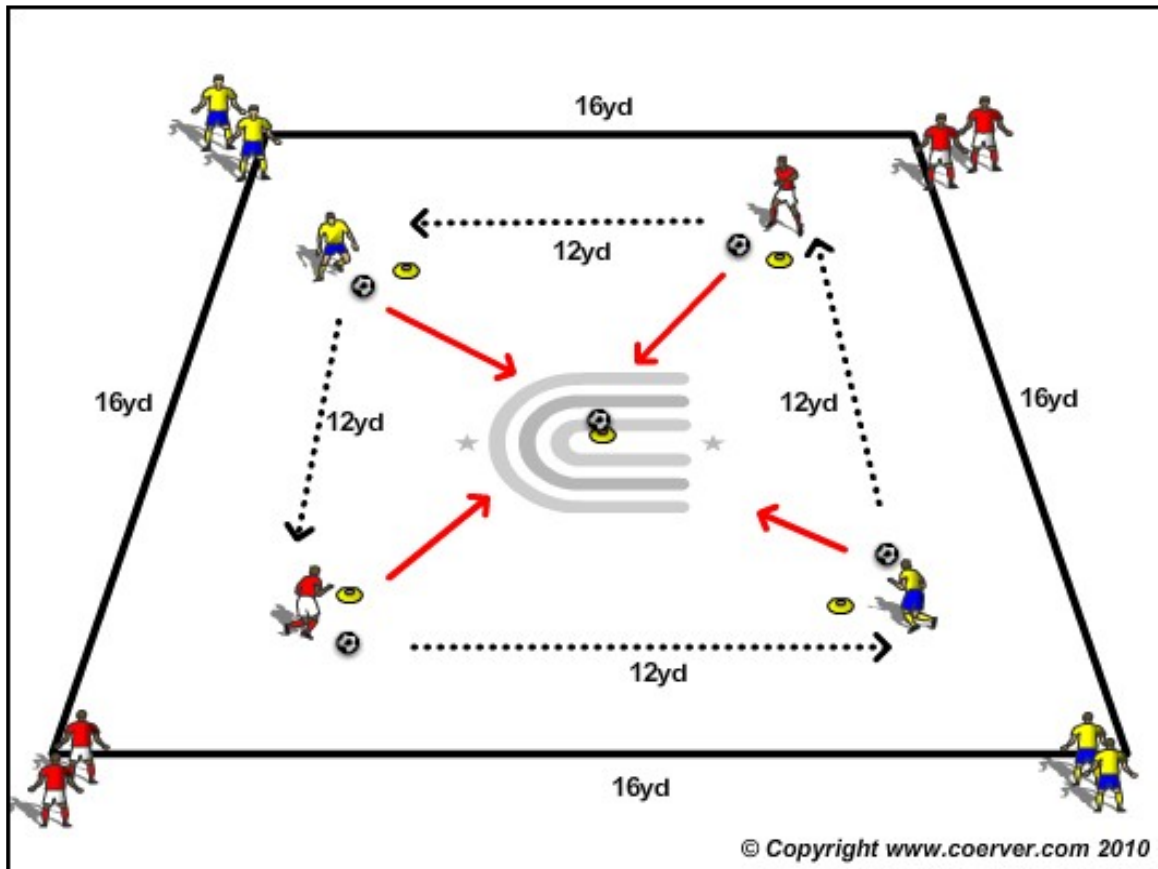


# Speed Drill 2



## “ROUND THE BLOCK.”

### PLANNER SEGMENT. Speed with Ball.

#### SET UP.

A 10-12 yd grid inside a 16 yd box  
Two teams at diagonally opposite corners. With a ball to each team.

