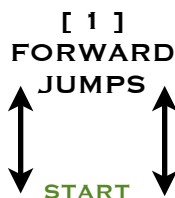


FIRST-STEP QUICKNESS DRILLS



[1] "Forward Jumps"

- Player starts in athletic stance (feet hip-width apart)
- Pushing off the left foot, the player jumps straight forward, landing on the right foot first, followed by the left foot
- the player returns to the starting position by pushing off the right foot and jumping straight back, landing on the left foot first followed by the right foot
- the jump is completed by pushing off right foot and jumping forward and then coming back by pushing off left foot



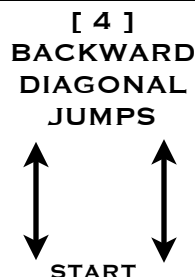
[2] "Forward Diagonal Jumps"

- Player starts in same stance as "Forward Jumps"
- Pushing off the right foot, the player jumps diagonally forward to the left, landing on the left foot first, followed by the right foot
- the player returns to the starting position by pushing off the left foot and jumping backward diagonally to the right, landing on the right foot first, followed by the left foot
- the jump is completed by jumping in the opposite direction



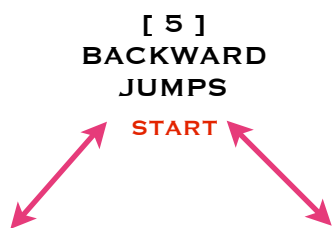
[3] "Lateral Jumps"

- Player starts in same position as "Forward Jumps"
- pushing off the right foot, the player jumps laterally to the left, landing on the left foot first, followed by the right foot
- the player returns to starting position, by pushing off the left foot and jumping laterally to the right landing in the starting position with the right foot first, followed by the left foot
- the jump is completed by jumping in the opposite direction



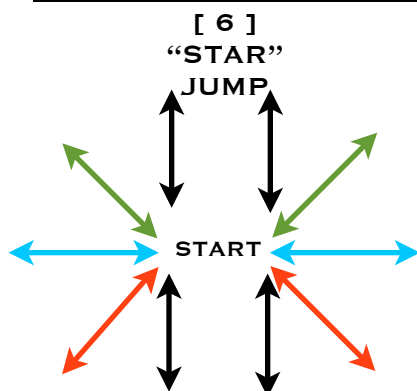
[4] "Backward Diagonal Jumps"

- Player starts in athletic stance (feet hip-width apart)
- Pushing off the left foot, the player jumps straight backward, landing on the right foot first, followed by the left foot
- the player returns to the starting position by pushing off the right foot and jumping straight forward, landing on the left foot first followed by the right foot
- the jump is completed by pushing off right foot and jumping backward and then coming back by pushing off left foot



[5] "Backward Jumps"

- Player starts in same position as "Forward Jumps"
- Pushing off the left foot, the player jumps diagonally backward to the right, landing on the right foot first, followed by the left foot
- Player returns to starting position by pushing off the right foot and jumping diagonally to the left
- the jump is completed by jumping in the opposite direction



[6] Putting them all together

- Player starts in athletic stance and jumps in the following sequence:
 - Forward
 - Forward diagonally
 - Laterally
 - Backward
 - Backward diagonally

DRILL LENGTH:

Do each of the first five jumps for 30-60 seconds resting 30-60 seconds between the jumps. All five jumps + #6 = 1 Set
Do the final jump once to complete the Set