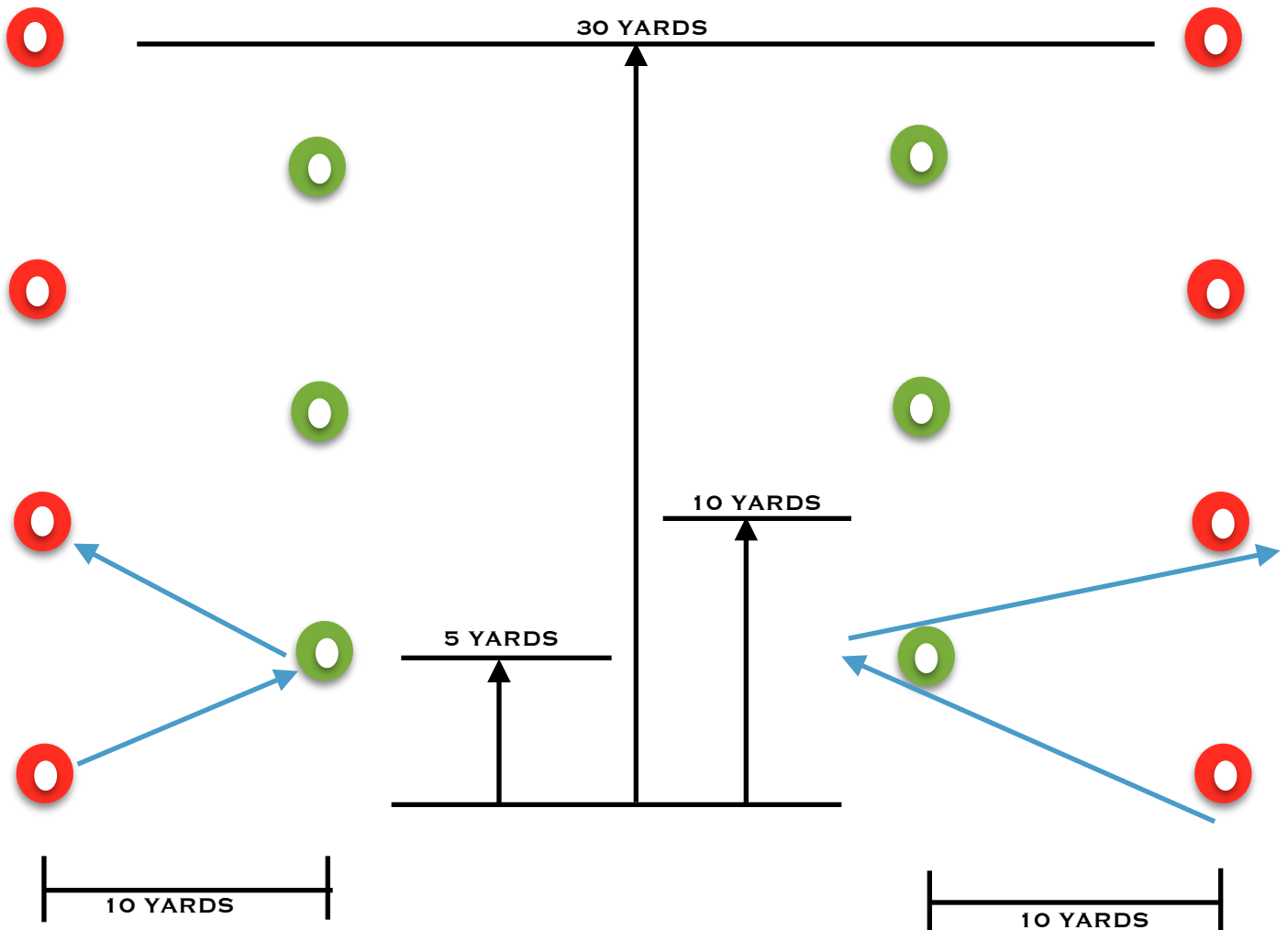


CUTTING & TURNING DRILL: "ZIG-ZAG"

CUTTING
(Touch Cone & Cut)

TURNING
(Around Cone & Turn)



GRID SETUP:

Seven cones in "zig-zag" pattern as shown above. Length from start cone to final cone = 30 yards

"CUTTING" RUN

Players sprint diagonally to cone, touch each cone with hand, cut, sprint diagonally to next cone

"TURNING" RUN

Players sprint to and around each cone. For advanced players, have them touch cone, while making turn

VARIATION

Use ball and have players dribble to and cut ball at each cone and/or dribble to and around each cone