



**CANADA** Mike MacKay  
mmackay@basketball.ca



## **Lee Taft Movement Skills**

### **When to do you train movement skills?**

- Training goes by your watch. How much time do you want to allot to movement skills?
- Warm up is the best time.
- Just before a break
- Just after a break
- 

### **Focus on a detail**

For the next 2 minutes we are working on speed.

Don't do these activities for long periods of time.

If your training speed and power and you go to long the athletes will run out of energy.

You only need 3 - 5 seconds and then move on to something else.

100 percent effort when doing the activity.

Do it hard do it well get out of it before fatigue sets in. You will only emphasis poor movement patterns. The same can be said for doing too much shooting when fatigued. You may only increase poor shooting habits.

Every single day you can choose a different component of speed work:

Day 1 - lateral movement

Day 2 - crossover step

Day 3 - moving forward / backward

Day 4 - combined movements

Day 5 - random movement games

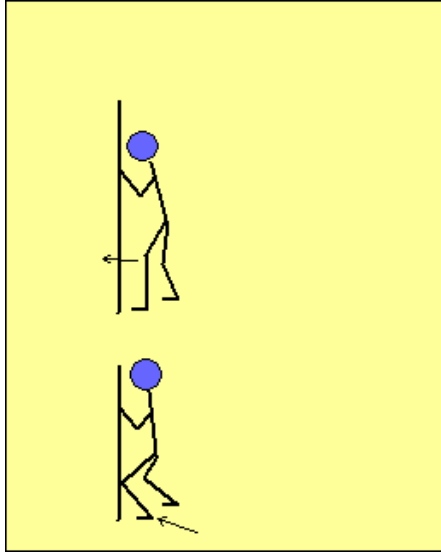
### **Strength training**

Do it early to get people strong. Strength training should start with body weight. Training the nervous system is key. Do your athletes activate the right muscles at the right time?

### **Ankle mobility test**

Stand up to a wall with the lead foot about 1" away from the wall. Without lifting your heel drive your knee forward until it touches the wall.

Test both legs. If the athlete cannot do this they should do 10 a day to work on ankle mobility.

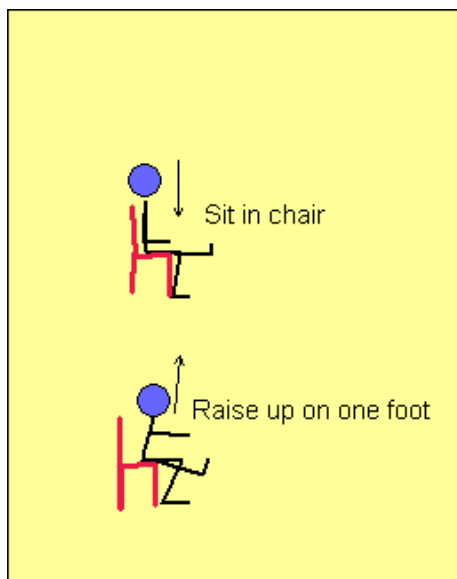


### **One legged squat**

Basketball requires players do many consecutive one legged squats. Being able to do them properly helps prevent non contact ACL injuries.

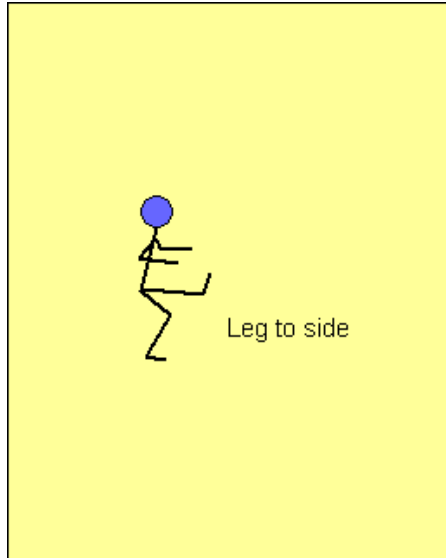
Balance on one foot and lower yourself sit in the chair. Just need to touch. Push back up to a standing position. Try not to bend too far forward.

