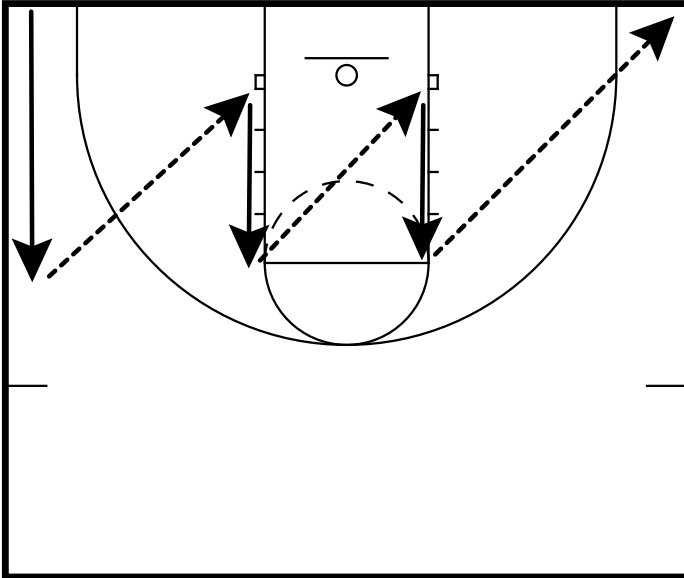


FSU BOX DRILL (CLOSEOUTS/SLIDES)

1 2 3 4 5

This box drill comes to us from the Florida State women's basketball team. It is a great drill for close outs, sliding and conditioning. The drill starts with a hard close out. The solid line represents a close out. When you finish the close out you go right into a defensive slide. The broken line represents the slide. It is a continuous drill that you can do for any length of time you choose. The next person will start when the person ahead of them finishes their first close out.