GATORADE TRAINING CENTER

PRIME. PERFORM. RECOVER.

NUTRITION & TRAINING
Informational Guide

A Program Of NBA Cares
Performance Hydration & Nutrition

**ALL DAY**

- Drink G2 throughout the day as needed to maintain proper hydration.
- Sips and sips use Gatorade Endurance Formula.
- Cramp prone athletes consume 1 bottle of Gatorade mixed with 2 packets of Electrolytes one hour pre-game.

**BEFORE**

- G2 Prime Pre-Game Energy Fast
  - Drink 2 pouches within 15 minutes of the start of activity to maximize available energy.

**DURING**

- G2 Perform Endurance Formula
  - Drink as needed to replace fluids and electrolytes lost in sweat and to sustain energy.

**AFTER**

- G3 Postgame Protein Recovery
  - Drink 1 bottle immediately after activity to begin the recovery process and to continue hydration.

**SNACKS**

- Eat a snack between meals to maintain energy level.
- If not eating a pre-game meal, drink one can 2-3 hours before game time.
- If not eating a pre-game meal or drinking a Gatorade Nutrition Shake, drink 1 bottle 2 hours before game time for carbohydrate loading.
- Drink 2 bottles within 60 minutes after activity to replace lost glycogen stores.
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**GATORADE NBA TRAINING CENTER:**

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Welcome, and thanks for participating in the Gatorade NBA Training Center. This unique event promotes physical fitness and healthy lifestyle choices for young athletes ages 13-17. The Gatorade NBA Training Center provides each participating athlete a standardized national fitness evaluation and tools to help live a healthy lifestyle.

This guide serves as a valuable resource for your athletic development, addressing topics such as:

- Healthy Lifestyles
- Nutrition
- Explanation of the Food Groups
- Exercise
- Hydration
- Mental Health
- Gatorade NBA Training Center Testing Stations

**LIVE A HEALTHY LIFESTYLE**

What is a healthy lifestyle? A healthy lifestyle reflects your attitude and values. It’s a way of living that results in a healthy mind, body and spirit. Healthy lifestyles are built upon a foundation of three key areas: Nutrition, Exercise and Mental health.
Eating foods that are good for the body and rich in vital nutrients is an important component of a healthy lifestyle. Avoiding foods that are processed or provide little nutritional value is equally important. Remember to eat all foods in moderation.

MEALTIME CONSIDERATIONS

Take a brief moment to think about what items should be on your plate. Fruits, vegetables, whole grains, reduced fat dairy products and lean proteins are full of essential nutrients your body needs. Athletes of all ages and skill levels need to burn the right fuel to operate at peak performance. Your choices in the kitchen should assist your game on the court.

Be sure to review the Nutrition Facts label and the ingredients on pre-packaged foods. These tools give you the ability to make smart food choices. Look at the calories and the serving size. You may be surprised to find the serving size isn’t as large as you thought.

When snacking before or after practice, try fruit or unsalted nuts. They will satisfy your hunger with fewer calories than candy bars or chips.

5 TIPS FOR A HEALTHY MEAL

1. Fill half of your plate with fruits and vegetables
   Fruits and vegetables are full of valuable nutrients your body needs. They allow you to fill up without a lot of calories.

2. Eat lean protein
   Choose lean cuts of beef or pork, a skinless chicken breast or beans to add protein to your diet. Try to incorporate seafood as your protein twice a week.

3. Make half of your grains whole grains
   Look for “100% whole grain” or “100% whole wheat” on the packaging label. Whole grains provide important nutrients, such as fiber. Refined grains, such as white bread or white rice, should be avoided.

4. Slow down
   Take time to enjoy the assorted flavors and textures of your food. A slower pace when eating allows your stomach to notify your brain when it is full. Eating quickly may cause you to overeat.