As players get stronger lower the chair or bench. Younger players might be able to get up off the ground.



## Clock Squat

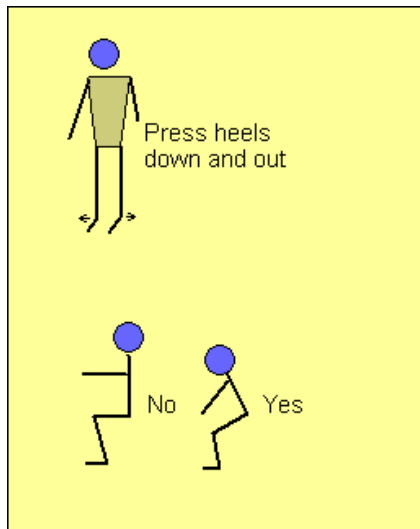
Keep the body straight, but have the leg straight out to the side. Do single leg squats with the extended leg at different positions around the clock.



## Two legged squat

Steps:

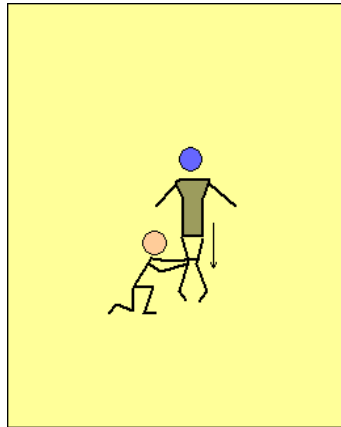
- feet shoulder width apart
- Press heels down and out (activates the gluteus medius)
- Hips back
- pull shoulder legs together
- squat down



### **Knees bending in or out on a squat**

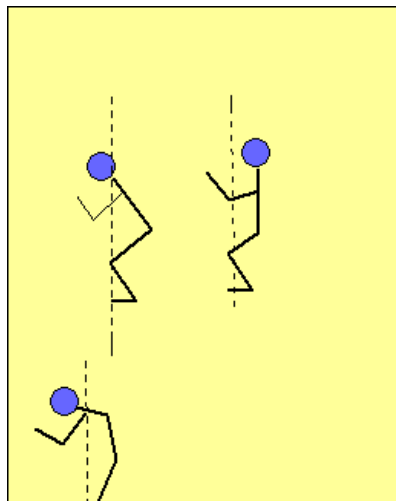
If the player's knees bend in when squatting it is important to help them activate the right muscles. Push in on the knees as the player does a squat. Tell them to not let you push the knees in. In order to do this they need to activate the proper muscles.

Another method is to put surgical tubing around the knees. The player squats and can not let the band fall. If the knees bend out the player can place a ball between the knees and squat. You can also do the same for one legged squat. Don't go as deep.

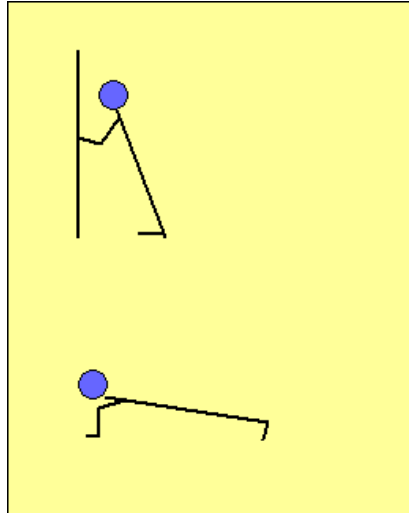


### **Athletic stance**

Players need to be in a position in which they can move in all directions. The joints of the body need to be flexed. Coaches should look to see the shoulders, knees and toes line up. When we tell players to play with a straight back they often push the shoulders back behind the knees and toes. A straight back means there is no arch in the upper back. The player needs to pull the scapula together. Activate core - pretend your going to give someone a double high five.



