

## Footwork and Agility (Advanced)

**COVID-19 Disclaimer:** under the Metropolitan Melbourne Stage 4 lockdown, the following drills may only be performed at your home or in a park (all sporting facilities are closed). If performed outside your home, you must stay within a 5km radius of your house, you may only be with a maximum of one other person (within 5km radius from their house) and cannot be out for longer than 1 hour. You must maintain social distancing of 1.5m at all times where possible.

### Set up

- All drills can be performed by yourself (no ball)
- If you have a workout buddy, you can add a thrower/pass (if you don't, pretend to receive pass)
- Cones spaced approximately 2.5-3m apart where appropriate
- If you don't have cones, you can use shoes, drink bottles, canned food, chalk markings etc.

### Solo Session

- Choose 3-5 drills to do
- Repeat each drill 6 times (3 on each side/direction)
- Rest for 60-90 sec between each drill

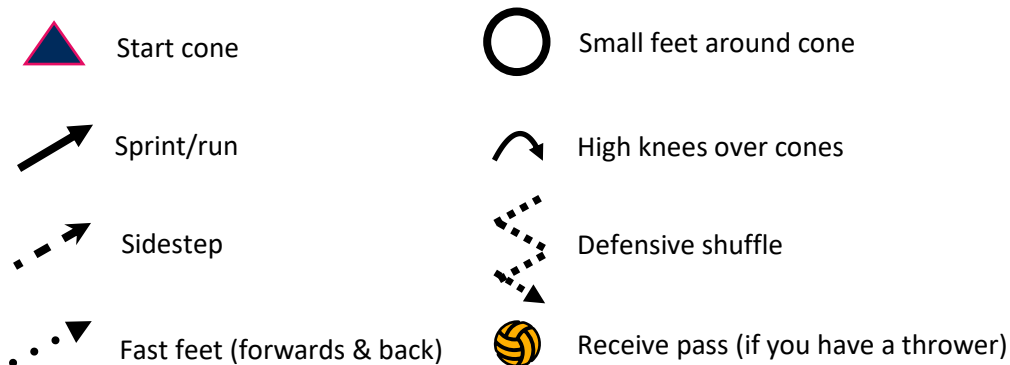
### Pairs Session (passer also works)

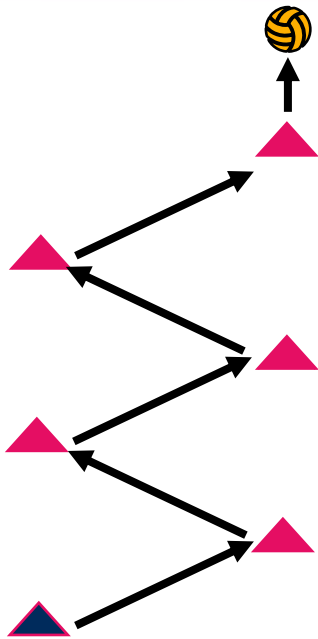
- Choose 3-5 drills to do
- First person performs drill 6 times (3 on each side/direction)
- Swap over (T becomes W / W becomes T)
- Repeat, alternating worker and thrower

### Coaching Points

- Perform each activity at match intensity
- Keep head facing forwards at all times and eyes up (even when driving back)
- Angle hips and shoulders in direction of movement
- Strong change of direction and push off
- Drive onto ball (if you have a thrower), don't leap

### Diagram Key



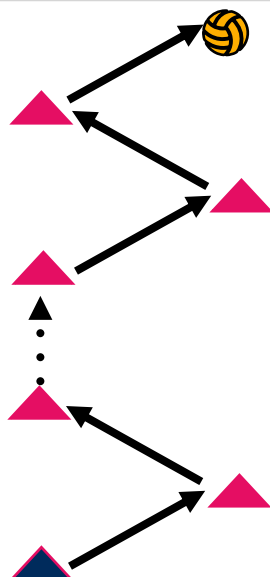
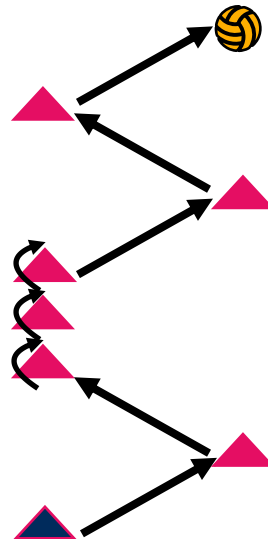


### Drill #1

- Angle drives through cones
- Straight lead at end (receive pass)
- Flip cones so you work the other way (first drive angle to left)

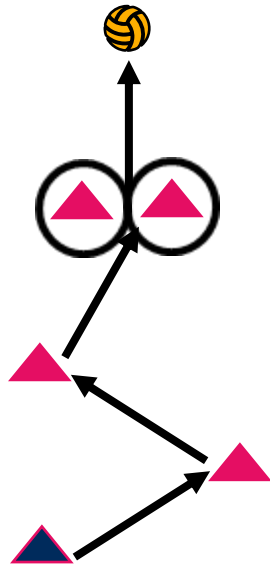
### Drill #2

- Angle drives through first 3 cones
- High knees over cones
- Angle drives through cones
- Receive ball on extension
- Flip cones and work the other direction



