

Creating Space

Square Drill

- Player starts at cone 1
- Player slides to cone 2
- Player sprints diagonally from cone 2 to cone 4
- Player runs backwards diagonally from cone 4 to cone 2
- Player runs from cone 2 to cone 3
- Player slides across from cone 3 to cone 4
- Player runs backwards to cone 1
- Player jumps straight up twice at the cone 1

Variation

- Start at cone 2 going opposite way
- Add different variations in styles of movement
- Add more jumps
- Add dodges at selected or each cone
- Add another cone
- Add a thrower with ball
- Add another square
- Use different patterns of movement
- Make your square is small or as large as you want

Variation 2 - adding another lead, then add a thrower and introducing ball

