



## TRAINING ZONE

PRESENTED BY



# QUARTER TURNS

### ► DRILL OVERVIEW

- Proper chair skills will help you develop the mechanics to compete at the highest level. Quarter Turns can be performed in an everyday or sports chair. Use a pillow, box, or other chair as your stand-in defender. Remember to always turn to your outside shoulder, and stay as close to the stand-in defender as possible.

### ● BEST PRACTICES

- Always turn your chair in the direction of your outside shoulder.
- Push back, spin to the outside, and push to the opposite side of the object.
- Stay close to the object you are moving around.
- Practice 30 seconds on/30 seconds off to start and increase your time as you improve.

### ★ MODIFICATIONS

- You can use your daily chair or your basketball chair for this drill.

### ▲ SAFETY TIPS

- Be sure to allow enough space to turn and push without running into nearby objects.