### Drill #3

- Angle drives through first 3 cones
- Small feet (pitter patter) forwards
- Angle drives through cones
- Receive ball on extension
- Flip cones and work the other direction

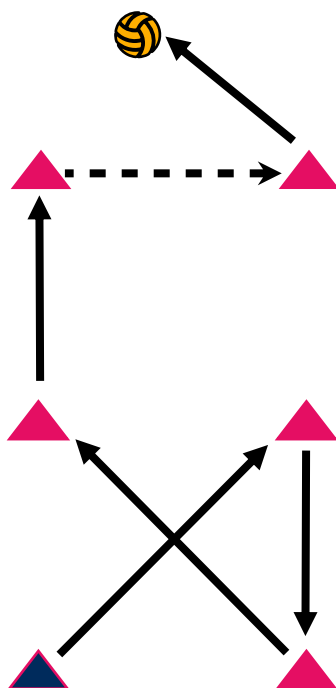
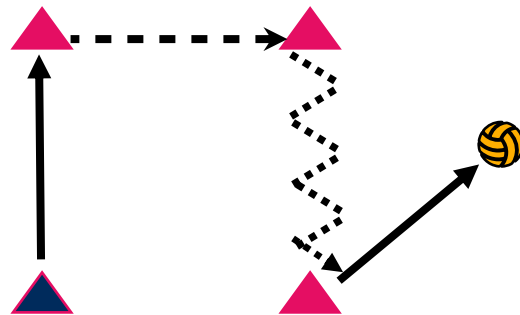


#### Drill #4

- Angle drives through first 3 cones
- Perform a figure 8 pattern around cones
- Straight drive from the middle – receive a high ball
- Flip cones and work other direction

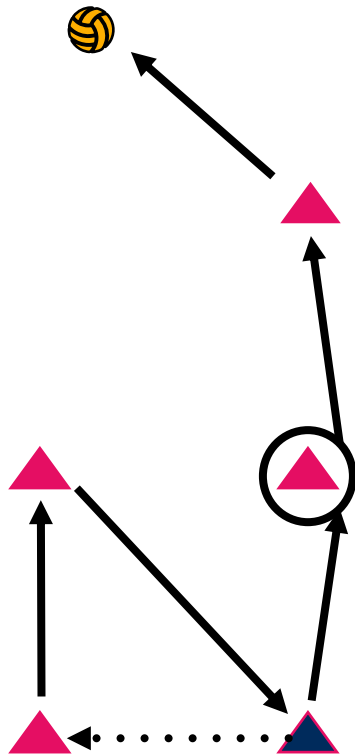
#### Drill #5

- Straight drive forwards
- Sidestep right
- Defensive shuffle back
- Angle drive right (receive pass)
- Work in opposite direction (start on other side)
- Progression: receive 2 reaction/surprise passes



#### Drill #6

- Angle drive right
- Backwards run
- Angle drive left
- Straight drive forward (receive pass)
- Sidestep right
- Angle drive left (receive pass)
- Reverse so you work the other way (start bottom right)

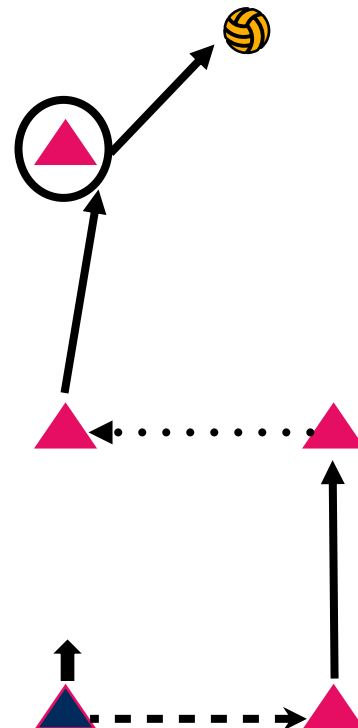


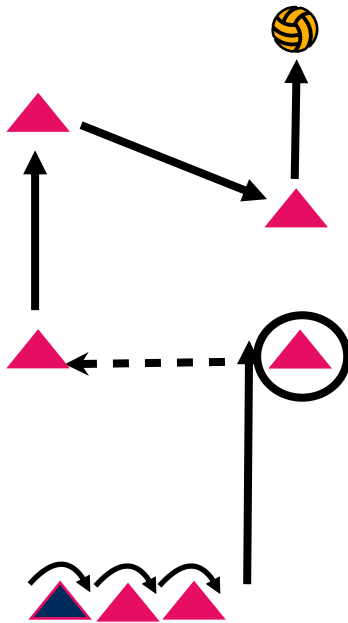
### Drill #8

- Small fast feet for left
- Straight drive forwards
- Angle drive back right
- Straight drive forwards
- Small feet around cone
- Straight drive forwards
- Angle drive left (receive ball on extension)
- Reverse so you work the other way (start bottom left)