Many players have a hard time activating the scapula. This creates a rounded upper back. A good activity is wall push ups. The player goes to the wall and does a push up. Have them do this by bringing the scapula together. The stronger the player the more slant he/she can do in the push up. It is a great test for strength to be able to do push ups using the scapula not by bobbing.



### Warm up

ED drill (Everyday Drill) - Stabilization - Number one for the prevention of injuries.

### Two foot landings

- Start in a balanced stance (make sure the hips are back)
- jump (this is not for height or distance)
- land in that starting position

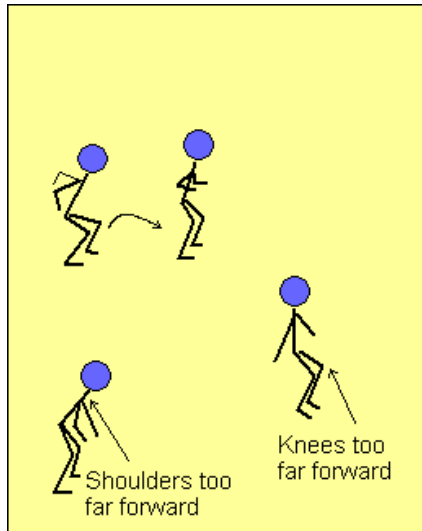
#### Watch out for:

- Shoulder too far forward
- Knees too far forward
- Knees bending in
- Knees bending out
- Not landing on balls of foot

### Progressions

Note: quality is the most important thing not quantity. It is about training the nervous system.

- small jumps
- jump -land - rebound (jump again)
- jump three times - every landing perfect
- walk forward jump
- jog and jump
- jump laterally

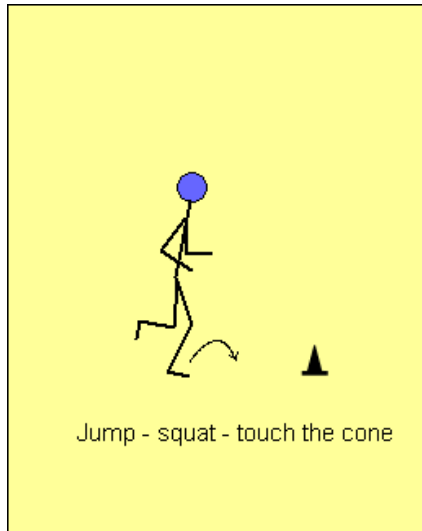


### **Single leg squat**

On landing push the hips back. The athlete should be able to get under control in one second. The ball of the foot touches first, the heel pushes back. Knee should not push forward or in on landing. Barefoot training is good on a mat. Not to be done on a hard surface, can bruise the heel.

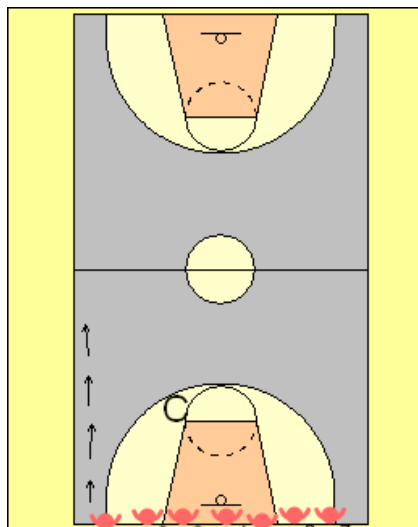
### **Progression**

- Balance on one foot
- Hop from one leg to the same leg
- short hops 10x in a row - not for younger children
- Lateral jump sideways - this is when most injuries occur. Players need to get in under
- Control in one second.
- backward
- jump- land - squat



