

5 The BFS Dot Drill

The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However, if you will do it six times a week, in a very short time you will see rapid improvement. You can have quick feet in a month or two.

Each athlete should set two goals. The first goal is to do it 6 times per week and the second goal should be to increase speed. In The BFS Dot Drill Video (\$29) Ex-Utah Jazz Center, 7-4" 300 lb. Mark Eaton does the Dot Drill in 60 seconds after a weight training session.

Five dots are placed on the floor. It works best if a 5" round dot is painted on the floor. Some coaches paint many stations for larger groups. An athlete at home can use anything approved by his parents to mark his dots. BFS sells a Dot Drill Pad that has a great non slip surface with integrated dots for \$45.00, a super surface for doing the BFS Dot Drill.

There are five separate dot drills, each drill is done a total of six times. *Note: You will be facing the same direction on all of the drills except the Turn Around drill.*

UP AND BACK

- Start with your left foot on A and your right foot on B.
- Now jump quickly to C with both feet coming together.
- Then jump and split feet to D and E.
- Come back the same way jumping backward.
- Repeat 5 more times.

RIGHT FOOT

- Your feet from up-and-back should end on dots A and B.
- Now jump to dot C with only your right foot.
- Now jump in order on your right foot to Dots D, E, C, A and B.
- Repeat 5 more times.

LEFT FOOT

- You will end the right foot drill with your right foot on Dot B.
- Now jump to dot C and land on your left foot.
- Now jump on your left foot to Dots D, E, C, A and B.
- Repeat 5 more times.

BOTH FEET

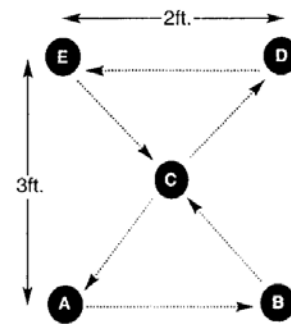
- You will end the left foot drill on Dot B.
- Now jump to Dot C with both feet.
- Now jump with both feet together to Dots D, E, C, A and B.
- Repeat 5 more times.

TURN AROUND

- You will end the Both Feet Drill with both feet on Dot B. Now jump to Dot C with both feet.
- Now jump to dots D and E with your left foot landing on E and your right foot landing on D.
- Now quickly jump 180° clockwise so your left foot is now on D and your right foot is on E.
- Now jump to C with both feet and then to A and B with the left foot landing on B and the right foot on A.
- Now do a counterclockwise 180° spin with your left foot landing on A and your right foot landing on B.
- Repeat 5 more times.

DOT DRILL STANDARDS

Under 45 seconds: All American
45-54 seconds: Super Quick
55-64 seconds: Great
65-75 seconds: Average
Over 76 seconds: Need more work



DOT DRILL DIAGRAM