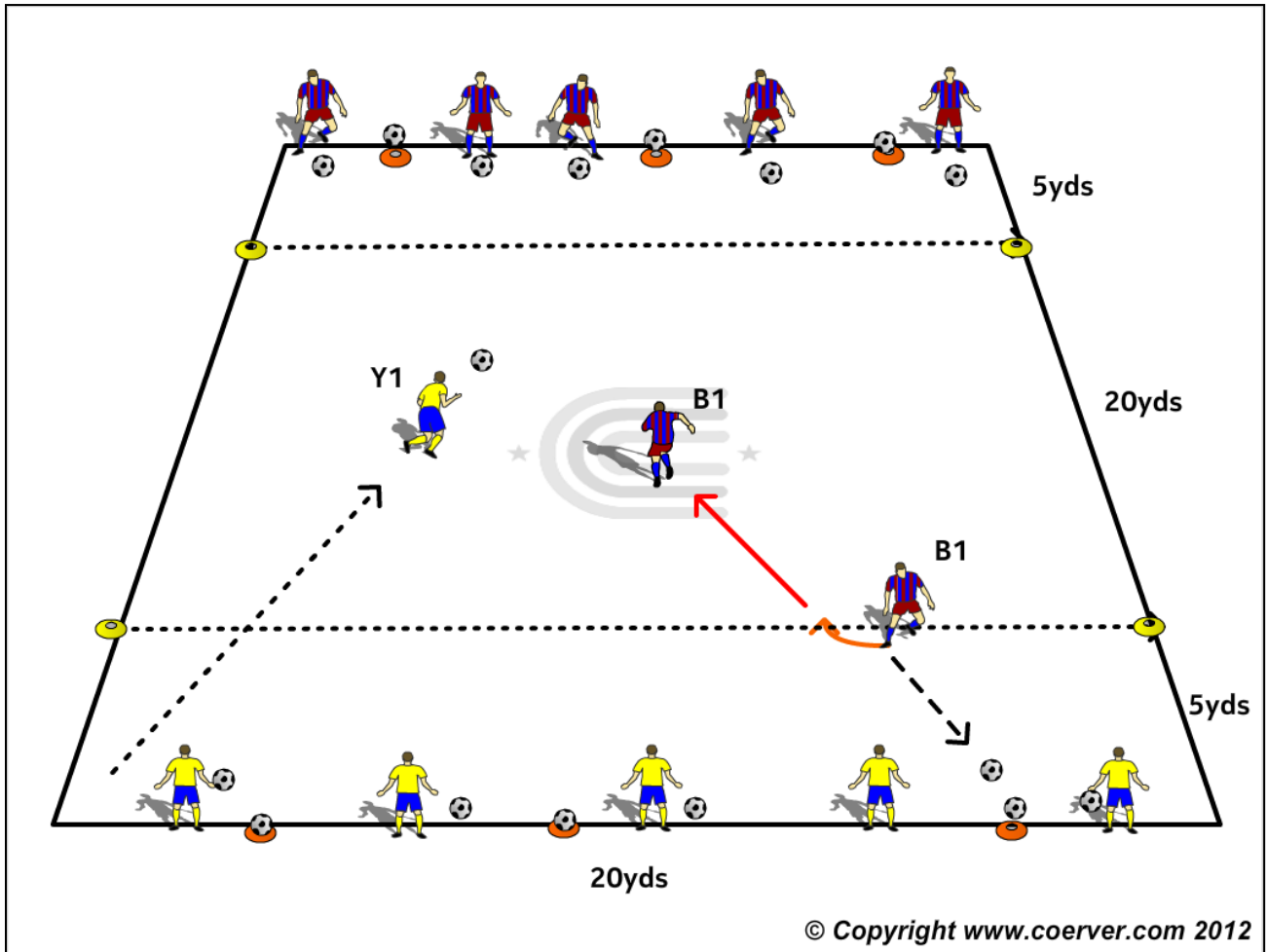
A ball on a cone in the middle of the grid.

#### ACTION.

On the Coach's signal the players speed dribble around the inside grid and when around their last cone cut inside to shoot and try to be first to strike the middle ball on the cone.

Skills to be practiced are.

1. Inside cuts.
2. Outside cuts.
3. Inside twist offs.
4. Outside twist offs.
5. High wave along each side.
6. Fake inside Cut along each side.



**PLANNER SEGMENT. SPEED.**

**PURPOSE.**

To improve speed with the ball. Finishing. Defensive recovery.

**AGES.** All.

**SET UP.**

A 20 x 20 yard field with three ball on cones on each end line.

Teams with a ball each line up on opposite ends.

Two cones at each end mark a 5 yd shooting line in front of each team.

**ACTION.**

On the Coach's call B1 dribbles to the Yellow line and try to knock a ball off a cone from inside the 5 yd shooting zone..

AS B1 shoots whether scoring or not Y1 dribbles out from the Y end line and tries to knock a Red ball off a cone from inside 5 yards.

After shooting B1 recovers to chases Y1 to try to prevent a goal ,

B1 shoots then recovers against B 2

The teams replace each ball for the first three balls then allow them to stay off when knocked. First team to 6 goals (Ball off cones) is the winner.

**COACH'S TIP.** Adjust the length of the field to the age and ability of your players. Longer for older players. Shorter for younger.

**PLAYER TIP.** Get a strong first touch towards the target when you start. Try to take as few touches as you can before shooting.