

Full Court Chair Series

Purpose of the Drill:

Good warm up that works on ball handling full court, change of directions, and either layups or jumpshots off the dribble.

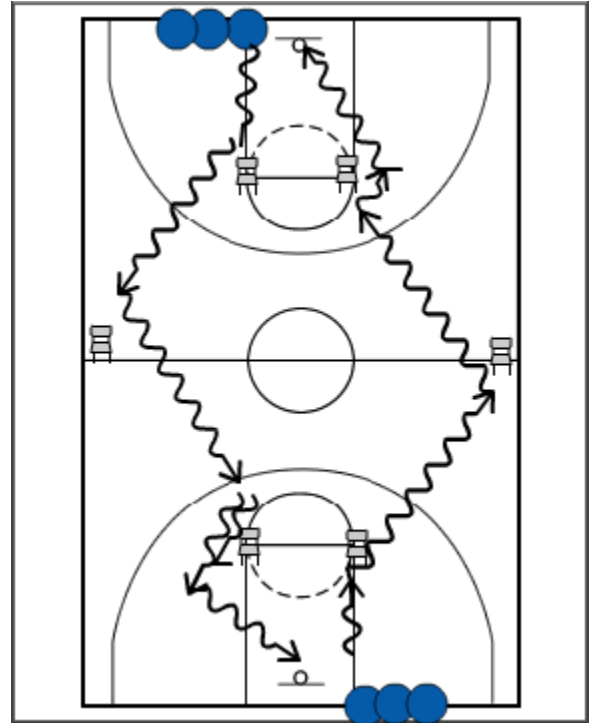
This drill was provided by Tim Springer at [Spartan Performance Training](http://www.spartanperformance.com).

Instructions:

- Start lines at baseline opposite each other
- Each player dribbles to each chair and uses a change of direction to get past the chair
- Each player finishes with either a layup or jump shot or whatever the coach instructs
- After scoring, each player gets into the next line.

Points of Emphasis:

- Staying low with their dribble
- Approach each chair and do the move properly (fatigue will set in and lack of detail will happen.
- Make sure not to crowd each other.
- Keep your eyes up!!
- If using shooting to score. Work on either proper 2 step finish into jumpshot UNDER CONTROL.
- Have each player count their own makes. When time runs out, have them meet at 1/2 court and one person (a leader or someone who wants to start leading more) tallies up the makes and reports to the coach



Motivation/Teaching Tips:

- Make it a team accomplishment drill
- Put 2 to 3 minutes on the clock and make a team goal
- I usually have them do one push up for every layup or jump shot they are short of the goal