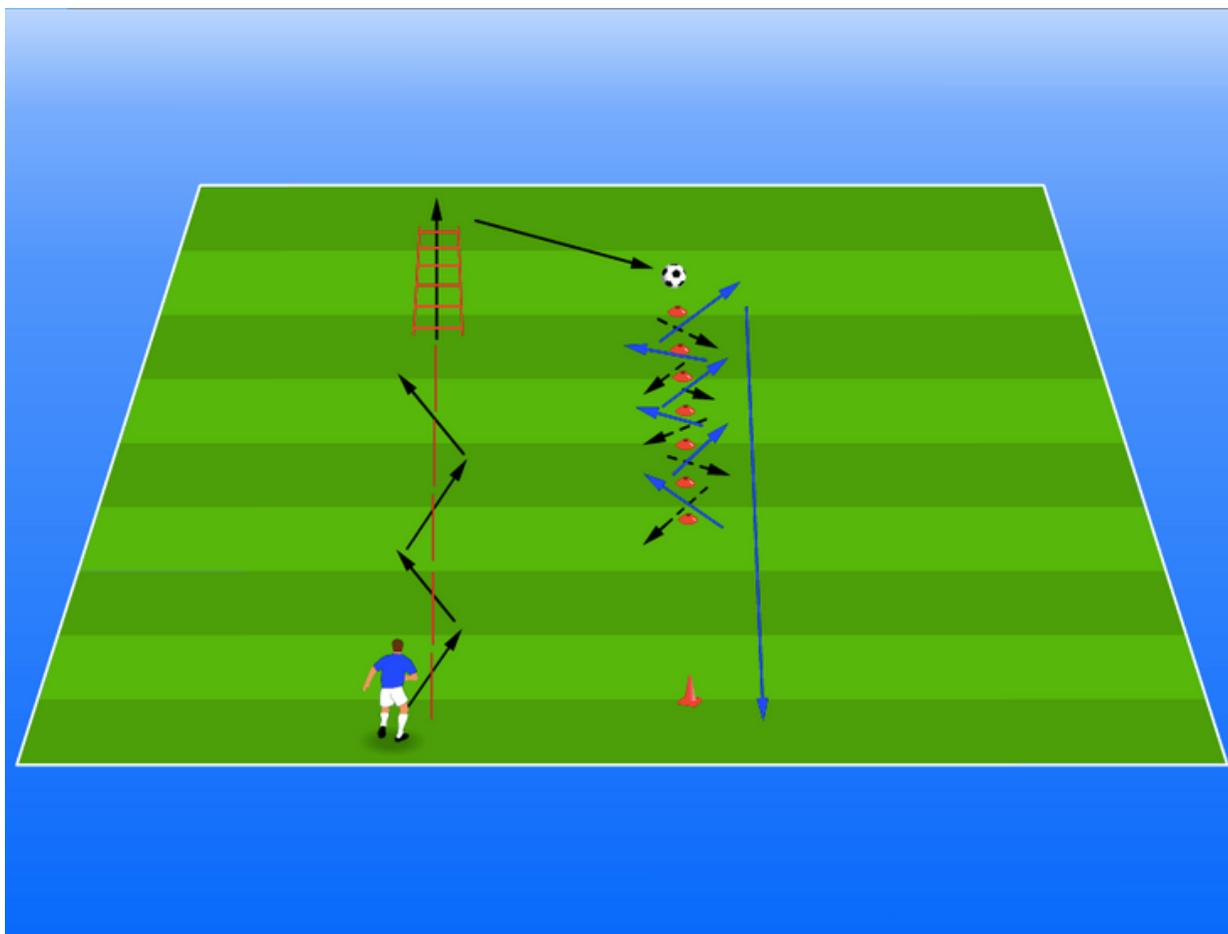


ladder/poles, quick feet, soccer slalom



How it works

The player starts at the first cone and goes through the pole slalom.

They will then go through the soccer ladder making sure both feet go into each section of the ladder before moving on to the next section.

The player will now dribble the soccer ball through cones, making sure the ball and the player go through every gap in the cones. (the cone dribble will run parallel with the ladder, with the player facing the direction in which they started).

Once they have completed the cone dribble, they will jockey backward through the cones till they get to the end. The player will then finish by sprinting past the cone that they started on.

Have a 30-second rest then repeat 5 times.

Purpose

The purpose of this fitness soccer drill is to improve the players' quick feet as well as sharp changes of direction.

Set up

- 6 tall poles
- 1 soccer ladder
- 7 cones
- 1 soccer ball

Coaching points

- Remain light on your feet for quick changes of direction

Questions

- How can you make quick changes of direction?

Advanced