

Drill

Drill: **Volcanoes and Valleys**

Goal: -learn fundamental movement skills -focus on agility and speed -increase heart rate (warm-up)

Equipment/# players needed: • Cones.

Sketch:

- Description:**
- Randomly place cones around the gym so that half look like volcanoes (point up) and half look like valleys (point down).
 - Divide players into two teams. One team assigned valleys, and one team assigned volcanoes.
 - On the coach's whistle, players run around the gym and flip over as many cones as possible. Valley players want to flip volcanoes (to make valleys). Volcano players want to flip valleys (to make volcanoes).
 - Play for a short period of time (approximately 1 minute) before totaling the volcanoes and valleys. The team with the most wins the round.

Variations:

- When players become comfortable with the game, have all players dribble a basketball while flipping cones.
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Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling Dynamic 1 on 1
 Footwork Fundamental Movements Passing
 Picks Principals/Actions Rebounding Screens
 Shooting Static 1 on 1

Phase(s): A B C D

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