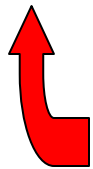
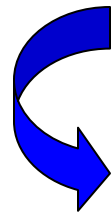
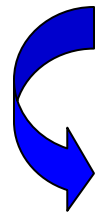
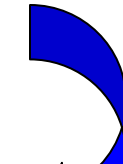
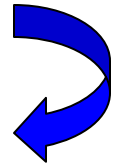
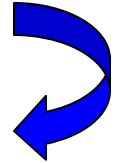
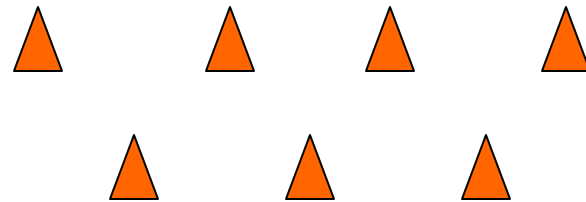
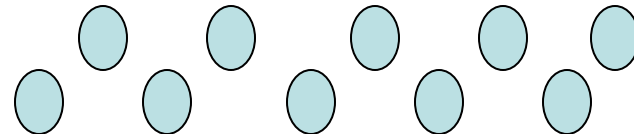
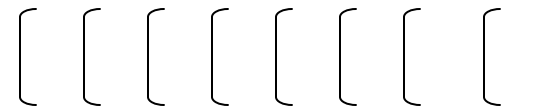
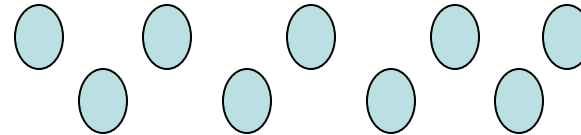


# PLYOMETRIC DRILLS

- **What:** speed + agility drills
- **Where:** b-ball court (indoor or outdoor)
- **Size of class:** 20-30 max
- **Equipment needed:** hurdles, cones, rings
- **Description:** members will start at the baseline, sprint to the half court and then begin with the small hurdles. Participants will run over the hurdles, reach the end of the court and turn around. From there they will use the rings (i.e. set up like you're running over tires) and then sprint back to the baseline. They will turn around and sprint to the big hurdles. From there they will complete another set of rings before sprinting back to the baseline. They will then sprint to the cones, touching each cone. There will be 6-8 cones set up in a zig-zag pattern about 10-15ft apart from each other. Upon touching the last cone member will turn and sprint all the way back to the starting baseline and repeat.
- **Variations:** members can run sideways (grapevine) / backwards / hop instead of sprinting toward and going over obstacles. They can also do push-ups and/or sit-ups at the transition areas, increasing reps after each lap or increasing reps at each transition point. They can also hop over the rings versus running through them.

# PLYOMETRIC DRILLS ON B-BALL COURT

START



JOG BACK TO START

