MEN’S ALLEY FOOTWORK DRILL

AUTHOR INFORMATION:
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Author School:

DRILL SPECS:
Drill Theme: Conditioning
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Conditioning
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:
Develop footwork necessary for successful defense.

DRILL DESCRIPTION:
Players sprint from cone to cone using proper technique and form. They must plant at each cone and “explode” towards the next cone.

SKILLS PRACTICED:
• Defensive Footwork
• Change of direction and speed

VARIATIONS:
Players can carry a stick and throw “phantom” checks upon reaching cones. Players can play shadow defense on a ball carrier running the same pattern.

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DRILL DIAGRAM:

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