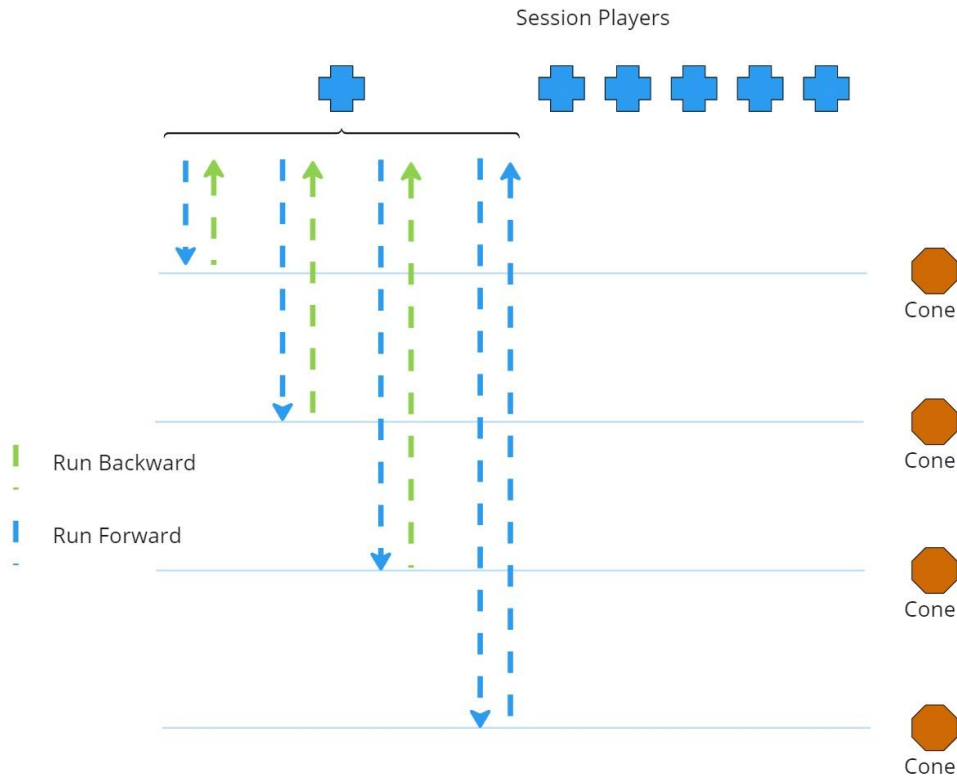


**Speed Lines Evaluation Drill**  
**Layout: Quarter gym**  
**Combined with: Speed Feet**



**Drill: Speed Lines (formally referred to as suicides)**

1. Line all session players up on baseline
2. Evaluator marks 4 additional lines with cones
3. When started, all players simultaneously race lines; forwards when approaching, backwards after touching
4. For the last line (farthest away from baseline) players do not have to run backwards
5. Run Once.

**Looking for**

1. Overall speed, coordination, endurance, and footwork
2. Execution: player must touch all lines with at least one hand.