

ZIP ZAG RUN

- OBJECTIVE:** To develop hip flexibility, body balance, and increase body control.
- DRILL:**
- A. We will place 3 to 5 players 5 yards apart in a straight line.
 - B. The ball carrier will start at one end of the line and "Zig-Zag" between the players.
 - C. The runner should keep eyes up, drop hips to change direction, gather (no stutter steps) before direction change, head north and south and accelerate.
- GOALS:**
- A. Protecting the ball
 - B. Body balance and control

