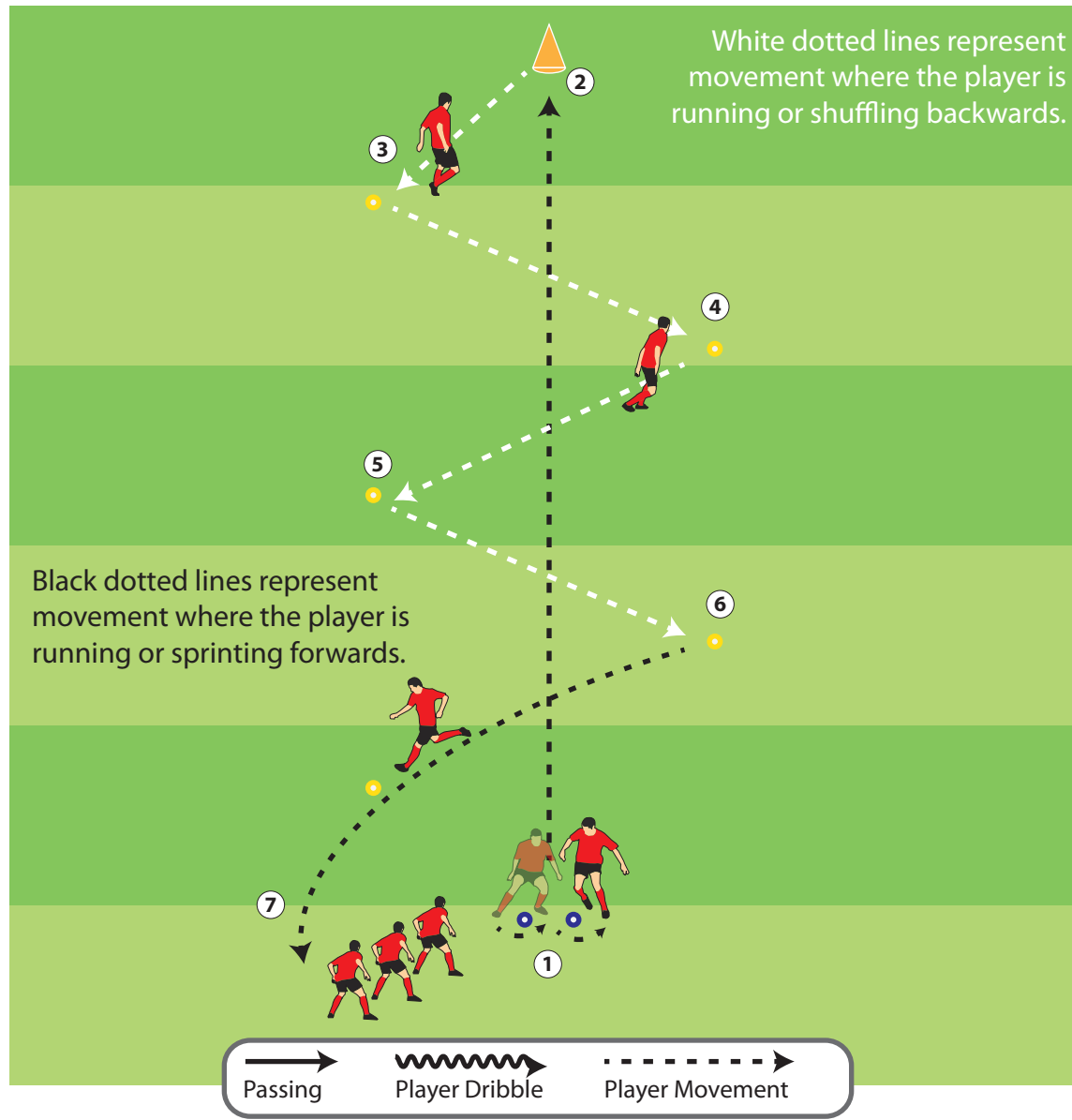


Defending: Speed Forward & Shuffling Backwards: Stage I Warm-Up

Topic: Improve your team's ability to defend in 1v1 situations



Setup

You will need a 10 yard by 25 yard area and 8-10 cones per station (3-4 players per station). Set 2 cones (shown in blue) roughly 2ft. apart, this is where each player will begin. Next set 1 target cone (shown in orange) 20-25 yards away from the beginning 2 cones. Finally stagger 5-6 cones (shown in yellow) 5 yards apart.

Sequence

- ① Player performs lateral fast feet back and forth, from side-to-side between the blue cones for about 20 seconds (intense speed).
- ② Next on coach's command, player sprints forward to the orange cone using large running strides, then slows down as he approaches the large orange cone using short choppy steps, do not run past it.
- ③ - ⑥ Player shuffles diagonally backwards (delay attacker)
- After reaching ⑥ player turns and sprints forward to ⑦ finish. Repeat the sequence with player next waiting in line.

Variations

- Change the distance between cones, add or remove cones.
- Reverse: White lines the player runs forward, black lines the player runs backwards.
- Add an attacker that runs forwards along diagonal path of cones 3-7

Coaching Points

- Players stay on their toes, this is a speed drill.
- Use arms to increase speed, lean forward when sprinting.
- Body position, especially when shuffling backwards.