



MEN'S ZIG ZAG DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Defensive Drills

Drill Style: Position, Defense

Field Location: Defense

Field Position: Defense

Time Needed: 10 Min

Skill Level: Basic

OBJECTIVE:

To work on position work while on defense. Players will learn to break down into a good defensive position and then explode out of it.

DRILL DESCRIPTION:

Start in the bottom corner and sprint out in a diagonal direction towards the next cone. Once you reach the cone break down into a defensive position. Once you break down take a T-step and explode out of that cone. It is important to focus on explosion in order to work on footwork out of your positioning. You do the same thing until you reach the last cone and then you sprint straight forward to the end. At the end of the drill the coach will roll a ground ball out to the player and he will scoop up the ball and continue through.

SKILLS PRACTICED:

- Positioning
 - Defense
 - Footwork
 - Conditioning
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VARIATIONS:

You can add various ways of getting from one cone to another. The player can add a shuffle, a back pedal, or a sprint from one side to another. This enables the defensive player to further practice his footwork and conditioning.

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DRILL DIAGRAM:

