



PERFORMANCE TRAINING, INC.

## **Pre-Season Basketball Training**

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### **Pre-Season drills:**

#### **Hexagon Drill:**

The hexagon drill is set up with each player having 6 cones. The female has 3 out to her right and 3 out to her left, while her out 2 cones are green, her out 2 cones are red and her back 2 cones are blue. The drill is shown using a sidewinder for lateral resistance. The sidewinder will create more lateral explosion once the players train in the proper position with it on and then duplicate the movement with it off. To assure the proper length of the sidewinder, the players will stand with their feet hip width apart and the band should have slight tension (if there is slack while standing with their feet hip width apart then the band is too long). The Hexagon drill is used to develop lateral explosion with efficient first step and angles. Be sure to always focus on one-foot plants and staying on top of feet (not leading with shoulders but leading with hips). Once the players have completed 2-3 sets (completely recovered between sets) with the sidewinder they will then duplicate a set without the sidewinder. **Note:** a set is when a player has moved in all six directions and back to home base on command

1A-players start at “home base” which is between their middle two cones. On my command they will reach with the outside (lead) foot, pushing off the inside foot (trail foot) into a 3-4 step lateral shuffle towards the specified cone, stay on the cone line, plant the outside foot and then reach back with the inside foot leading their hips back to “home base”.



1B-Players have just moved out toward their up right cone staying on the cone line from home base towards the cone-do not round the first step but be very efficient and step out toward the cone moving the hip in that direction.



1C-Players have just finished their 4<sup>th</sup> shuffle and planted the outside foot (right foot) and reached back with the left foot-it is very important to only have one foot on the ground not a 2 foot plant!



1D-players have already returned to home base from the up rt and then gone on command to the up left cone quickly returning back to home base. The movement seen in this picture is them moving out to the right middle cone in a flat position by pushing out of the left and reaching with the right-staying on the cone line.



1E-players have just completed their 4<sup>th</sup> shuffle and have planted the outside foot (right foot) and reaching back with the inside foot (left foot) returning to home base.



1F-players have already gone out to the left and back on command and are now moving to their back right cone on command. They push off the left foot and lead with the right foot-again be sure they stay on the cone line-no rounding and once they shuffle 4 steps they will plant right and reach left to get back to home base.



### **Power jumps:**

The ball has been added to show how you can put a ball into a drill which the players have been trained to do already and have become efficient in the mechanics.

The hips are loaded with a bungee and the player is exploding up through the hips to rebound the ball with 2 hands, returning to the floor to quickly explode back up powering the ball up to the basket. Body balance and quick vertical explosion is the focus. The player will make 10 shots to complete the drill (made shots must be on the first attempt not any rebounding attempts they missed). Once the player has completed 2 sets of 10 per side (completely recovering between sets) they will then do the drill without the viper and complete 1x5-10 makes per side immediately going from one side to the other.

2A-The player has the bungee on with a player holding her down, as the coach is ready to throw the ball up against the backboard for her to get an offensive rebound with 2 hands.



2B-The player has just rebounded the ball as the band is stretched with her catching it at the peak of her jump.



2C-The player is now powering the ball up for a shot again driving up against the resistance.

