

## Stepping Drills

### STOP / GO

- Line the players up on the baseline and have them start running down court.
- The coach blows the whistle and the players must stop (without stepping). Once all players have stopped the coach blows the whistle again and the players start running again.
- Blow the whistle at different intervals so the players have to adjust their timing.

### STOP / GO (PROGRESSION)

- Set up the activity as above, but instead of the players just stopping when the whistle blows, they must jump in the air and land without stepping.
- Players can land on either one foot, and take one step forward keeping their ground/pivot foot on the ground. Or they can land on their throwing foot (right foot for right handers and left foot for left handers), and take one step forward keeping their throwing foot on the ground.

### USING MARKERS TO IDENTIFY GROUNDED FOOT

- Set up players as shown in the diagram.
- The attackers must run towards a flat marker and land with one foot on the marker and one foot off the marker and receive a pass from the thrower.
- The foot that lands on the marker must be their grounded foot.
- Attackers can either land with their throwing foot FIRST on the marker and receive a pass, or they can jump and land with both feet at the same time (provided one lands on the marker).
- The thrower must pass the ball to the attacker so they get used to jumping, landing, catching and then stepping on to throw.

