

Carioca Drill – Dynamic Warm Up

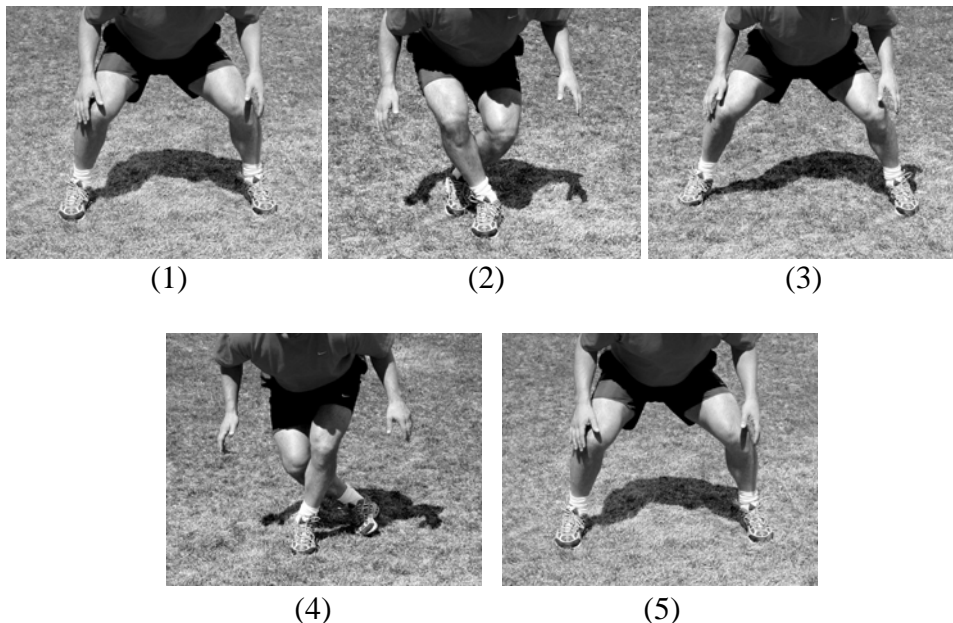
WU-3

Purpose

The carioca drill is a cross-stepping movement that propels the body laterally and will help:

- Improve lateral movement, agility and footwork
-

Carioca Footwork Technique



Stage	Action
1	In the athletic position, push off with the left foot and bring it towards the right foot.
2	While maintaining balance, cross the left foot behind the right foot and plant it on the ground.
3	Move the right foot laterally so you return to the athletic position.
4	While maintaining balance, cross the left foot in front of the right foot and plant it on the ground.
5	Move the right foot laterally so you return to the athletic position.
6	Reverse the steps to perform this drill while moving to the left.

Duration

Have players perform this exercise from double sideline to doubles sideline two times to the right and two times to the left.
