



MEN'S BAREFOOT TRAINING

AUTHOR INFORMATION:

Author Name: Chris Nentarz

Author School: Buffalo Spine and Sports Institution

DRILL SPECS:

Drill Theme: Conditioning

Drill Style: Skill

Field Location: Full Field

Field Position: Full Field

Time Needed: 15 Min

Skill Level: Basic

OBJECTIVE:

To work on conditioning barefoot in order to reduce risk of injury, to allow you to move faster, and lower amount of force absorbed by heel.

DRILL DESCRIPTION:

Start by the players removing their shoes and forming multiple lines at goal line extended. Players will be asked to start by simply sprinting to the restraining line. After a few series of strait forward sprints have the players lie on their stomachs and push themselves up into a sprinting motion from the ground. Also, have the players lie on their back and wait to hear a command from the coach before sprinting. The coach should command the players to go left or right when the get up, maximizing the control of the foot off the first step.

SKILLS PRACTICED:

- Sprinting
 - Footwork
 - Positioning
 - Warm Up
 - Stretching
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VARIATIONS:

You can incorporate mini bands to work on lateral movement. When incorporating the resistance bands you are adding resistance to your barefoot movement. Players should move laterally and focus on keeping the core tight and working on length strength and footwork.

FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](https://www.uslacrosse.org/coaches/drills-archive)

DRILL DIAGRAM:

