

# Warm Up Drill & Agility Test

A composite agility drill is a fun warm up to start a practice or game or even used as an agility exercise to measure improvement of technique and speed over the course of a season. Use it to evaluate whether this should be an area for improvement for your team.

## What you'll need

To undertake this test you'll require:

1. Flat surface – your full or half court gym floor;
2. 8 cones; and a whistle
3. Basketball rack with game balls
4. Stop watch option

## Use the Full Court (see diagram)

Starting at one baseline (place cone #1), place cone #2 at the far baseline directly across the length of the floor. Do the same for cones # 3 & 4 leaving as much room as possible in the middle of the court. Place cone #'s 5-8 equidistant apart between the baselines and finish points centered on the free throw lines.

## Conducting the drill

The player lies face down on the floor at the start point. Coach blows whistle, the player jumps to his/her feet, then sprints full court and touches baseline at cone #2, facing middle cones player in defensive stance does left to right slide step back to the basketball rack where player takes a basketball from the rack and negotiates the cone dribble course (down and back), replacing the ball on the rack and concluding with a sprint down and back to the finish line.

This drill can be run as a timed test by a parent or assistant. The total time taken to complete the course from the start to finished can be used to measure each player's improvement from the start of the season to the end. Analysis of the result is by comparing it with the results of previous tests. It is expected that, with appropriate training between each test, the analysis would indicate an improvement.

