

Forward Momentum Drill

Age Level:

All Levels

Position:

All Players

Description of Drill:

Working on keeping our momentum going forward

Purpose of Drill:

We don't want kids to charge ball and stop feet right before fielding the ball. This drill will help us work on getting around the ball and have feet moving toward our target when we field it.

of Coaches/Players

Link to Diagram

One Coach

up to 4 Players

[Forward Momentum](#)

Equipment

Link to Video

4 Cones

[Forward Momentum](#)

Any OF or IF area

start video at 1:05

Time of Drill:

5 Minutes

of Reps per Player:

4 Players - 15+

How To Run The Drill

Set the cones up like the diagram. Have kids get ready, they can use a hop or Left, Right. Start without rolling ball. Set ball up in front of cone 3. Have kids take step around towards cone 2 and move toward where they would field the ball. Can add ball in as you progress.

Comments:

This is one of many 5 minute defensive drills. You could use this as part of a series of 5 minute drills that you rotate your entire team through.