Improving Agility

Reagan is 16 years old and a below average basketball height of 5 foot 3 inches. She is lacking in height, but to make the varsity basketball team as point guard she must be stellar in other areas and skills that play a vital part in her success in the sport. As of now, she excels in other facets of the sport. Driving to the hole, handles, shooting, and conditioning are all at a good level. One area we have seen to be weak and may affect her odds of making varsity is her speed or agility, which separate the good from the great athletes. It’s not that she’s slow, but to take that next level we’ve designed a workout plan maker her rim attacks as fast as lightning.

The latest research indicates three activities help develop agility needed for basketball: ball drop; ladder drill, and L drill with cones.

Explanations of drills:

* L drill- a drill that helps explosiveness. The athlete will move from cone to cone while keeping a shoulder width a part base. While having a powerful base the athlete will shuffle with arms up as if they were defending an opponent.
* Ball drop- a drill the greatly benefits the athlete in agility improvement as well as footwork and hand-eye coordination. Two teammates stand in front of each other with a distance of 5-10 yards. One teammate holds tennis balls in each hand, and drops a tennis ball at random, the goal of the other teammate is to catch the ball prior to its second bounce and return to the starting position as fast as possible.
* Star drill – aids an athlete with all forms of quickness, spatial awareness, and reaction time. In this drill 5 cones are placed around the court and on the three-point line. The athlete will start in the home position, in our case the center of the free throw line. The athlete will then have to react to the coach pointing to a cone, or hearing the number of the cone and have to get to the cone, tap it, and return to the home position as fast as possible and then receive the next command.

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| Workout Day 1 | Duration |
| Warm-up | **30 MIn** |
| -jog | **5 min** |
| -stretch | **10 min** |
| -passing, cross over, and shooting drill | **15 min** |
| Main workout | **30 min** |
| -L drill | **10 min** |
| -Star drill | **10 min** |
| -ball drop | **10 min** |
| Cool down | **15 min** |
| Static stretch | **10 min** |
| Light jog | **2 laps** |

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| Workout Day 2 | Duration |
| Warm-up | **30 min** |
| -jog, ankle/knee flexion | **5 min** |
| -3 man weave | **10 min** |
| - shooting form practice | **15 min** |
| Main Workout | **30 min** |
| Shuttle drill | **10 min** |
| Block to Block | **10 min** |
| Weave in weave out | **10 min** |
| Cool Down | **20 min** |
| Free Throws | **10 min** |
| Foot work drills | **10 min** |

These specific drills to sharpen her quickness, explosiveness, and hand eye coordination will help her with her agility skills By completing this workout plan along with the drills, Reagan will become more agile and make Varsity.

Bibliography

Basketball Agility Drills - For Speed on the Court. (n.d.). Retrieved November 29, 2016, from http://www.sport-fitness-advisor.com/basketball-agility-drills.html

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