### Drill #7

- Vertical jump on the spot
- Sidestep right
- Straight drive forwards
- Small fast feet left
- Straight drive forward
- Small feet around cone
- Angle drive right (receive ball on extension)
- Work in opposite direction (move last cone to the right and begin at bottom right cone)



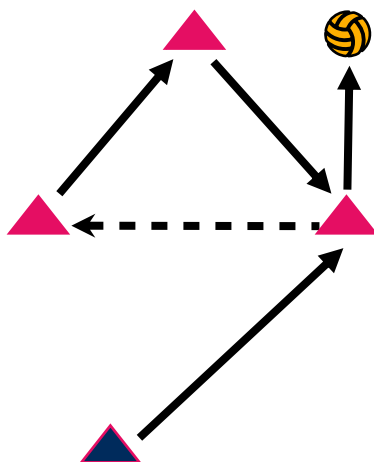
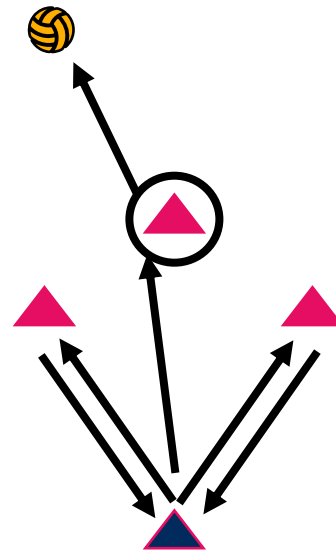


### Drill #9

- Small feet over cones
- Straight drive forwards
- Small feet around cone
- Sidestep left
- Straight drive forwards
- Angle drive back right
- Straight drive forwards
- Receive high ball
- Flip cones and work other direction
- Progression: receive pass on each forward drive

### Drill #10

- Drive up and back to each angled cone
- Straight drive forwards
- Small feet around cone
- Angle drive right (receive pass)
- Change direction of circle around cone, and angle drive

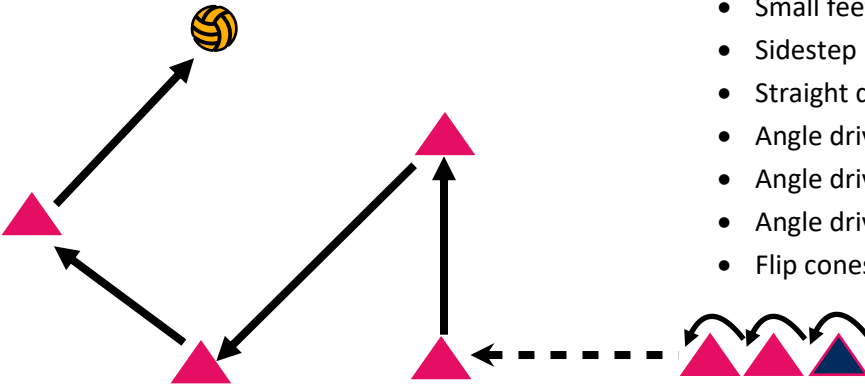


### Drill #11

- Angle drive right
- Sidestep left
- Angle drive right
- Angle drive back right
- Straight lead forwards (receive pass)
- Flip first cone and you work the other way (first drive angle to left)

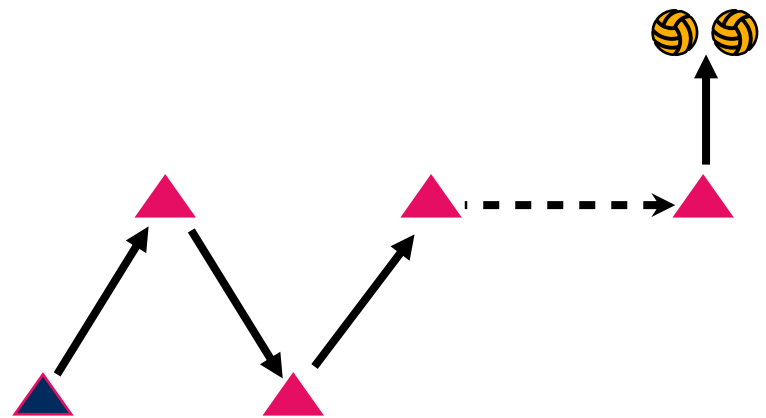
### Drill #12

- Small feet over cones
- Sidestep left
- Straight drive forwards
- Angle drive back left
- Angle drive left
- Angle drive right (receive pass on extension)
- Flip cones and work other direction (left to right)



### Drill #13

- Angle drive forward and back through cones
- Sidestep across
- Forward drive (receive 2 surprise passes)
- Change cones around so you work the other way (move left to right)



### Drill #14

- Straight drive forwards
- Angle drive back left
- Straight drive forwards
- Angle drive back right
- Sidestep right
- Straight drive forwards (receive high ball)
- Flip cones to work in opposite direction (right to left)
- Progression: receive pass on each forward drive

