

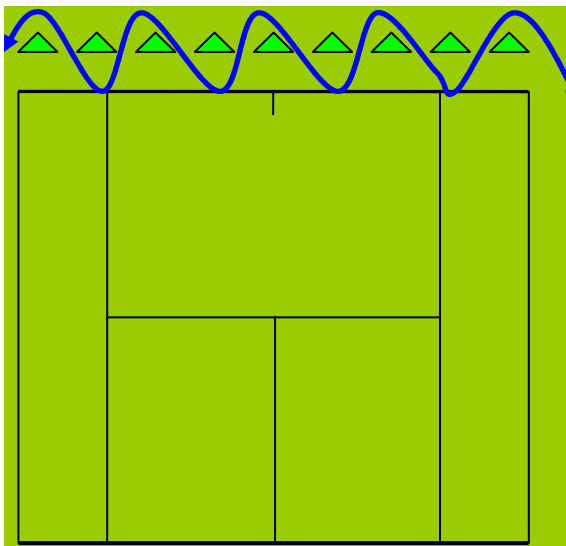
Cone Slaloms - Agility and Movement Training (Lateral & Forward/Backward Movement)

MT-3

Purpose

- Improve lateral movement, agility and footwork (Lateral Slalom Drill)
- Improve forward-backward movement, agility and footwork (FW/BW Slalom Drill)

**Exercise
Technique for
the Spider Drill**



Step	Action
Preparation	Line up 10 -12 cones along the baseline about a yard apart.
Lateral Slalom Drill	The player starts at one end of the cones facing the net.
	The player slaloms (weaves) through the cones using small adjustment steps moving slightly diagonally forwards and backwards until the end of the cones is reached.
	Facing the net, the player shuffles (side steps) back to the starting position and repeats.
	Repeat this drill from the other side of the line
Forward/ Backward Slalom Drill	The player starts at one end of the cones facing the cones, or across the width of the court.
	The player weaves through the cones using side step type, small adjustment steps, moving forwards slightly diagonally until the end of the cones is reached.
	The athlete backpedals to the starting position and repeats.