

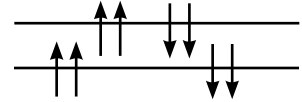
These drills consist of the athlete stepping over and back across lines – with one foot, then the next – as quickly as possible for a timed set.

Forward & Back (1 line)



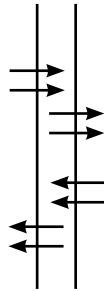
Right foot forward, left foot forward
Right foot back, left foot back
Alternate lead foot each set

Forward & Back (2 lines)



Right foot forward, left foot forward
Right foot forward, left foot forward
Right foot back, left foot back
Right foot back, left foot back
Alternate lead foot each set

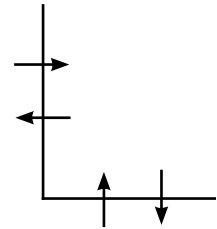
Lateral Side-to-Side



Right foot over, left foot over
Right foot over, left foot over
Left foot back, right foot back
Left foot back, right foot back
Alternate direction each set

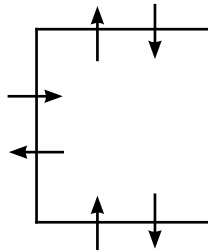
Multi-Direction (2 lines)

See diagram



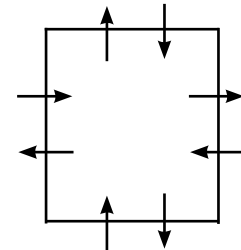
Multi-Direction (3 lines)

See diagram



Multi-Direction (Box)

See diagram

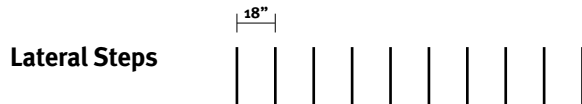


Alternate moving clockwise and counter clockwise

Sets: 3 – 5 of 6 – 8 seconds

Coaching Point: For all footwork drills, keep your center of gravity in the same place as your feet move in the different directions as fast as possible.

Dalatri lays tape down in a ladder-like pattern along the baseline to train the Nets to move their feet and bodies in the direction they're heading.



The players step laterally between 10 lines that are 18 inches apart. If they are heading right, the right foot steps first followed by the left, so there are two foot contacts between each line.



When the players get to the designated 45-degree line, they pivot 180 degrees, then continue moving laterally facing the opposite direction. At the next 45-degree line, they pivot back to face the original direction and continue their movement. Dalatri says, "This is exactly what you have to do on defense – move laterally, change direction, pivot and go without slowing down at all."



When the players get to the designated lines, they must step quickly forward to the line, step laterally, then step backward to continue heading down the row of lines. Dalatri says, "This change-of-direction work prevents them from getting into a rhythm by forcing them to react to a different movement pattern."

Lateral Slides

Dalatri moves the lines so they are three to five feet apart. This forces a player to pick up his lead leg and work on getting it out like he is cutting off an offensive player. The longer strides make it more specific to playing defense.

Alternate moving clockwise and counter clockwise

Reps: 2 – 4 times down and back the length of lines

Coaching Point: For all footwork drills, keep your center of gravity in the same place as your feet move in the different directions as fast as possible.