

Quickness Training

SUBMITTED BY:

The Play Book

theplaybook.jimdo.com

Quickness Training

Quickness is the ability to move the feet as fast as possible in a variety of different patterns. These patterns can involve double leg or single leg movements. Improved coordination, balance, and developing quick rapid movements are all goals of the quickness programs.

The following are guidelines and descriptions of various quickness drills. This description is not all encompassing. The drills you chose should be as sport specific as possible and provide for a variety of movement patterns. Do each repetition of each drill at full speed! Jog back to the start and repeat another rep at full speed. Complete the assigned number of reps and sets for each drill chosen.

Guidelines

Frequency

During the off season quickness training can be done 1-3 x week. The pre season can include even more sessions (up to 4 x week). Quickness drills can be done on opposite days from strength training or on the same day. Care should be taken to not do quickness drills after a lower body strength training session. If this is the case, do the quickness training before strength training the lower body.

Form

Every rep of every drill must be done at full speed for you to get the benefits from it. Full speed also means under control and staying within the context of the drill.

Surface

Always do quickness drills on a even surface that is not slippery. It would be ideal to do the drills on the same surface that you play or practice on. Be aware of holes, divots and slippery areas.

Warm-up

Always complete the full warm-up and flexibility routine given in this manual before beginning the quickness drill workout.

Volume

A simple progression plan should be used for quickness training. This will allow the athlete to acclimate themselves to the rigors of quickness training. Progress from 1 to 5 sets of 3 to 7 reps. Begin with 2 drills and move to 4 to 5. A quickness plan should take 3-6 weeks.

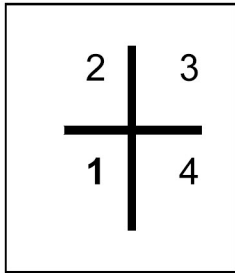
Duration

Drills should be sport specific and each rep will last between 3-10 seconds. The entire quickness workout should last between 5-15 minutes.

Rest

Rest should be sport specific to train the specific conditioning aspect of the sport. Rest should be minimal between reps and 2 minutes between sets. Rest long enough to ensure quality work.

FAST FEET



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Move feet as fast as possible while keeping proper technique
- All drills are :10 with :10 recovery
- Begin drills with feet in the first number of the pattern and follow the number sequence for the entire :10
- Begin all single foot drills with a shoulder width stance and stay low

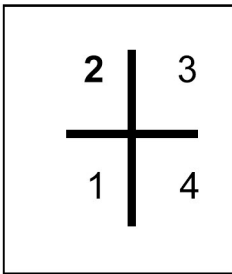
BOTH FEET

PATTERN

TECHNIQUE

<i>side/side</i>	1-4	both feet together / maintain balance / do not touch line
<i>front/back</i>	1-2	pick up feet / do not slide
<i>diagonal (right/left)</i>	1-3 / 4-2	hips facing forward / stay square
<i>up/up - back/back</i>	1-2/4-3	left up, right up - left back, right back complete drill twice; change lead foot
SINGLE FOOT		
<i>side/side</i>	both in 1, then 4	complete each foot / stay low / wide base
<i>front/back</i>	feet in 1 and 4	complete each foot/ pick up foot (do not drag or slide)

CROSS DRILL



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Hop as fast as possible while keeping proper technique
- All drills are :10 with :10 recovery
- Begin drills with feet in the first number of the pattern and follow the number sequence for the entire :10
- All drills can be done with a single foot as well as both feet

PATTERNS

Around the World

1-2-3-4
1-4-3-2

Figure 8

1-3-2-4
4-2-3-1

Triangles

1-2-4
1-4-2
1-3-4

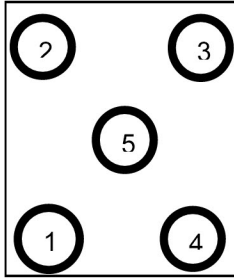
V's

2-1-3-1
3-4-2-4
1-2-4-2
4-3-1-3

Corners

4-1-2-1
1-4-3-4

DOT DRILL



DRILL INSTRUCTIONS:

- Begin all drills with knees slightly bent
- Maintain balance through entire drill
- Move feet as fast as possible while keeping proper technique
- Learn patterns slowly and speed up once the pattern is perfected
- Begin with basic patterns and progress to more complex slowly
- All drills are :10 with :10 recovery

PATTERNS

Out-In-Out (PLYO)

Starting Position: Left foot 1, Right foot 4

Direction: Both feet to 5, out to 2 and 3. Continue forward and backward, always facing the direction you started.

