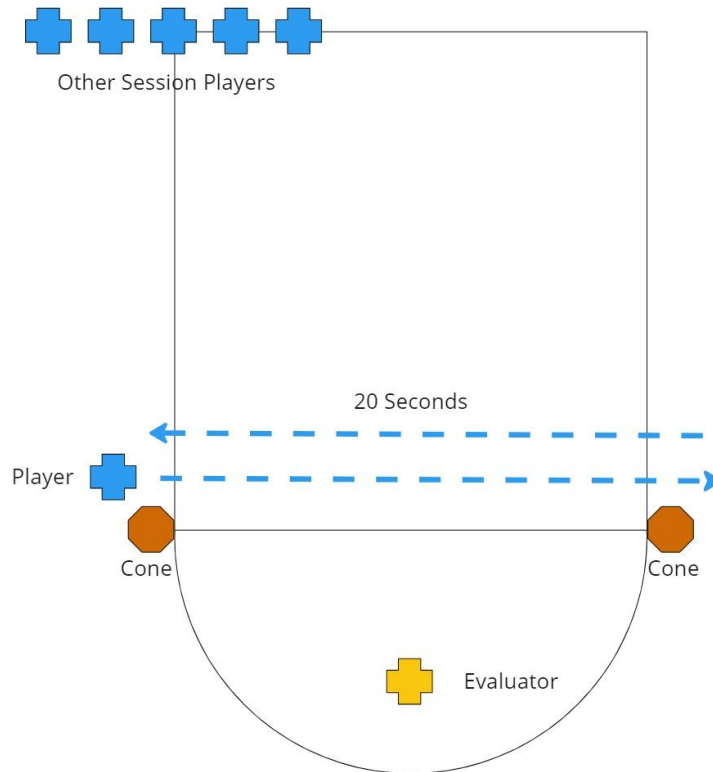


Speed Feet Evaluation Drill
Layout: Quarter gym
Combined with: Speed Lines



Drill: Speed Feet

1. Player starts facing evaluator with their inside hand stationary on the cone
2. Player shuffles across free throw line to the outside of the 2nd cone and touches cone with their inside hand
3. Player shuffles back to original cone and when outside the cone, touches with their inside hand.
4. Continue the process for 25seconds
5. Run Once.

Looking for

1. Overall speed, coordination, endurance AND a continuous shuffle; not crossover
2. Execution: player must go completely outside the cones and touch cone with their inside hand