

SHOOT  
BASKETBALLS  
NOT  
PEOPLE

*SBNP*

*FUNDAMENTALS OF*

***BASKETBALL***  
***CONDITIONING***



# ON COURT SKILLS TRAINING

## CONDITIONING

One of our essential components to being a great player, and to great player development, is fitness. I believe that if you are drilling your players hard enough, most of their cardiovascular conditioning can be developed within the core of the workout (as we will discuss more in the drill sequencing section). However, players may and will need more conditioning put into the workout or placed at the end of the workout. Remember, we are giving you all the pieces of the puzzle but it is up to you to determine what your players need and be able to build the complete puzzle using all the appropriate pieces. These drills can be changed to fit the age and fitness level of your players and times can be adjusted accordingly.

## ON-COURT CONDITIONING SETS (WITHOUT BASKETBALL)

### LANE SLIDES

- 30 Seconds, lane line to lane line
- 30 Seconds, add a squat jump at each lane line

### FREE THROW LINE SPRINT

- Baseline to FT line sprint + back pedal to baseline
- Add a squat jump at the baseline every touch
- Sprint Back Pedal Slide
- Starting under the rim, sprint to FT line from baseline and back pedal back
- Then slide to corner and slide back to under rim/ baseline alternate corners

### SLIDE-SPRINT-BACK PEDAL

Ft- ½ -Baseline

- Defensive slide from baseline to FT line
- Sprint from FT line to half-court
- Back pedal to baseline from ½ court

### KEY SERIES

- Starting on baseline lane line corner
- Sprint to elbow
- Slide from elbow to elbow
- Back pedal from elbow to baseline
- Repeat, opposite direction

### ½ COURT SERIES

- Starting in corner, sprint to ½ court
- Slide across ½ court line to opposite sideline
- Back pedal to baseline from ½ court
- Slide back to starting position

### FULL COURT SERIES

- Starting from corner of court, sprint 45 degree angle across court to opposite corner Slide from corner to ½ court
- Sprint from ½ court to baseline
- Repeat in opposite direction

# ***ON-COURT CONDITIONING SETS (WITH BASKETBALL)***

## ***BASKET FINISHES SERIES***

### **CORNER SET:**

He quickly dribbles to the rim and finishes a lay-up/dunk, then gets his rebound and sprints to the other end of the court for an alley and repeat.

### **HALF-COURT SET:**

Player sprints with the dribble to the rim and finishes at the rim, gets his own rebound and sprints to the opposite side of the court half-court line and repeats.

### **CORNER-TO-CORNER SPRINT SHOOTING:**

Player shoots a jump shot from one corner of the court and then sprints to the other corner after receiving a pass from his coach.

### **HASH MARK TO ELBOW:**

Player begins at the hash mark on one side of the court and sprints to the opposite sideline/hash mark, then trails into a catch and shoot shot on the elbow.

### **HALF COURT AROUND-THE-HORN:**

The player sprints from one side of the court to the other in a prescribed pattern before making a shot at each of the prescribed positions.