Progression: When feet get to 2 and 3 spin hop and continue. Go forward for the entire drill.

Variation: Running rather than hopping. Same pattern, left lead, then switch to right lead.

Figure 8

Starting Position: Both feet on 1

Direction: With both feet, follow 4-5-2-3-5 pattern.

Progression: Single foot

Slalom

Starting Position: Both feet on 1

Direction: With both feet, follow 5-2-3-5-4 pattern

Progression: Single Foot

JUMP ROPE PROGRAM

- Use Jump Rope Program for agility program or as a general warm-up
- A wooden basketball floor is the ideal surface for jumping rope
- Always remain on the balls of the feet with a slight bend in the knees
- A proper length jump rope should reach the armpits with the rope centered under the feet.

Agility / Footwork

All Drills done for :15 with :30 recovery

Both Feet

Side/Side (2 feet)

Side/Side (1 foot)

Ali Shuffle (Both feet alternating up/back)

Front/Back (2 feet)

Front/Back (1 foot)

Foot Speed / Endurance

Continuous jumping - Start at 5:00 and add 1:00 each workout

:30 sprints - Sprint for :30 with :30 recovery. Start with 8 sprints and add a sprint each workout.

:10 sprints - Sprint for :10 with :10 rest Start with 10 sprints and add 2 sprints each workout.

QUARTER EAGLES

Equipment: Any firm surface can be used.

Start: Begin with feet shoulder width and knees bent.

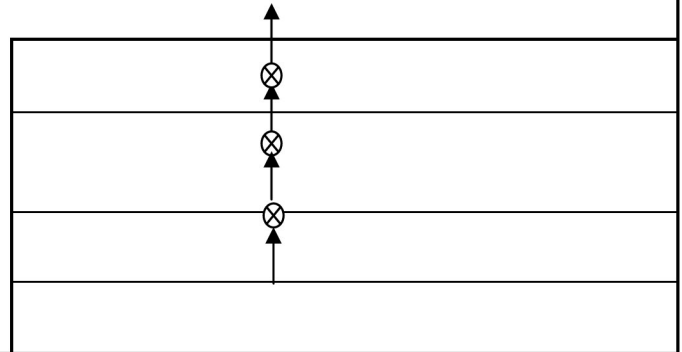
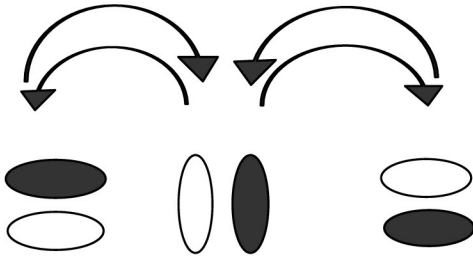
Keep the hips low and the chest up.

Stationary - Quarter turns done in place.

- Right 4x - Left 4x
- Right 2x / Left 2x
- Left 2x / Right 1x (continue to starting position)
- Right 2x / Left 1x (continue to starting position)

Linear - All runs are 5 yds. Always breakdown into proper position.

1. 1/4 turn R/L every 5yds (15yds) sprint through 20
2. 4 Right 1/4 every 5yds (15yds) sprint through 20
3. 4 Left 1/4 every 5yds (15yds) sprint through 20



FOOT FIRE

Equipment: Any firm surface can be used

Start: Begin with feet shoulder width apart and knees bent.

Direction: On command buzz the feet as fast as possible. Keep feet low to the ground and try to get as many touches as possible.

