

# On Court Basketball Conditioning Drills

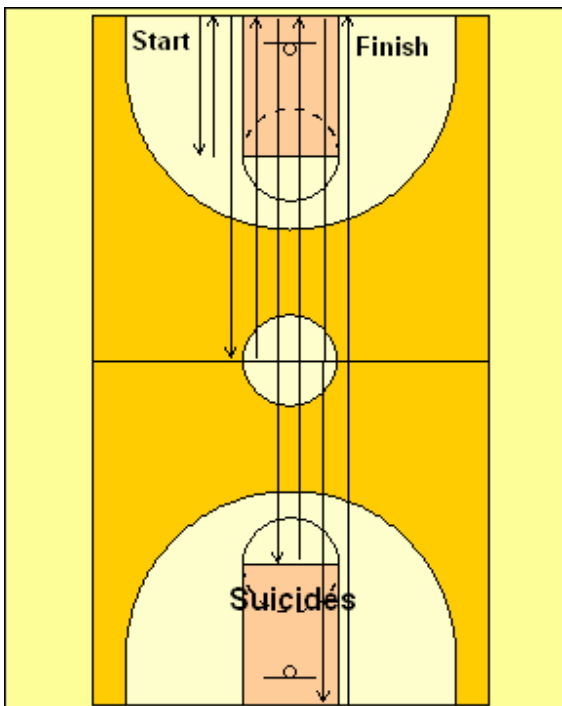
By

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Below is a description of several conditioning drills that can be done on the basketball floor. As basketball is an anaerobic sport, it is important the coach insist on all-out effort runs of 60 seconds or less and incorporate a work to rest ratio of 1:2 or 1:3. Initially a coach should give the athlete(s) a longer period of rest (1:3) but as the athlete(s) becomes more fit then the anaerobic system may be challenged more by decreasing the amount of rest to a 1:2 ratio. By doing this the athlete will improve their lactate threshold - the point where lactic acid build up exceeds its removal and utilization. The longer the athlete can delay the onset of fatigue and muscle tightness, the longer he/she can execute proper technique.

## 1. Suicides

Start at the baseline, sprint to the near free throw line, and sprint back to the baseline. Then sprint to half-court, sprint back to the baseline, sprint to the far free throw line and back. Finally, sprint to the far baseline and back. Running time should be between 28-32 seconds. Recovery time should be 60-90 seconds between repetitions.



## 2. 17's

Start at one sideline and sprint to the other sideline and back. Over and back is two repetitions. Run for 60 seconds or until 17 widths are completed. Rest for 2-3 minutes between repetitions before performing another.

## 3. 9's

Same as 17's, only the drill is run for 30 seconds. Rest is 60-90 between repetitions.

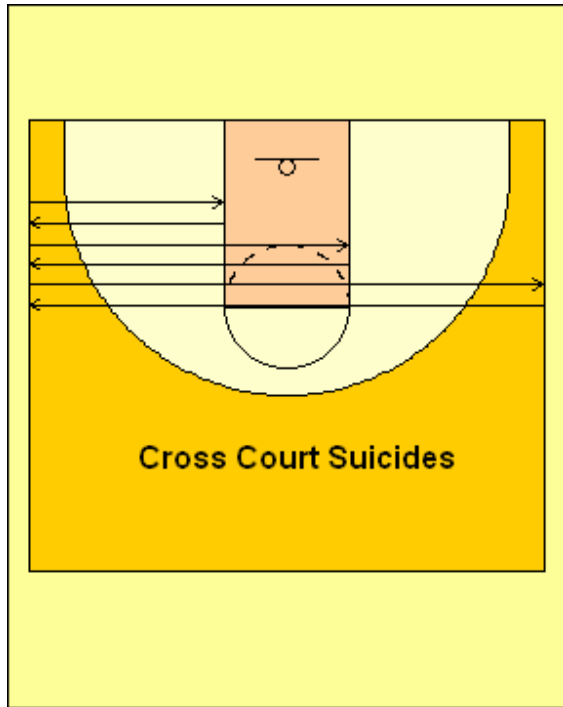
## 4. Lane Slides

Start at the edge of the key and execute a defensive slide across to the other side of the key and back. Repeat as many times as possible in 15 seconds. Rest between 30-45 seconds before repeating.

## 5. Cross Court Suicides

Start at one sideline and sprint to the edge of the key and then sprint back to the sideline. Sprint across

to the other side of the key and sprint back to the sideline. Finally, sprint across to the far sideline and sprint back.



