

6U/8U - AGILITY & BALANCE

5 DOT DRILL

SETUP

- Use tape to form the 5 dot drill on the floor.
Dots are about 12 inches apart.

① MOVEMENT

- Using 2 feet player jumps from dot #1.
- Forward to dot #5 (center), then forward to dot #2.
- Backward to dot #5 (center).
- Forward to dot #3.
- Backward to dot #5 (center), then backward to dot #4.
- Forward to dot #5 (center).
- Backward to dot #1.
- Repeat for entire timed repetition.

Set up a couple 5 dot drills and make it into a race once the players get the pattern and technique down.

ADVANCED

Perform exercise hopping on 1 foot.



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