### Observe the players

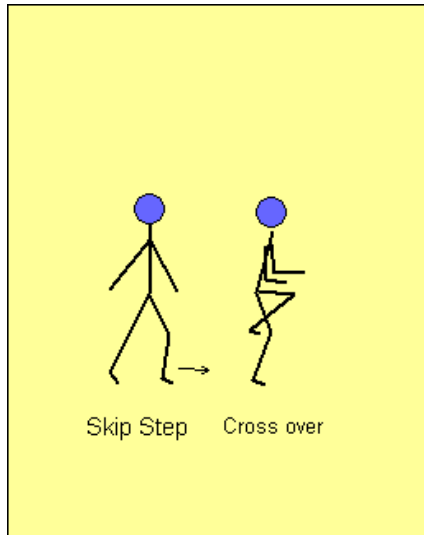
To ensure quality it is important that the coach is able to observe the athletes as they perform the activities. Have the player's line up on the baseline. One player at a time can go so the coach sees each player



### Movement Prep

**Skipping** - how do the players generate power. Are they using their arms?

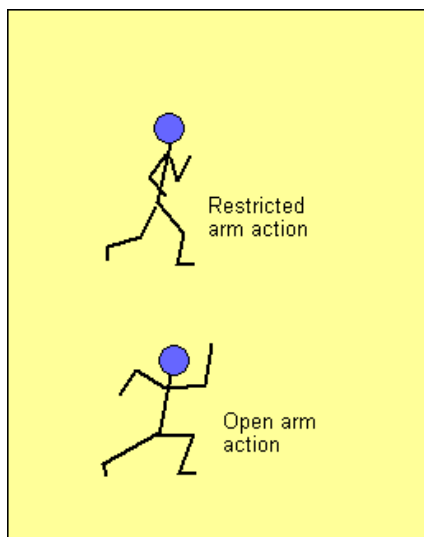
**Sideways skip** - as they skip drive the knee up and over. Hop - step up and over. Work on developing flexibility and strength.



**1/2 speed run** - the speed of the legs comes from the movement of the arms. If the arms are restricted the athlete cannot lift the leg to get power.

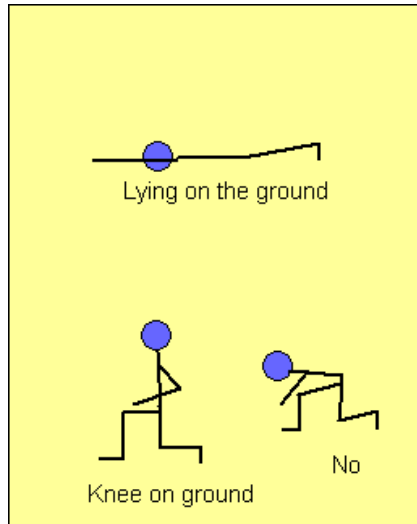
Watch for the arms and legs moving in a straight line when observed from the front or back.

**Sideways** - shuffle sideways - when the coach claps turn and run.



### Starting

- Lying on your stomach stand up and balance when the coach says's "go".
- On stomach - get up and run to a designated spot on "go".
- Kneel down - this teaches the player to fire the glutes. Try not to lean forward.
- Start in these positions but move in different directions.

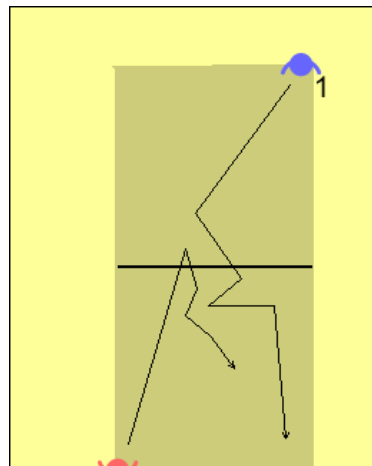


### Box tag

Players line up in the corners of the designated box (badminton court, volleyball court). One player is designated "it". he or she tries to run out through the back end of the box. The other player attempts to tag the player. Once done switch lines. Excellent for working on avoidance.

