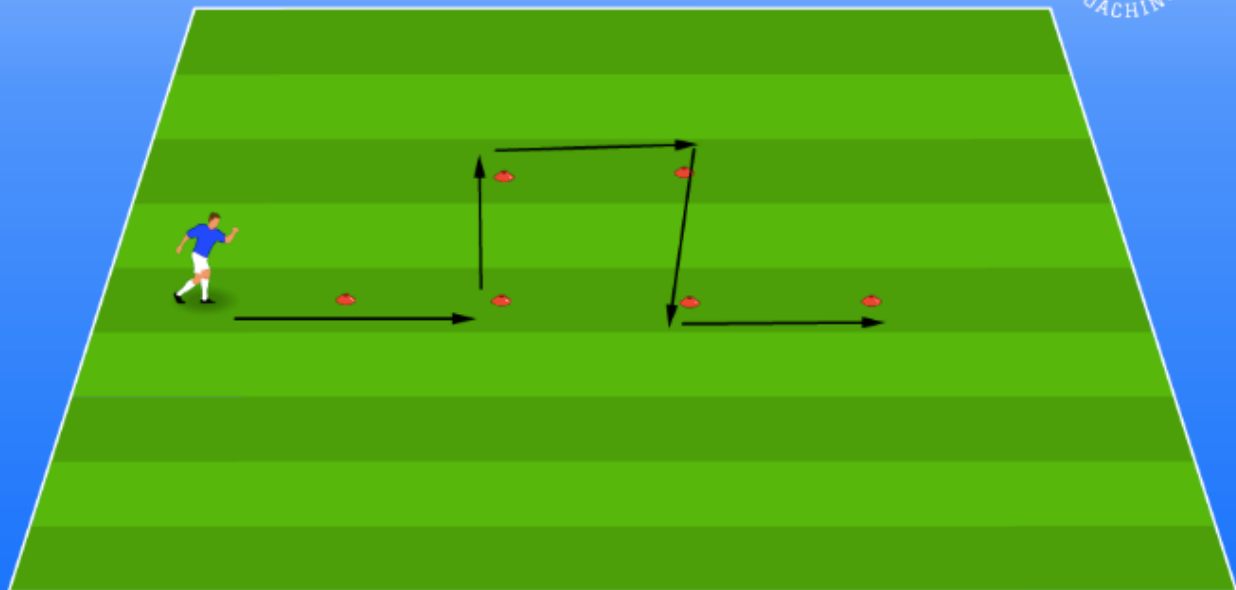


Lateral shuffle sprints



How it works

Begin the agility drill on either start/finish cone, you must complete the course as quickly as possible while facing the same direction.

Focus on small sharp steps, to shuffle, accelerate and decelerate when approaching/ getting around cones.

This is also another agility drill that can include a soccer ball.

Coaching points

- Make sure your body is leaning forward with a lower center of gravity when accelerating
- When shuffling sideways make sure you are taking short quick steps
- Keep a low center of gravity when rotating around the cones.

Questions

- How can you make turning easier?
- What type of steps do you need to take when side stepping?
- How should your body position be when accelerating out of the 180 turns?

Purpose

The purpose of this drill is to improve a player's speed at which they can change direction by encouraging them to get a low center of gravity.

Set up

- 6 cones
- Soccer ball (optional)

Beginner