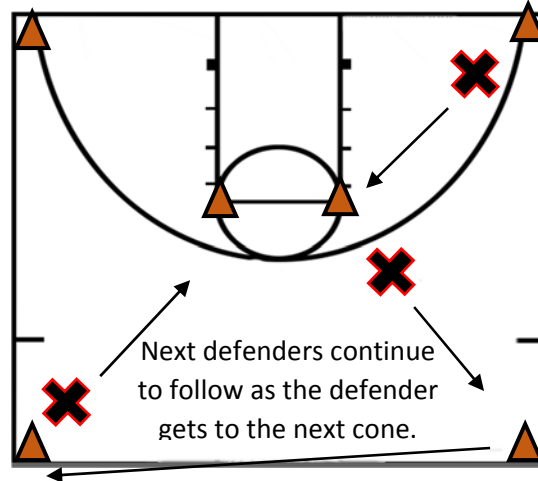
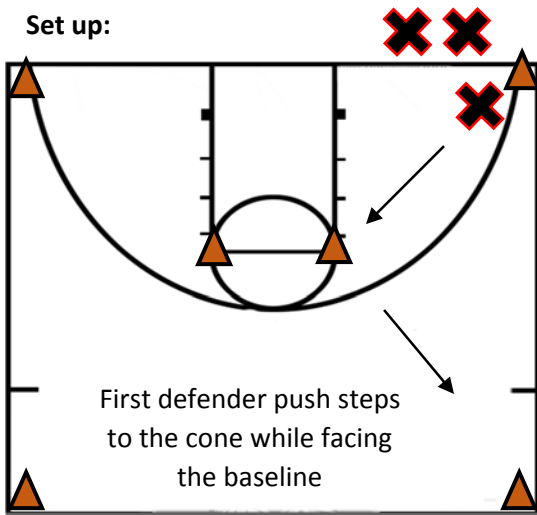


Drill: "Zig Zag"

Set up:



Directions:

- Players begin in a line in the corner
- On the coaches signal one player will "PUSH STEP" (defensive slide) to the next cone. Once the first player advances to the next cone, the following player will begin to keep good spacing.
- Have players go through at ½ speed, then full speed.
- Next use this to teach turn, run, and cut-off. Lastly you can add an offensive player to the drill. This could be a coach, parent, or another player