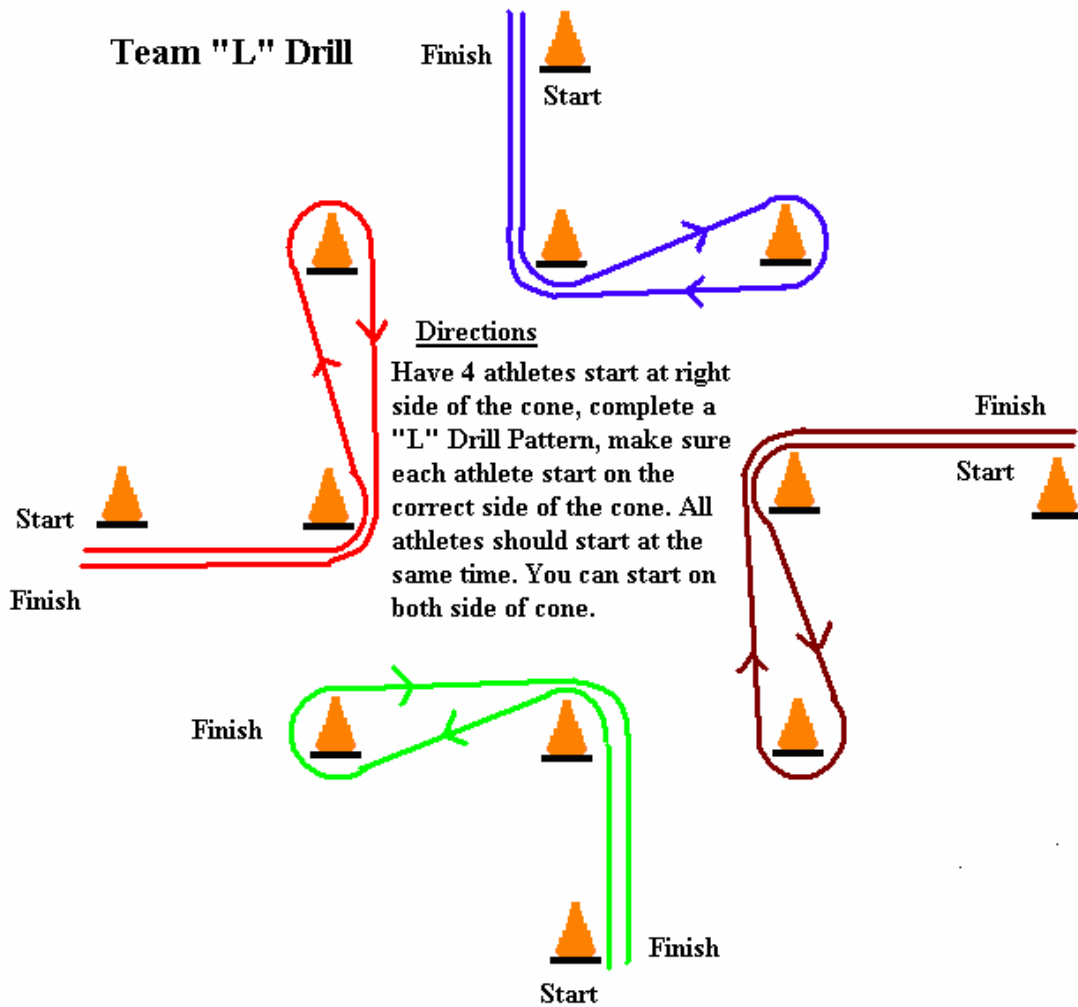


The "L" Drill



Setup

1. Set-up cones as displaced above about 5 yards apart (adjust for age appropriate).

Instructions

1. Four participants start at the base (start) cone in an athletic stance.
2. The coach calls out "GO".
3. The runner leaves the base cone, completing the drill as shown above.
4. having multiple set-up s of the drill allow all players to increase their repetitions.

Coaching Points

- Focus on 100% effort through the entire drill.
- Focus on quick changes of direction, planting the outside foot and returning to the base cone.