

# Diagonal square sprint



## How it works

With 4 of your cones set up a 7x7 yard square, then place your final cone in the middle.

To start the drill you can begin on any cone on the outside. From the outside cone, you start on you will then sprint to the center cone, going around to the right.

The player will then sprint to the next cone along the outside, travel around the cone on the right, and back towards the middle cone.

Repeat this process until you get back to the cone that you started on.

Make sure to alternate the direction you travel around the square (clockwise and anti-clockwise)

## Purpose

The purpose of this drill is to help players efficiently change directions at 90-degree angles.

## Set up

- 5 cones

## Coaching points

- Small, sharp steps as you travel around and accelerate away from the cone.
- Keep a low center of gravity while moving around the cones.

## Questions

- What type of steps should you take as you travel around the cones?
- What can help you change direction more effectively?

**Intermediate**