

Basketball Footwork Training Mat instruction Manual



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Product Overview

This training mat is crafted from wear-resistant non-slip material, divided into 5 functional zones (central positioning zone + 4 directional training zones). Designed to enhance agility, coordination, and explosive power for basketball players, suitable for both youth and adult enthusiasts.



Pre-Use Preparation

1. Lay the mat flat on dry, even ground
2. Wear non-slip athletic shoes
3. Clear obstacles within 2 meters
4. Recommended to use protective gear (optional)



P10 Fundamental Training Drills

Drill 1: Basic Footwork Positioning

- Steps:
- ① Stand in the central positioning zone
 - ② Tap each directional zone sequentially with forefoot
 - ③ Maintain low center of gravity throughout the cycle

Focus: Enhances directional awareness

Drill 2: Agility Crossover

- Steps:
- ① Left foot on Zone A, right foot on Zone B
 - ② Rapidly switch to diagonal zones
 - ③ Coordinate arm swings for balance

Focus: Ground contact < 1 second per step

Drill 3: Direction Change Simulation

- Steps:
- ① Start at center zone, forward-right
 - ② Retreat immediately after touching target zone
 - ③ Repeat with opposite direction

Focus: incorporate shoulder feints

Drill 4: Explosive Jump Training

- Steps:
- ① Stand on one foot in center zone
 - ② Jump explosively to designated zone
 - ③ Rebound immediately upon landing

Focus: Increase intensity 10% weekly

Drill 5: Pendulum Coordination

- Steps:
- ① Alternate tapping adjacent zones with left/right feet
 - ② Accelerate with verbal/audio cues
 - ③ Stabilize upper body

Focus: Improves limb synchronization

Drill 6: Defensive Shuffle

- Steps:
- ① Laterally traverse 3 zones
 - ② Maintain defensive stance with lowered
 - ③ Audible "swish" on ground contact

Focus: Avoid consecutive same-side steps

Drill 7: Pivot Transition

- Steps:
- ① Rotate body using forefoot pivoting
 - ② Control rotation angle via zone markers
 - ③ Connect with stepping motion

Focus: Visualize defensive opponents

Drill 8: Rhythm Variation

- Steps:
- ① Move in 2-fast-1-slow pattern
 - ② Use zone colors for speed differentiation
 - ③ Sync with music beats

Focus: Develops game tempo awareness

Drill 9: Endurance Circuit

- Steps:
- ① Create figure-8 movement path
 - ② Complete 10 continuous cycles
 - ③ Track completion time

Focus: Reduce time by 5% weekly

Drill 10: Reactive Speed

- Steps:
- ① Partner calls random zone numbers
 - ② Complete movement within 3 seconds
 - ③ Gradually shorten response window

Focus: Keep eyes forward



Safety Guidelines

1. Warm up/stretch before & after training
2. Limit single session to 45 minutes max
3. Prohibit use on wet surfaces
4. Children require adult supervision
5. Discontinue if wear/damage appears



Maintenance

1. Clean surface with damp cloth
2. Air-dry in shaded area
3. Avoid prolonged heavy pressure
4. Keep away from sharp objects