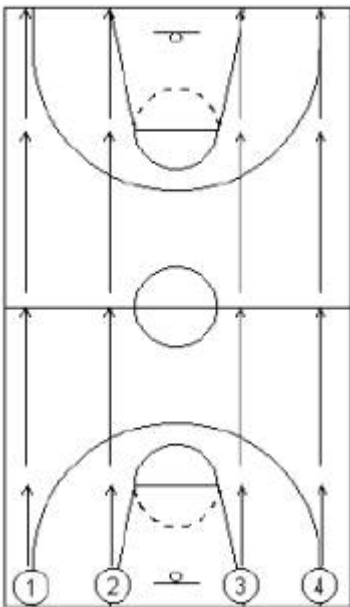
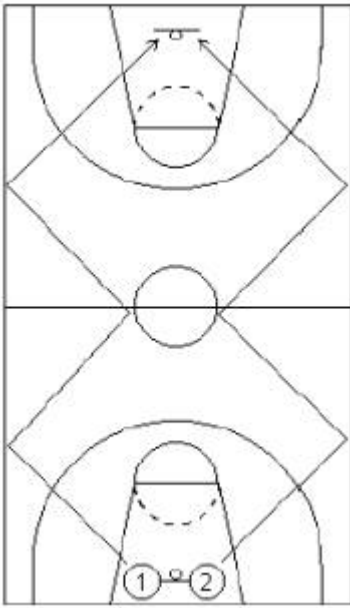
	Drill	Skill
	17 – Line running drills	<ul style="list-style-type: none"> Body movement fundamentals

Description	<div data-bbox="925 459 965 504">A</div>  <div data-bbox="925 1198 1276 1803">  </div> <div data-bbox="925 1825 965 1870">B</div>
<ul style="list-style-type: none"> For straight line drills players line up in four lines at baseline (See <i>Diagram A</i>). Players run down the court using one of the following designated running styles: <ol style="list-style-type: none"> Normal jog. Heels high jog. Knees high jog. Grapevine. In addition, at designated spots (e.g. free-throw line extended, centre line), or on whistle, make one of the following designated moves: <ol style="list-style-type: none"> Jump stop. Stride stop. Forward pivot. Reverse pivot. Stutter (hesitation) step. For change of direction drills players line up in two lines near centre of court. Players practice change of direction in a zig-zag pattern down court (see <i>Diagram B</i>). 	
Variations	
<p>a) Follow the leader - all players follow moves of designated player.</p>	
Points of emphasis	
<ol style="list-style-type: none"> Footwork. Balance. Stay low. Explosive change of direction - plant the foot and push off. 	