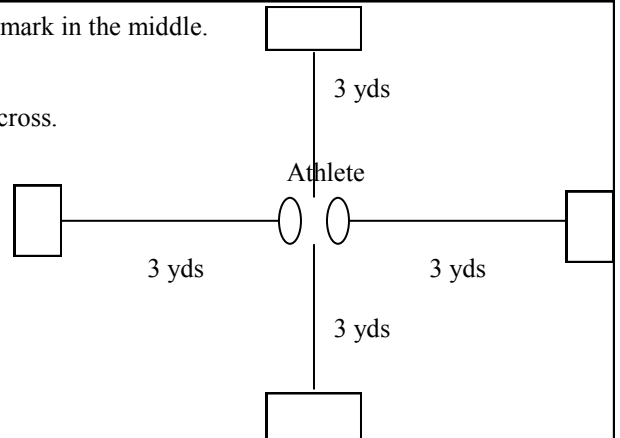


CARROLL

pioneer basketball

Set four cones at 12, 3, 6, and 9 o'clock positions three yards from a tape mark in the middle.

- 1) Player starts with left foot on cross.
- 2) Player side slides to right, touches cone, and returns with left foot to cross.
- 3) Back pedal to cone, return to cross with left foot.
- 4) Side slide left to cone, return to cross with left foot.
- 5) Sprint forward to cone, return back to cross.
- 6) Continue for 30 Seconds and record total touches.



NOTE: Player should stay low and use short quick steps!

5 Dot Drill:

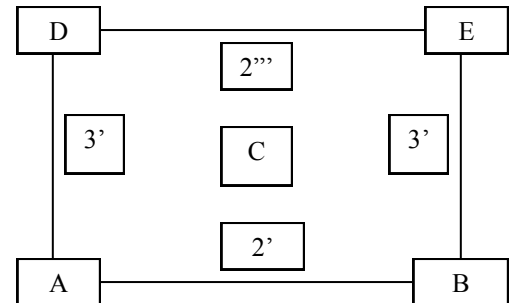
- Up and Back:
- 1) Start at one end with feet straddled on A and B.
 - 2) Jump to C with both feet.
 - 3) Jump and land with feet straddled on D and E.
 - 4) Without turning, repeat process backwards.
 - 5) Repeat complete routine five times.

- Right Foot:
- 1) After ending the Up and Back with feet on A and B.
 - 2) Jump to C on right foot only.
 - 3) Then jump to D...E...C...A...B in order.
 - 4) Repeat five times.

- Left Foot:
- 1) Follow same pattern as for right foot.
 - 2) Keep both feet together in a ski like fashion.
 - 3) Repeat six times.

- Both Feet:
- 1) Follow same pattern as one foot only.
 - 2) Keep both feet together in a ski like fashion.
 - 3) Repeat six times.

- Turn Around:
- 1) Both feet will end on Dot B, straddle to A.
 - 2) Jump to C with both feet in Up and Back.
 - 3) From C, jump and straddle to D and E.
 - 4) Jump and turn 180 degrees, land with feet straddled on D and E, facing opposite direction.
 - 5) Jump to C.
 - 6) Then jump and straddle A and B.
 - 7) Turn 180 degrees and repeat five times.



5 Cone Drill

This drill is similar to the clock drill with two changes; set five cones as diagrammed with three-yard spacing.

- 1) Player starts with left foot on cross, and
- 2) Side slides to right, touches cone, and returns with left foot to cross, then
- 3) Crossover sprints at a 45 degree angle to cone, returns to cross with left foot, then
- 4) Sprints forward to cone, return back to cross, then
- 5) Crossover sprints at a 45 degree angle to cone, returns to cross with left foot, then
- 6) Side slides to left, touches cones, returns to cross.
- 7) Reverse pattern until you return to beginning of drill.

Note: Player should stay low and use short, quick steps!

