



## MEN'S ALLEY FOOTWORK DRILL

### AUTHOR INFORMATION:

**Author Name:** John Stevenson

**Author School:**

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### DRILL SPECS:

**Drill Theme:** Conditioning

**Drill Style:** Conditioning

**Field Location:** Attack Zone

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 5 Min

**Skill Level:** Basic

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### OBJECTIVE:

Develop footwork necessary for successful defense.

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### DRILL DESCRIPTION:

Players sprint from cone to cone using proper technique and form. They must plant at each cone and "explode" towards the next cone.

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### SKILLS PRACTICED:

- Defensive Footwork
- Change of direction and speed

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### VARIATIONS:

Players can carry a stick and throw "phantom" checks upon reaching cones. Players can play shadow defense on a ball carrier running the same pattern.

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**DRILL DIAGRAM:**

