

## Footwork and Agility (Advanced)

**COVID-19 Disclaimer:** please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you 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

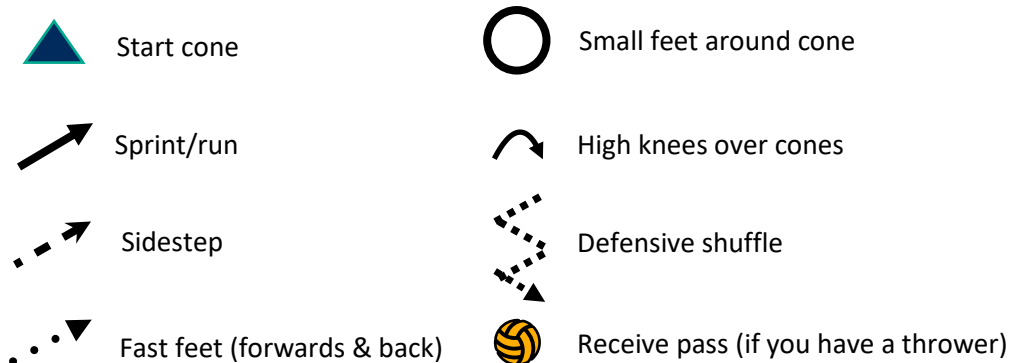
### Pairs Session (passer also works)

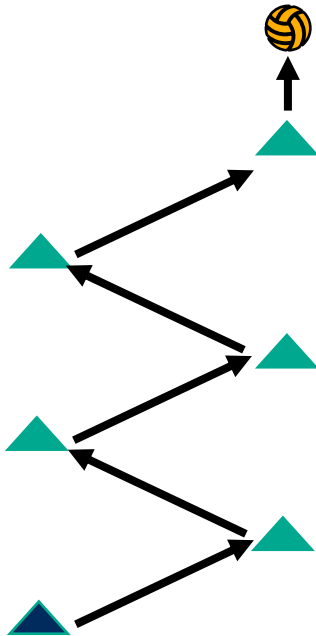
- Choose 3-5 drills to do
- First person performs drill 6 times (3 on each side/direction)
- Swap over (T becomes W / W becomes T)
- Repeat, alternating worker and thrower

### 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



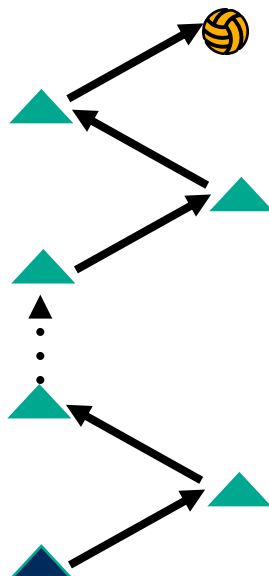
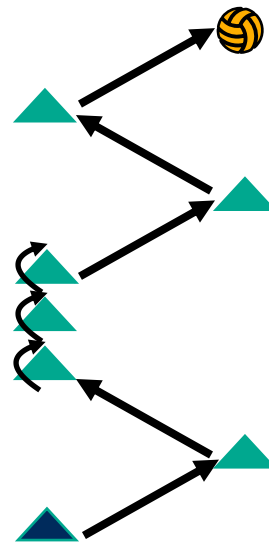


### Drill #1

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

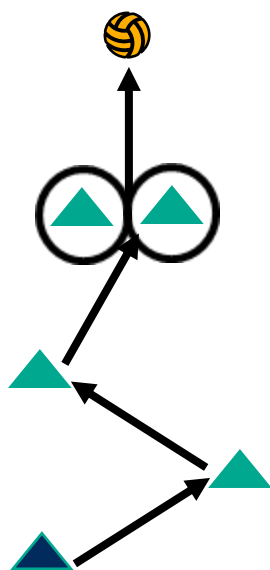
### Drill #2

- 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

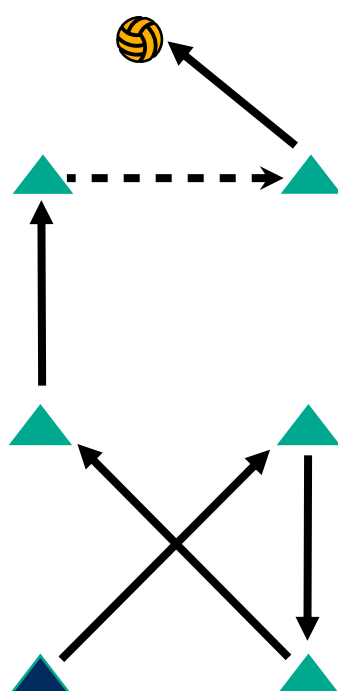
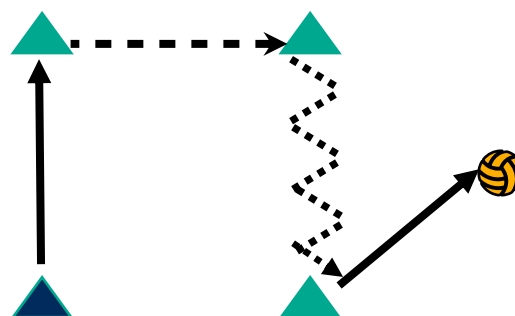


