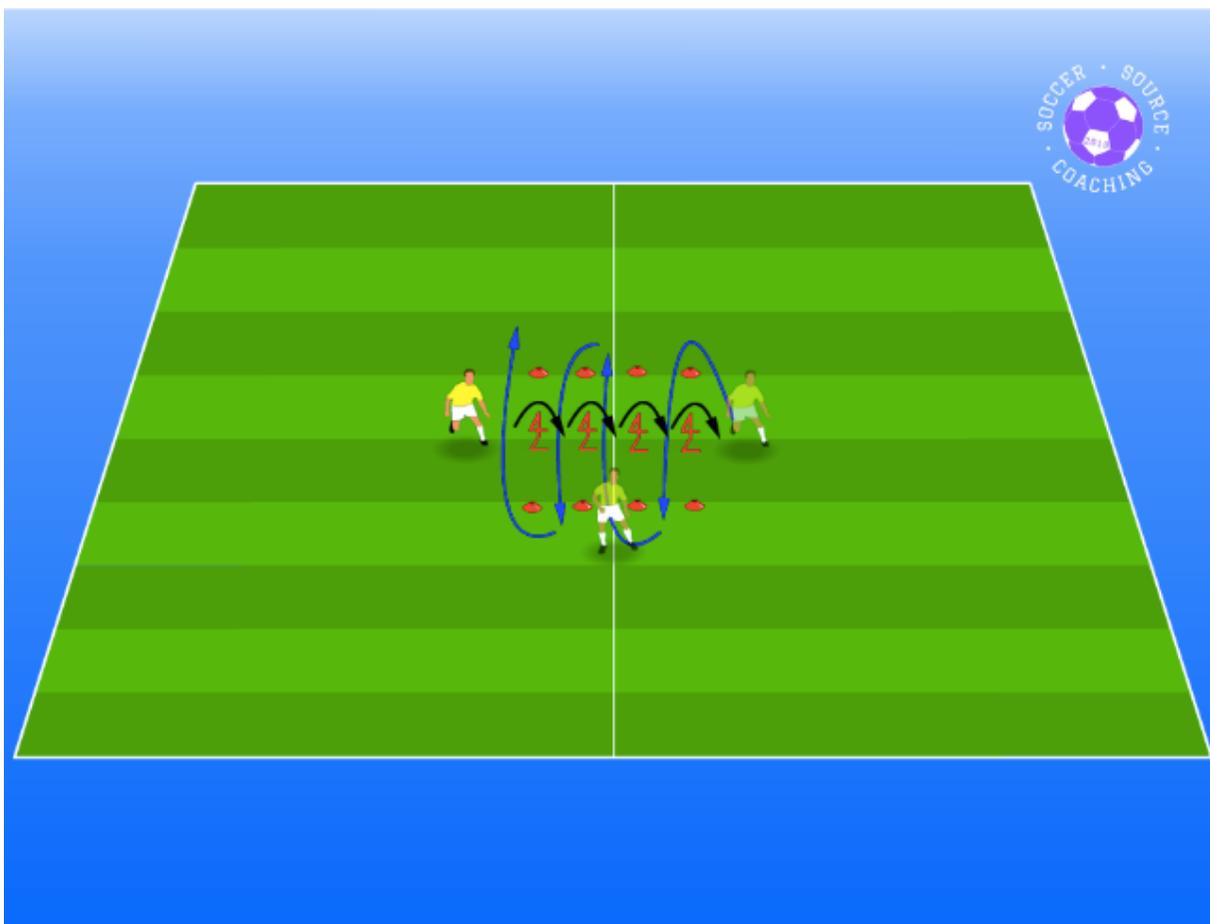


Lateral jumps combined with agility slalom



How it works

Set up your mini hurdles 1 yard apart.

Place the 2 cones 1 yard on either side of the mini hurdles, this should create 4 vertical channels.

Start the drill in a side-on position next to the first hurdle, and jump laterally over all the hurdles.

Once you have got to the end, facing the same direction you must slalom back and forth through the channels until you end up in the position you started at.

Once you have completed the first rotation, turn 180 where you will repeat the drill on the opposite side.

As a variation to this drill, you can jump forward through the hurdles and then shuffle back through the channels while still facing the same direction.

Purpose

The purpose of this drill is to work on a player's explosiveness as well as their acceleration and deceleration.

Set up

- 4 mini hurdles
- 8 cones

Coaching points

- Fast and explosive jumps over the hurdles
- Short, quick steps when sprinting through the slalom
- Focus on how quickly you can decelerate when approaching the cones while sprinting.

Questions

- What movements should you make over the hurdles?
- What type of steps should you take through the slalom?
- What should you focus on when approaching the cones to turn round?

Advanced