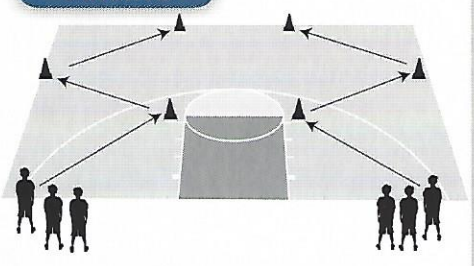


ZIG-ZAG SLIDE

Changing directions defensively

I/G/T

DEFENSE



Where they go: Two teams lined up in corners. Cones or markers as in diagram.

- On whistle, players defensive slide to each cone. When 1st player reaches cone, next goes.
- At each cone, players throw open arm and shoulder and make drop step to get into position to slide to next cone.

Key point: Focus on good stance, hands up, stay slow. Step-slide pointing toe of lead foot. Do not cross feet.

Make it a game: Relay race sliding down, sprinting back, touching all markers.