

Triple Threat Warmups (3 – 4 minutes)

Start Practice with this drill.

Great drill to get your players warmup for the day instead of doing running. I am not a big fan of just running at any time during practice. You don't get much in return for it.

Line your players up where the numbers are at the end of the court.

They will perform agility moves to the cones and perform a jump stop into a Triple Threat at each cone spot. (You do not have to put out cones if you don't need to.)

The players will continue all the way down the floor performing Triple Threat jump stops. At each Jump stop the players must say loudly, "Triple threat." This is mandatory.

We need players to start learning to communicate and I have learned that this drill opens players up to more communication during practice.

The second player in line does not go until the player in front of them has done their first triple threat jump stop.

Agilities you can use (You do not have to use all of them pick and choose to fill a good 3 to 4-minute opening warmup drill)

Slow jog out

Jog out

High Knees

Butt Kickers

Skips

Left Foot Hops

Right Foot Hops

Left V- Cuts to each cone

Right V-Cuts to each cone

You can have them sprint to each cone.

Close Outs to each cone to finish the drill.

You can use any agility drill or basketball related action to get the players body's ready for an intense practice, but make sure they are talking early and often to be successful.

Coach JDickens

Triple Threat WarmUp Drill

