WOMEN’S DIAMOND SPRINTS DRILL

DRILL SPECS:

- **Drill Theme:** Footwork
- **Field Location:** Attack Zone
- **Time Needed:** 10 Min

- **Drill Style:** Conditioning
- **Field Position:** Defense
- **Skill Level:** Basic

OBJECTIVE:

Diamond sprints allow for players to practice defensive foot work that is needed to stay with players on offense. The diamond movement has players focus on quick drop steps and the turn and run movements for staying with players on offense.

DRILL DESCRIPTION:

Set up 4 cones in a diamond, with about 5-10 yards between each cone. Players will start at a cone, standing sideways, and sprint up to the next cone at an angle, then drop step back to the side at the next cone. Once at the 3rd cone they will switch their drop step to the inside and drop to cone 4. At cone 4 they will drive forward as fast as they can back to cone 1.

SKILLS PRACTICED:

- Conditioning
- Defensive Footwork

VARIATIONS:

Add a ground ball to the final straight sprint off of cone 4.
DRILL DIAGRAM:

Diamond Sprints

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE