

Squirm Line Sprints

Purpose

Develop footwork and reaction time

Procedure

- Start in a two-point stance.
- Sprint forward 5 yards (4.6 meters).
- Rotate 360 degrees and sprint another 5 yards (4.6 meters).
- Rotate 360 degrees again and sprint another 5 yards (4.6 meters).
- Sprint right or left for 10 yards (9 meters).

Complex Variations

- Put your right hand down on the ground during the first (right) 360-degree rotation and your left hand down on the ground during the second (left) 360-degree rotation.
- Vary the distance.
- Make turns when commanded by your coach.
- Use various biomotor skill combinations throughout the drill.

