

Train Tracks



COD's

Attacker: 180°

Defender: 180°

Drill focus

- Leader - To use deception and change of speed to gain space.
- Follower - To match the leader as close as they can and to improve reading deception and change of speed.

Set up

See the diagram above for dimensions.

There will be a leader (red) and a shadower (blue). The leader begins on the coach's whistle/call.

Execution

The leader chooses any of the COD cones to make a 180 COD (except the first cone). They then choose to make a second 180 COD at any of the cones they passed (except the starting cone). The shadower has to match the leader as close as they can, turning at the same cones the leader did. Once the leader has made the second COD, it is a race between both players to the finish line.

Tips

There are two main strategies the leader can use to gain an advantage over the shadower.

1. Deception

2. Change of speed.

After letting the group become familiar with the drill, coach them in adding some deception and changing speed.

It is highly beneficial for the shadower to learn to read the leader's deception and changes of speed.

A great way to promote learning is to ask the group what they are looking for when they are the shadower. There are not necessarily any wrong or right answers. It's to get them reflecting on the situation. Answers might include: hip position, quickening steps before a COD, or where the leader is looking.

Encourage players to find what their strengths are. If they change direction efficiently, their aim might be to reduce the amount of straight line running in the drill. If they have good speed over 5-10m, they might aim to increase the straight line distance in the drill. t

Troubleshooting

If the COD cones are placed too close together, it can be hard for the shadower to know which cone to turn at. Make sure to have enough spacing between cones so that it is clear which cones the leader is turning at.