

Speed and Footwork Drills

Up two – back one: Set up 7 to 9 cones five yards apart. Have the player line up at the first cone, the player will sprint to the second cone and then back pedal to the first cone behind him. They will continue sprinting two cones and back pedaling one until the end

Hot box: Have four cones set in a box about five yards apart. Have the player stand in the center, the coach will then point to one of the four cones and the player will shuffle to the cone touch the cone and then immediately go back to the center. The player should stay in a down ready position the entire time. Time about 1-2 minutes

Zig-zag cut: have four cones set up in the diamond. Have the player start at one end and then sprint to the right cone, touching the cone as they step out with their right foot to change directions to go left; the player should sprint to the left cone, touching the cone and stepping out with their left foot to sprint to the top cone. They should touch the top cone before getting back in line. They should do the drill in both directions. To add a little fun, have a player to get in the center of the cones in a tucked (turtle) position. When the players run from the right cone to the left cone they will jump (with two feet) over the player tucked on the floor. Again done in both directions.

Pick up the ball: Have the cones in a circle (the circle in the middle of a basketball court works well) place two fluffy balls on either side of the circle. Have the player start on the outside of the circle in-between the two fluffy balls. The player will run to the right pick up the ball run around the circle and place the ball on the floor on the opposite side (not drop, place) and then complete the circle. Then they should do the drill to the left. You can have two lines going at the same time just make sure they are both going to the right or the left.

Up, back, slide: Have four cones set up in the diamond and one cone in the middle. Have the player start at one of the outside cones and sprint to the middle and touch the cone, then back pedal to the cone they just left, then shuffle to the next outside cone to the right, and then again sprint to the center and back pedal to cone and then shuffle to next cone. Continue till the circle is done. Once the player is finished shuffle to the next cone the next player can begin. Again done in both directions.

Diagonal cone drill: have the cones set up where they are five yards up and six or seven yards across in a diagonal position going down the court. Have the player start at the first cone, they should jump like a block in volleyball or do a burpee or jumping jacks or whatever you want them to do for your sport then sprint the cone to the left and up and there wait in a ready down hands in front of them position. Blow a whistle or yell go and the player on the cone and the one on the first cone will at the same time, jump or whatever you have chosen and then sprint to the next diagonal cone and wait in ready position.

Hop step: have a 4 x 6 block of wood. Have the player have one foot on the center of the block and one foot to the side. They should hop and change foot position. Now having other foot on top and one on the side. Keep doing this as fast as they can for 30 seconds.

In and out: Have six cones set up in a large circle (you can use as many as you need) and one in the middle. Have a player stand at each of the outside cones and six players standing in the middle facing a partner. The players in the middle will sprint out to their partner and slap their hand, run around them, shuffle to them, whatever you want them to and then sprint back to the center. The players on the outside cones will not move the players on the inside when they get back to center will now sprint to the player that is standing on the cone to the right. They will continue till they have been around the circle once. Then the outside players change position with the inside players.