shuffle to your left across the lane. Touch the line with your left foot and shuffle back. Quickly backpedal down the free-throw lane line to the starting position.

Caution: Be aware of the baseline wall during the backpedal finish.

Acceleration, Deceleration, Backpedal, Jump, and Shuffle

Setup: Set 4 cones 3 feet apart starting 3 feet from the left sideline along the free-throw line extended (3 feet, 6 feet, 9 feet, and 12 feet from the sideline, or about 1 meter, 2 meters, 3 meters, and 4 meters from the sideline).

Starting position: Start in a ready position behind the left corner of the baseline and sideline, facing the court.

Action: Sprint to the first cone and backpedal back to the baseline (figure 3.11). Sprint to the second cone and backpedal back to the baseline. Sprint to the third cone and backpedal back to the baseline. Sprint to the fourth cone and backpedal back to the baseline and the edge of the lane. Immediately jump as high as possible, then shuffle across the lane on the baseline and back.
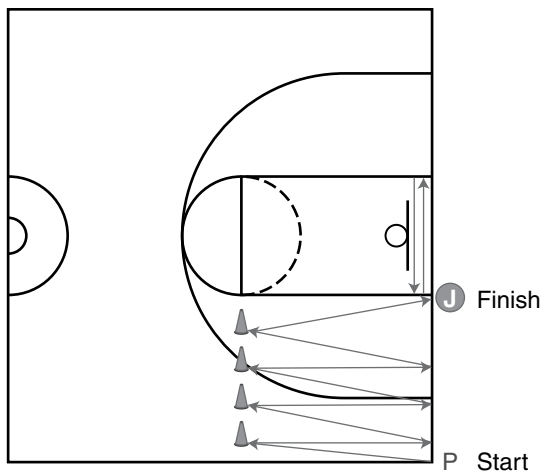
Caution: Do not step on the cones.

Figure 3.11

Backpedal, Hip Rotation, and Sprint

Setup: Set 3 cones in a staggered pattern on the free-throw lane lines extended between the free-throw lines.

Starting position: Start in a ready position behind the baseline in the middle of the free-throw lane, facing away from the court.

Action: Backpedal to the free-throw line (figure 3.12). Turn with good hip rotation and sprint around the 3 cones to the far free-throw line. Turn with good hip rotation and backpedal to the baseline.

Caution: Be aware of the baseline wall during the backpedal finish.
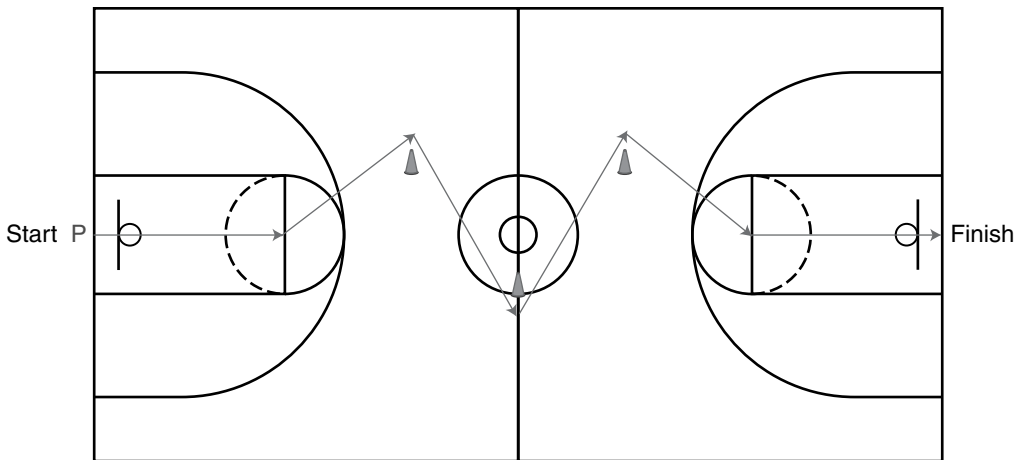
Advanced version: Vary the widths of the cones.

Figure 3.12

High-Speed Sprint Agility

Setup: Set 3 cones in a staggered pattern, 1 on the right sideline at half court and 2 on the center of each half court.

Starting position: Start in a ready position behind the right corner of the baseline and sideline, facing the court.

Action: Sprint around the 3 cones as fast as possible and finish at the far right baseline corner.