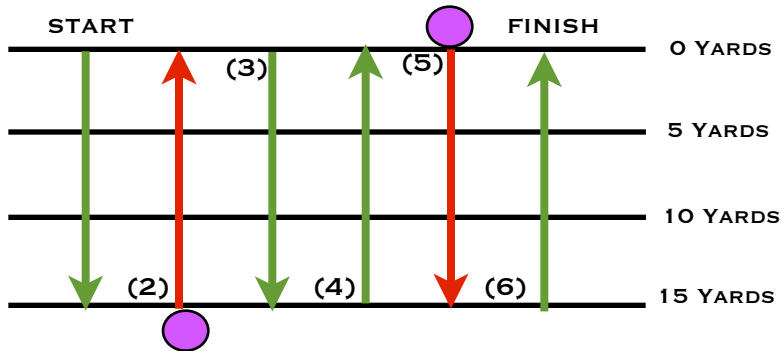


SAQ > SPEED ENDURANCE: "SHUTTLES"

"90-YARD SHUTTLE"



DRILL RUN:

Start: Player sprints 15 yards and collects ball
(2): Speed dribble 15 yards and leave ball
(3): Sprint 15 yards
(4): Sprint 15 yards and collect ball
(5): Speed dribble 15 yards and leave ball
(6): Sprint 15 yards to finish

6 Runs = 1 Repetition

Yards Covered in 1 Repetition = 90

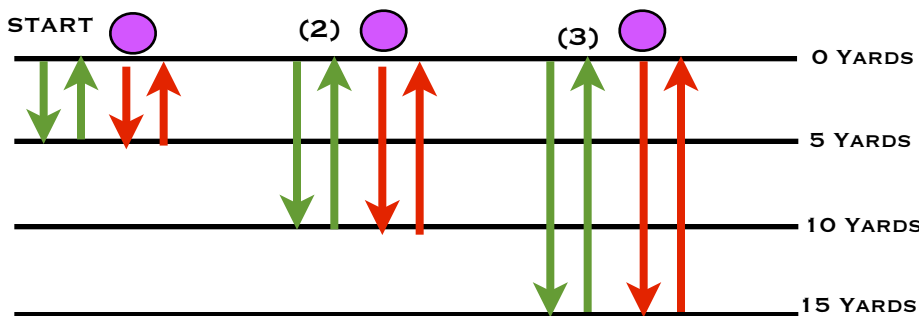
3 Repetitions = 1 Set

Conduct 2-3 Sets

Rest 30 seconds between Repetitions

Rest 1-2 minutes between Sets

"120-YARD SHUTTLE"



DRILL RUN:

Start: Player sprints 5 yards & back
Collects ball

Speed dribbles 5 yards & back

(2): Player sprints 10 yards & back
Collects ball

Speed dribbles 10 yards & back

(3): Player sprints 15 yards & back
Collects ball

Speed dribbles 15 yards & back

12 Runs = 1 Repetition

Yards Covered in 1 Repetition = 120

3 Repetitions = 1 Set

Conduct 2-3 Sets

Rest 1-2 minutes between Repetitions

Rest 3-4 minutes between Sets

COACHING POINTS:

1. SHUTTLES ARE A GREAT WAY TO TEACH SPEED, AGILITY & QUICKNESS
2. WITH ALL THE DRIBBLES, EMPHASIZE USING / ALTERNATING 'PULL-BACKS' AND "STEP-OVERS" WHENEVER REACHING A LINE
3. EMPHASIZE PLAYERS USING QUICK TOUCHES WHEN DRIBBLING
4. FOR ADVANCED OR OLDER PLAYERS, WHEN SPRINTING, ALTERNATE THEM TOUCHING EACH LINE WITH FEE, ONE HAND OR BOTH HANDS