

# FOOTWORK

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## Between the Lines

Using a transverse line, sideline or a baseline, place about six cones creating another line so there is about three metres between the lines.

Players start with half the group on the line and the others behind them so one group works and the others rest.

Start without a ball and after a few reps players work in pairs with a ball.

- Variations in footwork can be practiced with this drill – forward and back, crossover, sidestep, vertical jump and hands over
- This can be used as a warm up drill before a game
- Do five then next group go and the other group have a rest
- Videos demonstrate without and with a ball

Teaching Points:

- Strong drives between the lines (speed and agility)
- Eyes at ball height
- Strong hands on the catch and release (when ball is added)
- Running arms

X X X X

Workers