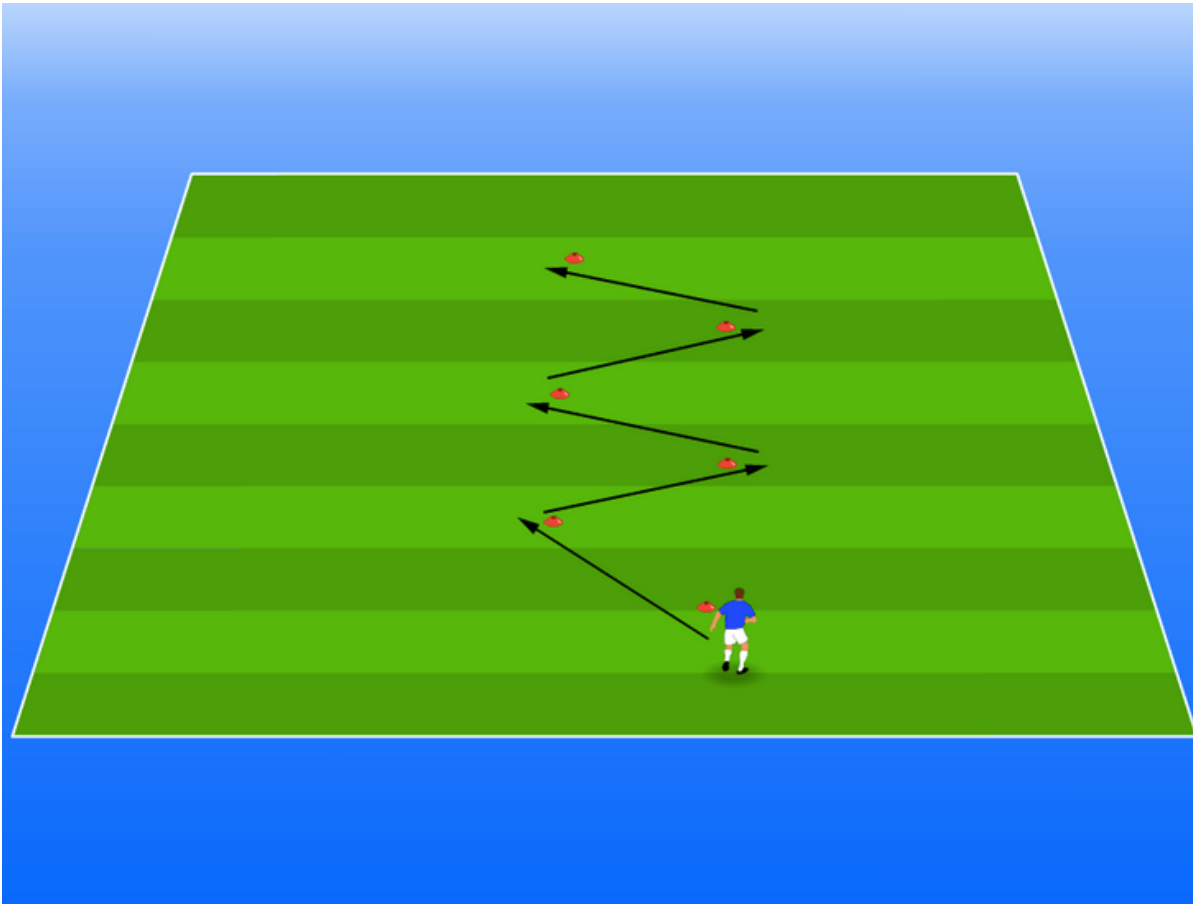


# Zig zag sprints



## Purpose

The purpose of this football fitness drill is for players to get a lot of repetitions of sprinting and changing directions which is similar to that of a soccer game

## Set up

- 6 cones

## How it works

Create your zig-zag pattern with 7 yards between each cone and each at a 45-degree angle from the previous cone.

Follow the zig-zag pattern, making sure to turn around the outside of the cones.

Repeat this process until you get to the end where you will take a 30-second recovery jog back to the start where you repeat the process 5 more times.

To vary the drill you can:

- Shuffle backward,
- Change the angle of the cones
- Place the cones nearer or further away from each other
- Perform this soccer drill with a soccer ball

## Coaching points

- Keep a low center of gravity
- Quick steps around the cones
- Focus on acceleration and de-acceleration

## Questions

- What should your body position be like to make changing direction easier?
- What type of steps should you take around the cones?
- What should you be focusing on the most as you are approaching and moving away from the cones?

**Beginner**