



Four Cone Drill - Exercise 1 and 2

Players assemble as shown. Cones are 8-10 yards apart. On coaches command, all Yellow 1s sprint from starting position to cone A and get in good defensive position showing attacker in the direction specified by the coach (show left or right). They hold that position so that the coach can make any appropriate changes in positioning then they sprint to the B line of cones on the coaches command while the Red 1s simultaneously sprint to A line. Continue until all players reach far end. Turn and come back in same manner.

2) On the coaches command, groups of 2 sprint to the first line of cones and take up a good defensive position of pressure and cover forcing the defender in the direction specified by the second defender. They pair hold that position for changes and then sprint to the next line of cones on the coaches command.

Emphasize: Sprint to 5 yards then get sideways on and close to 5 feet. Low center of gravity. Push play in one direction. Last step forward is first step backward (players should arrive at cone and then bounce back on step).

On exercise 2, pressure defender should show toward Covering defender.

First defender should arc approach run to push attacker in a certain direction.

Second defender should dictate which way to push attacker

Angle, depth and distance of second defender should all be appropriate.

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