

Skips

All drills are to be done either from sideline to sideline, or half-court and back; never the full length of a basketball court.

These must be done in this order:

1. Regular skipping.
2. Straight legged skipping.
3. Knee-ups, skipping.
4. Right knee-ups only.
5. Left knee-ups only.
6. Cross-over skipping.
7. Skippy-oki (Karioke with a knee lift and skipping).
8. Karioke.
9. High knee running.
10. Kick-butt running.
11. Side skip: reach with foot going towards sideline, like a pendulum swing, with bent knees.
12. Lunge walking: knees go to floor but do not touch, stay balanced.