#### Drill #4

- 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

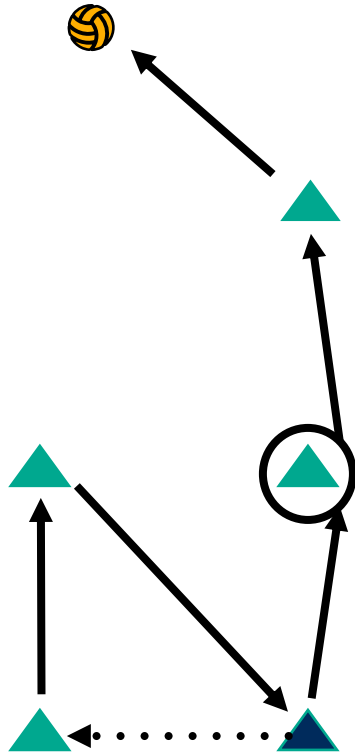
#### Drill #5

- 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)

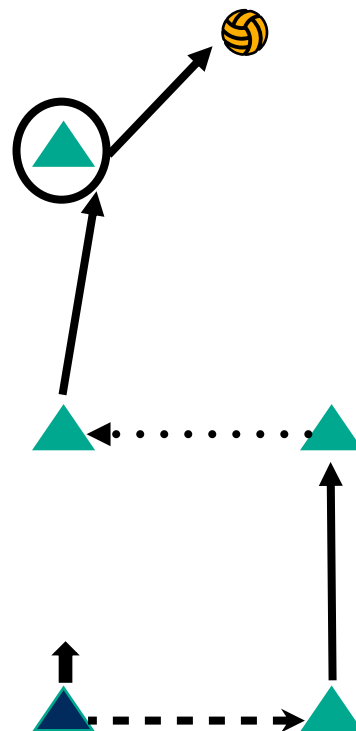


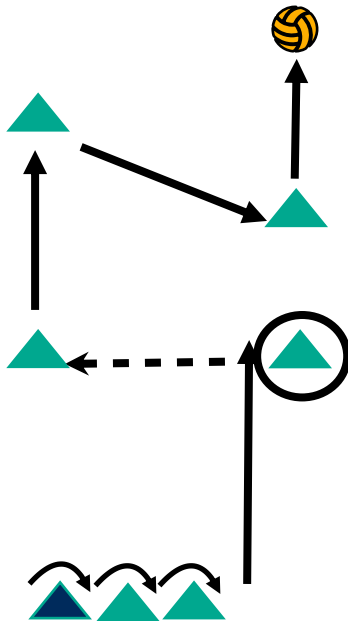
### Drill #8

- 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)



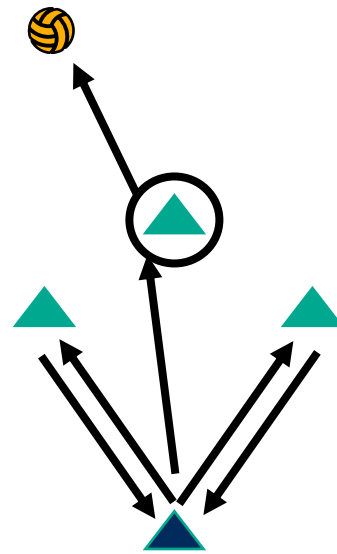


### Drill #9

- 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

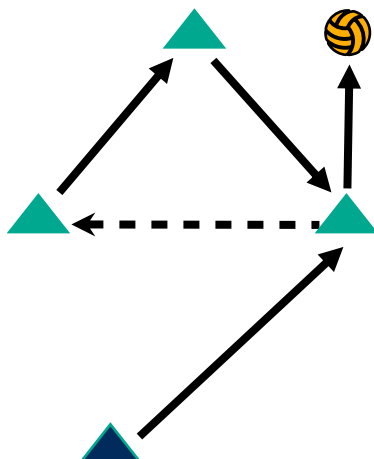
### Drill #10

- 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



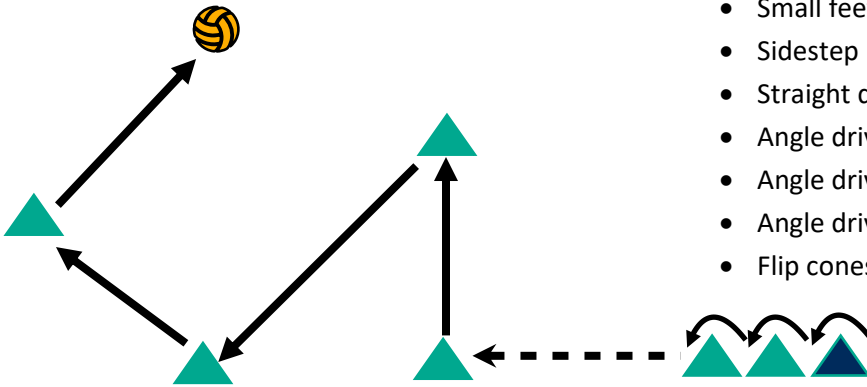
### Drill #11

- 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)



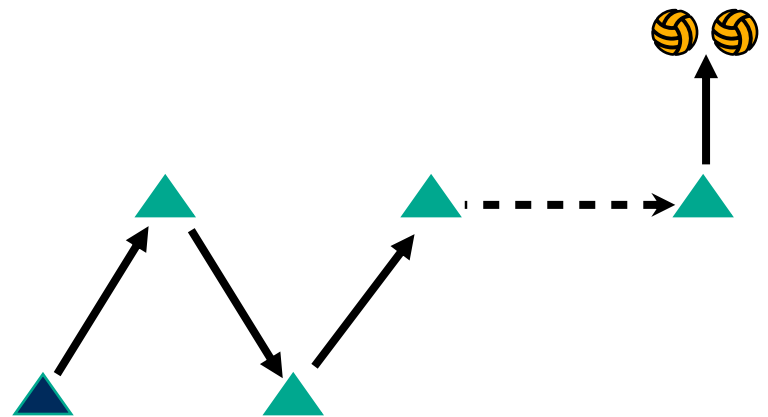
### Drill #12

- 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