5. Control portion sizes
   Make a fist – that’s about the size of your stomach. As you can see, overeating is easy to do. Consider using a smaller plate to help control portion sizes. You can then enjoy everything on your plate without overeating.
WHAT FOODS ARE IN THE GRAINS GROUP?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples include:
• whole-wheat bread
• oatmeal
• brown rice

Refined grains have been milled, a process that removes the bran and germ. Refining removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:
• white bread
• white rice

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing, however fiber is not added back to enriched grains.
WHAT FOODS ARE IN THE VEGETABLE GROUP?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried. Vegetables are organized into subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

**Dark green vegetables**
- broccoli
- collard greens
- romaine lettuce
- spinach

**Red & orange vegetables**
- carrots
- pumpkin
- red peppers
- sweet potatoes
- tomatoes

**Starchy vegetables**
- corn
- black-eyed peas
- peas
- lima beans
- potatoes

**Other vegetables**
- artichokes
- asparagus
- cabbage
- cauliflower
- celery
- cucumbers
- green beans
- green peppers
- mushrooms
- onions
- zucchini

WHAT FOODS ARE IN THE FRUIT GROUP?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried. Some commonly eaten fruits are:

- apples
- bananas
- strawberries
- cherries
- grapefruit
- grapes
- cantaloupe
- watermelon
- nectarines
- oranges
- peaches
- pineapple
- raisins

WHAT FOODS ARE IN THE DAIRY GROUP?

All fluid milk products and many foods made from milk that retain their calcium content are considered part of the dairy group. Try to choose fat-free or low-fat milk, yogurt, and cheese. Some commonly eaten choices in the Dairy Group are:

**Milk**
- fat-free (skim)
- low fat (1%)
- reduced fat (2%)
- whole milk

**Cheese**
- cheddar
- mozzarella
- cottage cheese

**Desserts**
- puddings
- frozen yogurt
- ice cream

**Yogurt**
- fat-free
- low fat
- whole milk yogurt

WHAT FOODS ARE IN THE PROTEIN GROUP?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Select a variety of protein foods to improve nutrient intake and health benefits. Meat and poultry choices should be lean or low-fat. Select seafood that is rich in omega-3 fatty acids, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and mackerel. Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Try to limit sodium intake.

Some commonly eaten choices in the Protein Foods Group are:

Meats
Lean cuts of:
- beef
- lamb
- pork

Poultry
- chicken
- turkey

Eggs
- chicken eggs

Beans and peas
- black beans
- black-eyed peas
- chickpeas
- lima beans
- pinto beans
- split peas

Nuts and seeds
- almonds
- cashews
- mixed nuts
- peanuts
- peanut butter
- pecans
- sunflower seeds
- walnuts

Seafood
- catfish
- salmon
- sea bass
- tuna
- clams
- crab
- lobster
- oysters
- scallops
- shrimp

PROPER HYDRATION
Playing at a high level starts with what you put in your body. Part of playing at your personal best means staying properly hydrated.

Your sweat is made up of more than just water. Sweat contains electrolytes like sodium, potassium and chloride which are all essential minerals your body needs.

When you don’t replace the fluids and electrolytes you lose in your sweat, you can become dehydrated. Dehydration can lead to muscle cramps, headaches, dizziness and negatively affect your athletic performance.

Gatorade rehydrates better than water by putting the essential electrolytes back into your body, and delivers carbohydrates that energize your muscles and brain.

CHECK YOUR HYDRATION LEVEL
Here are two easy ways to tell if you’re hydrated:
1. Check your urine- If it’s dark like apple juice, you need more fluids. If it’s light like lemonade, you’re probably hydrated.
2. Weigh yourself before and after physical activity:
   • Make sure not to weigh yourself in wet/sweaty clothes
   • If you stay the same weight, you are probably hydrated. If you lose weight, you need to drink more fluids. If you gain weight, you drank too much.
EXERCISE

Regular exercise is essential to living a healthy lifestyle. To help keep fit and to maintain a healthy body weight, daily exercise is a must. The physical activity you choose is up to you and you have the power to change your routine when it becomes monotonous. Just remember to keep moving for your health’s sake.

WHAT IS PHYSICAL ACTIVITY?