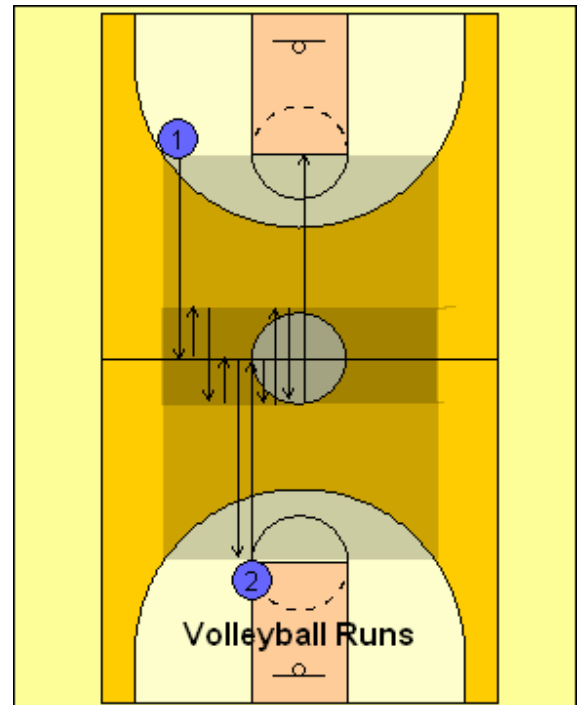
## 6. Volleyball Runs

Start at the baseline of the volleyball court and sprint to the center line of the volleyball court. Then sprint back to the near attack line and back to the center line. Sprint to the far attack line and back to center. Finally, finish by crossing the far baseline.

This drill is an excellent change of direction drill and may also be done where the athlete comes back in a reverse pattern and finishes where he/she began.

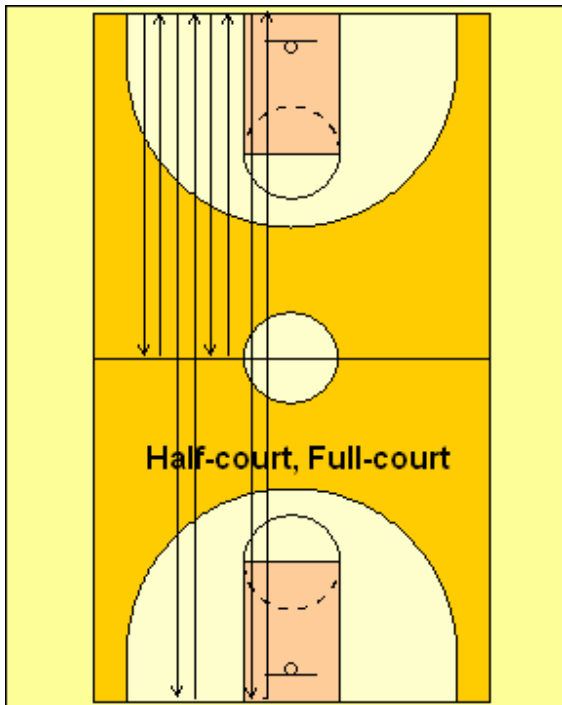
It also can be used as a team competition. Divide the team into groups of 3 or 4 and have the second runner start at the opposite

baseline. When the first runner crosses the far volleyball baseline the second runner begins.



## 7. Half-court, Full-court

Start at one baseline, sprint to half-court and then sprint back to the baseline. Change direction quickly and sprint to the opposite baseline and sprint back to the starting baseline. Then sprint to half-court and back to the baseline. Finally, sprint to the far baseline and back.



### 8. Wall Run

Extend the arms and lean against the wall at about 60 degrees. Ensure the athletes have a straight line through their legs, hips, and torso. Sprint in place for 15 or 30 second intervals with a work to rest ratio of 1:3. As you get closer to the season go to a 1:2 work to rest ratio.

### 9. 300 Yard Shuttle

The shuttle is based on a regulation basketball court. The athlete runs from the baseline to the opposite foul line (25 yards). A total of 12 trips of this distance equals 300 yards. Rest for 5 minutes and repeat the drill. Average the two times and get your running time. This can be used as a test and can do periodically to recognize if the athletes are improving anaerobically.

### 10. 4,8,16 Drill

Start on one sideline and sprint to the other side and back for a total of four sprints (across and back equals two sprints). This should take 15 seconds or less. Rest for 30-45 seconds. Then run eight sprints. This should take about 30 seconds or less. Rest for 60-90 seconds. Then run 16 sprints.

### 11. Ladder Sprint

Start on the baseline and sprint to the opposite baseline in 5 seconds. Rest for 10-15 seconds. Then sprint the length of the court 3 times. Complete this in less than 16 seconds. Rest for 30-45 seconds. Then sprint the length of the floor 5 times in 31-32 seconds. Rest for 60-90 seconds. Finally, sprint the length of the court 7 times in 46-48 seconds or less. Do not run the last ladder of 7 sprints until the athlete can run the first three groups of ladders in the required times.

### 12. 30 Second Suicides

Start on the baseline and sprint to the opposite baseline, touch the line and return the original baseline. The goal is cross the entire length of the court as many times as possible in 30 seconds. Mark where you finish and try to beat that mark in next set or workout. Take 90 seconds to recover between repetitions.