

Drill Name: BOX DRILL (BASIC)

Stage of Activity	Learn to Train, Train to Train
Skills	Defensive Footwork, Agility
Equipment	4 Pylons per group of 5
Time	As desired (useful) as a quick conditioning hit between other activities
Number of People	5 max (add another "box" if more athletes)
How It Works	<ul style="list-style-type: none"> • Set up a "box" with cones roughly 5m apart. • Athletes start at one corner, run forward to the first cone and break-down. • Lateral shuffle to the second cone. • Back-pedal to the third cone. • Lateral shuffle back to the starting cone. <p><i>Proper technique must be emphasized:</i></p> <ul style="list-style-type: none"> • "closeout" to the first cone • Drop your weight / "nose over toes" when lateral • Toe to heel on backpedal • Stick up and out. <p>Purpose – Practices defensive footwork and helps in the conditioning of athletes.</p>
Modifications	<ul style="list-style-type: none"> • Change the pattern to: <ul style="list-style-type: none"> ○ Up, diagonal, up, diagonal (swivel-hips on the diagonal) ○ Diagonal, backpedal, diagonal, backpedal • Coach throws out a loose ball when athlete gets back to the first cone. • Add a sprint after the loose ball • Add a clearing pass after the loose ball.