Sample Workouts:

5's

- Begin in foot fire
- On command, sprint 5 yds
- Breakdown into foot fire
- Continue for 20 yds

Hip Turns

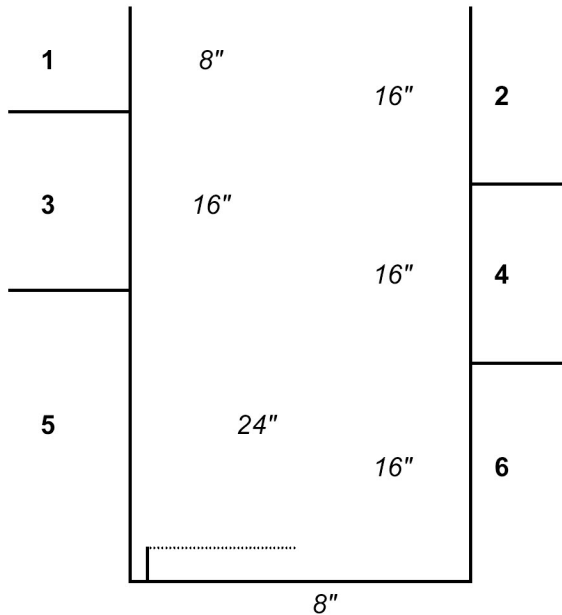
- Begin foot fire
- On command quickly turn hips while keeping shoulders square.
- Return to foot fire
- Continue hip turns in both directions always quickly turning back to foot fire.

4

Corner

- Begin in foot fire; always return to center foot fire
- sprint 5, backpeddle 5
- shuffle right 5, back to center
- shuffle left 5, back to center
- backpeddle 5, sprint 5

NUMBER HOP DRILL



Equipment: Tape on a firm surface. Dimensions are given.

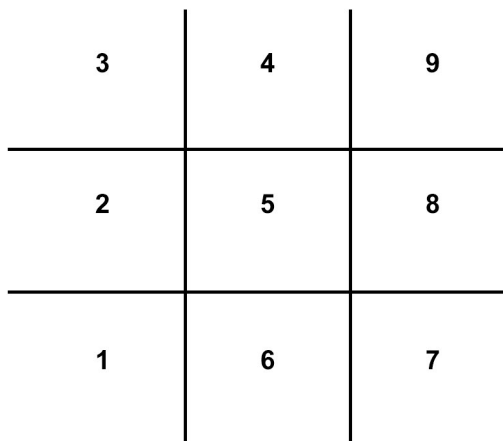
Start: Start with both feet in the first box of the pattern. Feet approximately six inches apart with a slight bend in knees.

Direction: Follow patterns, completing as many as possible in 5 seconds. Complete two sets of each drill, allowing 20 seconds between sets.

Sample Patterns:

- Box 1-2
- Box 1-4
- Box 2-5
- Box 2-3-4
- Box 1-2-3
- Box 1-3-4-5
- Box 1-2-3-4-5-6 (1 rep - fastest time)

TIC-TAC-TOE (9 Square)



Equipment: Entire pattern is 48" x 48", with each square being 16" x 16"

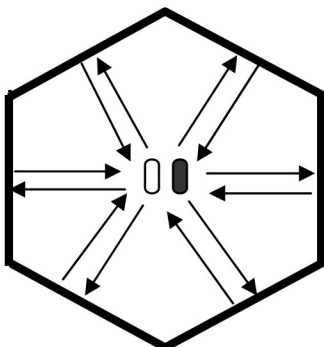
Start: Begin in the first number of each pattern. Feet should be shoulder width with knees slightly bent.

Direction: Patterns should be done twice, each done in less than 5 seconds. Time each rep.

Sample Patterns:

- Box 1-5-9-4-3
- Box 7-5-3-4-9
- Box 6-7-6-1-6
- Box 1-2-5-8-9-4
- Box 7-8-5-2-3-4
- Box 1-6-7-8-5-2-3-4-9 (7 sec.)

HEXAGON DRILL



Equipment: Begin with a Hexagon with sides about 24 inches long. Use tape on a firm surface.

Start: Stand with in the center with feet shoulder width apart and a slight bend in the knees.

Direction: Jump across one side of the hexagon and return to the center, then proceed around each side. This can be done for a specific number of trips or for time. Be sure to complete drill in both directions.