Physical activity simply means movement of the body that uses energy. Walking your dog, climbing the stairs, playing basketball, or riding your bicycle are all good examples of being active. Physical activity should be moderate or vigorous intensity.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Bicycling (less than 10 miles per hour)
- Water aerobics
- Tennis (doubles)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Basketball (competitive)

Activities can be considered vigorous, moderate, or light in intensity. This depends on the extent to which they make you breathe harder and your heart beat faster. Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones.

WHY IS PHYSICAL ACTIVITY IMPORTANT?

Regular physical activity can produce long term health benefits. Everyone can benefit from being physically active. Physical activity and nutrition work together for better health.

Being physically active can help you:
- Increase your chances of living longer
- Feel better about yourself
- Sleep well at night
- Have stronger muscles and bones
- Achieve or maintain a healthy weight

When you are not physically active, you are more likely to:
- Develop heart disease
- Develop type 2 diabetes
- Have high blood pressure and/or cholesterol
- Have a stroke

Some types of physical activity are especially beneficial:
- **Aerobic activities** make you breathe harder and make your heart beat faster. For moderate aerobic activities, you can talk while you do them, but you can’t sing. For vigorous aerobic activities, you can only say a few words without stopping to catch your breath.
- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body – your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, yoga, and martial arts.
HOW MUCH PHYSICAL ACTIVITY IS NEEDED?

Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt. Here are some things you can do to stay safe while you are active:

- If you haven’t been active in a while, start slowly and build up.
- Choose activities that are appropriate for your fitness level.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.

CHILDREN AND ADOLESCENTS (6-17 YEARS)

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity. Children and adolescents should include muscle-strengthening activities, like climbing, and bone-strengthening activities, like jumping, at least 3 days a week.

ADULTS (18 TO 64 YEARS)

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level. Also, each activity should be done for at least 10 minutes at a time. Adults should also do strengthening activities, like lifting weights, at least 2 days a week.

MENTAL HEALTH

We all encounter stress in our lives. How we manage that stress plays a major role in our ability to live a healthy lifestyle. Failing to manage stress in an effective manner can negatively impact your body and your relationships with others. Developing routine sleeping patterns and having a positive attitude about life are two powerful tools to manage stress and live a healthy lifestyle.

Another great tool to manage your stress involves simple breathing exercises. Breathing exercises are fast, free and can be performed by anyone. There are no restrictions on where or when you choose to perform breathing exercises – it is entirely up to you. This flexibility makes breathing exercises one of the most popular and most convenient ways to manage your stress level.

CONTROLLED BREATHING DIRECTIONS:
1. Sit or stand in a comfortable, relaxed position – a quiet area is best
2. Slowly inhale through your nose, counting to five in your head
3. Exhale through your mouth slowly, counting to eight in your head as the air leaves your lungs
4. Repeat this breathing procedure several times
5. You can perform this exercise whenever you feel tense situations taking a toll on your body
The Gatorade NBA Training Center includes a series of body measurements, strength and conditioning stations and endurance tests designed to evaluate your physical fitness and identify key areas for improvement.

The conditioning drills on the following pages can be practiced and repeated as part of your own personal training program. Coupled with proper nutrition, the Gatorade NBA Training Center will enhance your physical performance and help you reach your full athletic potential.

The Gatorade NBA Training Center features two series of Fitness and Athleticism stations. The first series of stations are body composition/performance stations, such as:

- Height
- Weight
- Standing Vertical Reach
- No-Step Vertical Jump
- Shuttle Run
- Zig-Zag Half-Court Speed Dribble
- Standing Broad Jump
- Wing Span
- Lane Agility

The second series of stations are 30 interval stations, specifically designed to challenge your physical conditioning. These stations include:

- Basketball Wall Pass
- Jump Rope
- Speed Revolution
- Defensive Lane Slides
- Front to Back Hurdle Jump
- Side to Side Hurdle Jump
- Figure 8 Dot Drill

For more information, please visit www.nba.com/gatoradetrainingcenter
FITNESS/ATHLETICISM STATIONS
– BODY COMPOSITION STATIONS

HEIGHT MEASUREMENT
Periodically measuring height allows athletes to evaluate and gauge their physical growth over time.
• Remove shoes and stand with both feet on a flat, level surface.
• Heels should be firmly planted on the floor and the subject should be standing erect, keeping his/her head flat and looking straight ahead.
• Measure height to the nearest ½ inch (example 5’10 ½”).

