

Line Drills for Quick Feet

If you **practice these drills two or three times a week, with one day of rest in between**, I guarantee you will develop quicker feet and become a more explosive basketball player.

Keep this in mind for all of these drills: **Select three of your favorites and perform two sets of 10 second intervals.** Your focus must always be quick ground contacts-- not conditioning.

Double Leg Forward and Backward Line Hops

Stand with both feet behind a line/piece of tape on a soft surface or gym floor.

Explosively and quickly jump backwards and forward over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).

Repeat pattern for desired amount of time.

Use a 1:3 work to rest ratio.

Double Leg Side To Side Line Hops

Stand with both feet on the side of a line/piece of tape on a soft surface or gym floor.

Explosively and quickly jump side to side over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).

Repeat pattern for desired amount of time.

Use a 1:3 work to rest ratio.

X Hops over the Line

Stand with one foot on the left side and one foot on the right side of a line/piece of tape on a soft surface or gym floor.

Explosively and quickly cross right foot over left foot in an X pattern over the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals). Be sure to alternate feet each set.

Repeat pattern for desired amount of time.

Use a 1:3 work to rest ratio.

Muhammad Ali Line Shuffle

Stand with both feet behind a line/piece of tape on a soft surface or gym floor.

Explosively and quickly alternate the left and right foot over the front of the line while being light, quick and effortless on your feet. (Visualize stepping on hot coals).

Repeat pattern for desired amount of time.

Use a 1:3 work to rest ratio.

Remember, reading these drills will not make you quicker. But actually performing them regularly two or three times a week will provide you with great results and a noticeable increase in your foot quickness and explosion.

If you have trouble at first on some of the drills, don't worry. Just slow yourself down until you master the movement. Always remember form before speed. It takes over 17,000 times to build a new habit so be persistent.