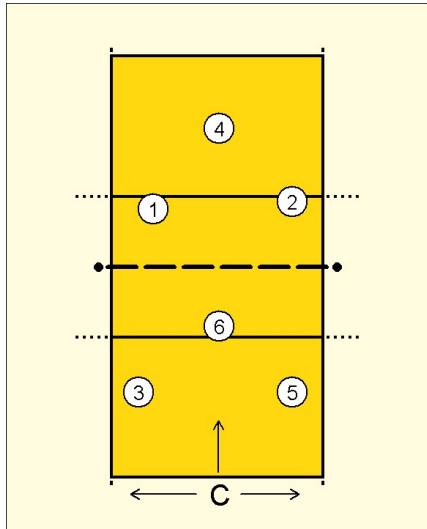


Warming up

Point and move

1



Outcome:

Players stay low in a defensive position. Increased heart rate as well as conditioning.

Setup:

Player's start anywhere on the court. Players move in the direction the coach points. If coach points down players hit the floor, if coach points up players jump. Simple but effective.

Running the drill:

Run for 1-2 minutes then break for 30 seconds. Repeat a desired number of times. (3 is good).