WEIGHT MEASUREMENT
Periodically measuring weight allows athletes to evaluate and gauge their physical growth over time.
• Calibrate a digital scale with a known weight amount, such as a 5 lb. dumbbell.
• Remove shoes and any clothing to a publicly appropriate level.
• Zero out the scale and have the subject stand on the platform.
• Repeat the measurement to ensure an accurate weight.
• Record weight to the nearest half pound (example 179.5 lbs.).

STANDING VERTICAL REACH
The standing vertical reach station offers an accurate way of helping to determining your overall vertical leap.
• Remove shoes and stand with both feet on a flat, level surface.
• Heels should be firmly planted on the floor and the subject should be standing erect, keeping his/her head flat and looking straight ahead and back against a wall.
• Both arms should be extended straight up above the head reaching as high as possible up the wall while keeping both feet firmly planted on the floor.
• Measure the distance from the floor to the highest point touched on the wall to the nearest ½ inch (example 8’4 ½ ”).
NO-STEP VERTICAL JUMP

The no-step vertical jump station tests lower body strength and explosive power, jumping ability and overall body extension.

- Participant must have his/her vertical reach score already evaluated
- Using a Vertec Jump measurement tool, raise the device to a pre-determined height off the floor (example 8’0”).
- Participant should stand beneath the markers and jump straight up (no step or running start) and try to touch and move as many markers as possible.
- A second attempt should be performed to try to reach and move more markers
- Count the number of markers that were moved. Each marker represents ½ of an inch. If you moved 15 markers, 15 x ½ = 7.5 inches.
- Add the number of inches touched to the device’s pre-determined height (example 7.5” + 8’0” = 8’7.5”).
- Subtract the sum from the participant’s previously recorded vertical reach to determine his/her vertical jump (example 8’7.5” – 6’7.5” = 24” vertical jump).
**SHUTTLE RUN**

_The shuttle run station tests explosiveness, general speed, and endurance._

**STATION SETUP**

- Select an open space in the gym away from any obstacles and people.
- Using a standard 84’ length high school court, from the baseline, measure and mark with tape the following distance: 19’ (free-throw line).
- Cones should also be placed at the end of the line to assist the athlete in quickly identifying the line.

**PROCEDURE**

- Participant starts with both feet and hands behind the baseline – a 3-point or 4-point stance is suggested.
- Timing begins on the whistle – participant sprints to the tape line (free-throw line) and touches it with his/her hand.
- Participant sprints back to the baseline and touches the baseline with his/her hand.
- Participant sprints back to the free-throw tape line and touches it with his/her hand.
- Participant sprints back to the baseline and touches the baseline with his/her hand.
- Timing stops as the baseline is touched for the second and final time.
- Participant must touch each line with his/her hand – not doing so results in a N/A score.
- Time should be recorded to the nearest hundredth of a second (example 11.29).
ZIG-ZAG HALF-COURT SPEED DRIBBLE

tests speed, hand-eye coordination, changing direction and ball-handling ability.

STATION SETUP
• Use a standard 84’ high school court.
• Start where the sideline meets the baseline and place a cone (cone A). Measure along the sideline and place a cone along the sideline at the following distances: 12’ (cone B) and 36’ (cone C).
• Next, from where the sideline meets the baseline, measure along the baseline and place cones at the following distances 20’ (cone D) and 23’ (cone E).
• Measure 24’ from cone D toward mid-court and place a cone (cone F).
• Finally, create a finish “gate” for the participant to pass through by measuring 3’ to the outside of cone A (out-of-bounds) and place a cone (cone G).