### Load the drill

- Smaller area
- Add a time limit
- Extra points for a tag on the other side of half
- Add a ball



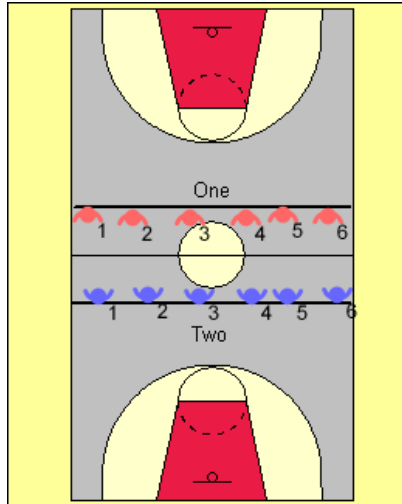
### Red Blue one two

Divide the team in two. The players line up with a partner as shown in the diagram. You may want to use a smaller area for younger players. Each line has two names; a color and a number. The coach calls a number or a color. The team called must tag the other person before they cross the safety line.

### Load

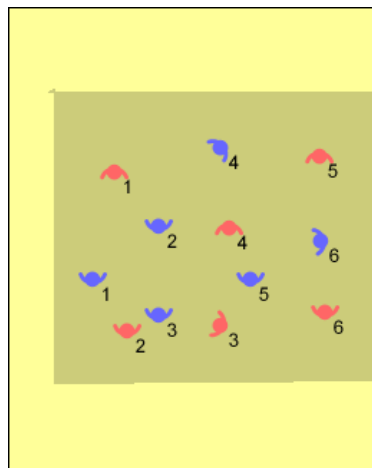
Add a ball

Rock paper scissors - the partners play rock paper scissors. The winner must run to the safety area before being tagged.



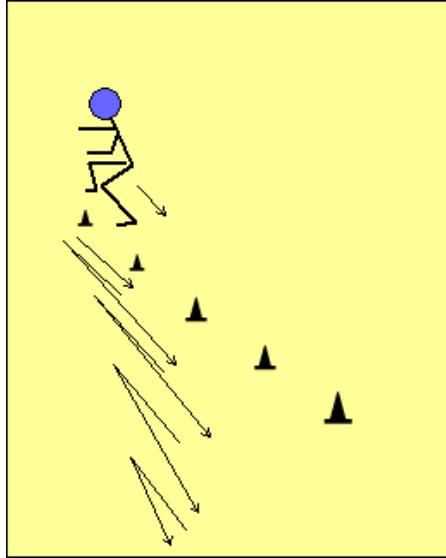
### Knee tag

The players are placed in a confined area. They must stay in a stance and slide and attempt to tag the other player's knees. If tagged have them do an action before returning. Keep making the area smaller.



### Power shuffle

Lay out five pylons in a straight line. The player starts at pylon #1. Move forward to #2 and then back to #1. Then move forward two pylons and back one until all five have been reached. Goes a second time facing the other direction. The second player can go once the first person reaches the third pylon. The player can slide or use a crossover step.

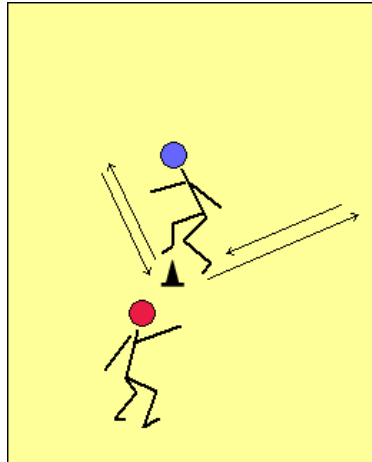


### Reaction

The players partner up. One partner starts at the pylon the other is in front ready to give directions. When the player points the player at the pylon does a hip turn and moves two slides and then comes back to the pylon. Be ready to react again to the player.

Load the drill

- cross over steps instead of slides
- turn and run
- React to the player stepping in that direction
- Add a ball



### Cone stacking relay

Divide the players into teams. Each team has three cones. Set the cones a set distance from the starting player. On "go" the first player moves to pick up the first pylon. Set it down, return and get the second. Set it down. Return for the third. Once it is set down the second player goes using the same action to return the pylons to the starting position.

The players can:

- Slide
- Cross over step
- Turn and run