PROCEDURE
• Start with both feet behind the baseline starting gate.
• On the whistle, participant dribbles as quickly as possible rounding the cone to the outside and changes direction toward the second cone.
• After rounding the second cone to the outside, participant changes direction and dribbles toward the third cone at half-court.
• After rounding the third cone to the outside, participant makes a right turn and speed dribbles down the sideline toward the baseline finish gate.
• The clock starts on the first forward motion and stops as the participant passes through the finish gate at the baseline.
• Participant must maintain his/her dribble throughout, no carrying/palming the basketball nor double-dribbling.
• Either hand can be used for this drill – participant does not need to use both hands.
• Time should be recorded to the nearest hundredth of a second (example 9.68).
ZIG-ZAG HALF-COURT SPEED DRIBBLE - example

1st Segment

2nd Segment

3rd Segment

Baseline

Sideline

Final Segment

START

END

Zig-Zag Half-Cour T speed dribble - example
**STANDING BROAD JUMP**

The standing broad jump station tests explosiveness, lower body strength and jumping ability.

**STATION SETUP**
- Secure 20’ of measuring tape to the floor using clear tape.
- Use tape or an existing line on the floor to create your jump line.

**PROCEDURE**
- The participant should jump from the zero inch mark on the measuring tape with both feet together.
- Measure to the nearest half inch, rounding up at the point where the jumpers back foot lands. Measure at the back of the heel.
- Participants have two (2) attempts to jump as far as possible along the tape measure line. The best of the two jumps is used for scoring.

**WING-SPAN**

Periodically measuring wingspan allows athletes to evaluate and gauge their physical growth over time.
- Stand with both feet close together on a flat, level surface.
- Heels should be firmly planted on the floor and the subject should be standing erect, keeping his/her head flat and looking straight ahead and back against a wall.
- Arms should be extended from the body and held level with the shoulders.
- The back of the hands should be held a few inches off the wall with the thumbs extended up toward the ceiling.
- On the wall, mark the spot of the longest finger on each hand and measure between those two markings on the wall.
- Measurement should be taken to the nearest ½ inch (example 79 ½).
LANE AGILITY
The lane agility station tests foot speed, coordination & general speed.

STATION SETUP
• Select an open basketball lane in the gym away from any obstacles and people.

PROCEDURE
• Participant starts at the elbow and slides in a defensive stance across the lane on the free throw line
• At the next elbow, participant backpeddles down to the baseline
• Participant slides in a defensive stance across the lane on the baseline
• Participant sprints up the lane to the free throw line
• The clock starts on the first forward motion and stops when the participant sprints past the free throw line
• Time should be recorded to the nearest hundredth of a second (example 7.29).
FITNESS/ATHLETICISM STATIONS - :30 INTERVAL EVENTS

BASKETBALL WALL PASS
The basketball wall pass station tests arm strength, endurance, hand/eye coordination and passing accuracy and speed.

STATION SETUP
• Measure 8’ from the wall and use a tape line to mark the floor.
• From the floor measure 66” up the wall and use a 16” diameter circle to mark the passing spot on the wall. The center of the spot should be 66” off the floor.

PROCEDURE
• Participant starts with a basketball in hand and both feet behind the floor tape line.
• On the whistle, participant should perform a chest pass toward the wall – aiming to hit the spot on the wall.
• Count the number of passes that strike the spot on the wall in a thirty (:30) second time period.
• A point should NOT be awarded if the participant’s feet are NOT behind the line and/or the ball does NOT strike any portion of the wall target spot.
JUMP ROPE
The jump rope station tests hand/eye coordination, foot speed and endurance.

STATION SETUP
- Select an open space in the gym away from any obstacles and people.

PROCEDURE
- Participant starts with jump rope in both hands with rope resting on ground behind participant’s heels.
- On the whistle, participant should begin jumping the rope.
- Single or double hops over the rope are permitted.
- Forward or backward jumps are permitted.
- A point is awarded each time the rope passes clearly and cleanly under the participant’s feet in the thirty (:30) second time period.
- Jumps do not need to be consecutive to count.
- A point should NOT be awarded if the rope gets caught on the participant’s feet.

SPEED REVOLUTION
The speed revolution station tests hand/eye coordination, hand speed and endurance.

STATION SETUP
- Select an open space in the gym away from any obstacles and people.

PROCEDURE
- Participant starts with both hands on basketball and ball positioned at the participant’s navel.
- On the whistle, participant should begin moving the basketball around his/her waist (in either direction) as quickly as possible.
- A revolution should be counted each time the participant passes the ball in front of his/her navel in the thirty (:30) second time period.
- If participant loses control and drops the basketball, he/she should resume by starting at his/her navel.
- Revolutions do not need to be consecutive to be counted.
- A point should NOT be awarded for a partial revolution of the ball around the body.
DEFENSIVE LANE SLIDES
The defensive lane slides station tests foot speed, proper defensive stance, hand/eye coordination and cognitive function.

STATION SETUP
• Measure the width of the lane – the shuffle distance should be 12’.
• A bean bag should be placed on both the left and right block.

PROCEDURE
• Participant starts holding one (1) bean bag in his/her hand.
• A second bean bag is placed on the left block of the lane.
• A third bean bag is placed on the right block of the lane.
• Starting from either block with his/her body in the lane and outside foot on the block, the participant should shuffle to the opposite block, place the bean bag in his/her hand on the block and exchange for the bean bag on the floor.
• Participant should then shuffle (with bean bag in hand) to the other block, place the bean bag in his/her hand on the block and exchange for the bean bag on the floor.
• This procedure of sliding across the lane and exchanging bean bags is repeated as many times as possible in the thirty (:30) second time period.
• Participant should shuffle between the blocks – not turn his/her body and run.
• A point is awarded each time a bean bag is properly exchanged.
FRONT TO BACK HURDLE JUMP
The front to back hurdle jump station tests foot speed, depth perception, coordination, body control, leg strength and endurance.

STATION SETUP
• Select an open space in the gym away from any obstacles and people.
• Two 16” diameter spots should be placed on the floor 6” apart and a 6” high hurdle should be placed evenly between the gap in the floor spots.

PROCEDURE
• Participant starts with both feet on the floor spot and the hurdle in front of him/her.
• On the whistle, participant jumps forward over the hurdle with both feet, landing on the opposite floor spot with both feet.
• Participant continues by jumping backward over the hurdle with both feet, landing on the starting floor spot with both feet.
• This procedure is repeated as many times as possible in the thirty (:30) second time period.
• A point is awarded each time both feet land on a spot without coming into contact with the hurdle.
SIDE TO SIDE HURDLE JUMP
The side to side hurdle jump station tests foot speed, depth perception, coordination, body control, leg strength and endurance.

STATION SETUP
• Select an open space in the gym away from any obstacles and people.
• Two 16” diameter spots should be placed on the floor 6” apart and a 6” high hurdle should be placed evenly between the gap in the floor spots.

PROCEDURE
• Participant starts with both feet on the left floor spot and the hurdle on his/ her right.
• On the whistle, participant jumps to the right over the hurdle with both feet, landing on the right floor spot with both feet.
• Participant continues by jumping to the left over the hurdle with both feet, landing on the left floor spot with both feet.
• This procedure is repeated as many times as possible in the thirty (:30) second time period.
• A point is awarded each time both feet land on a spot without coming into contact with the hurdle.
FIGURE 8 DOT DRILL
The Figure 8 dot drill station tests foot speed, agility and cognitive function.

STATION SETUP
• Select an open space in the gym away from any obstacles and people.
• Five 16” diameter spots should be placed on the floor in the same pattern as seen in the diagram.
• Measure 24” from the center of each spot to the next spot.

PROCEDURE
• Participant starts with both feet on the lower left spot.
• On the whistle, participant jumps with both feet on the center spot.
• Participant jumps with both feet from the center spot to the upper left spot.
• Participant jumps with both feet from the upper left spot to the upper right spot.
• Participant jumps with both feet from the upper right spot to the center spot.
• Participant jumps with both feet from the center spot to the lower right spot.
• Participant jumps with both feet from the lower right spot to the lower left spot.
• This pattern is repeated as many times as possible in the thirty (30) second time period.
• A point is awarded each time both feet land on a spot in the proper order.
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SEE HOW YOU COMPARE NATIONALLY...

[www.nba.com/gatoradetrainingcenter](http://www.nba.com/gatoradetrainingcenter)

Make copies of this scorecard to track your progress throughout the year.