

## Zipper Drill

**Objective:** To improve players' cradling, stickhandling, footwork, and dodging.

**Suggested space needed/equipment:**

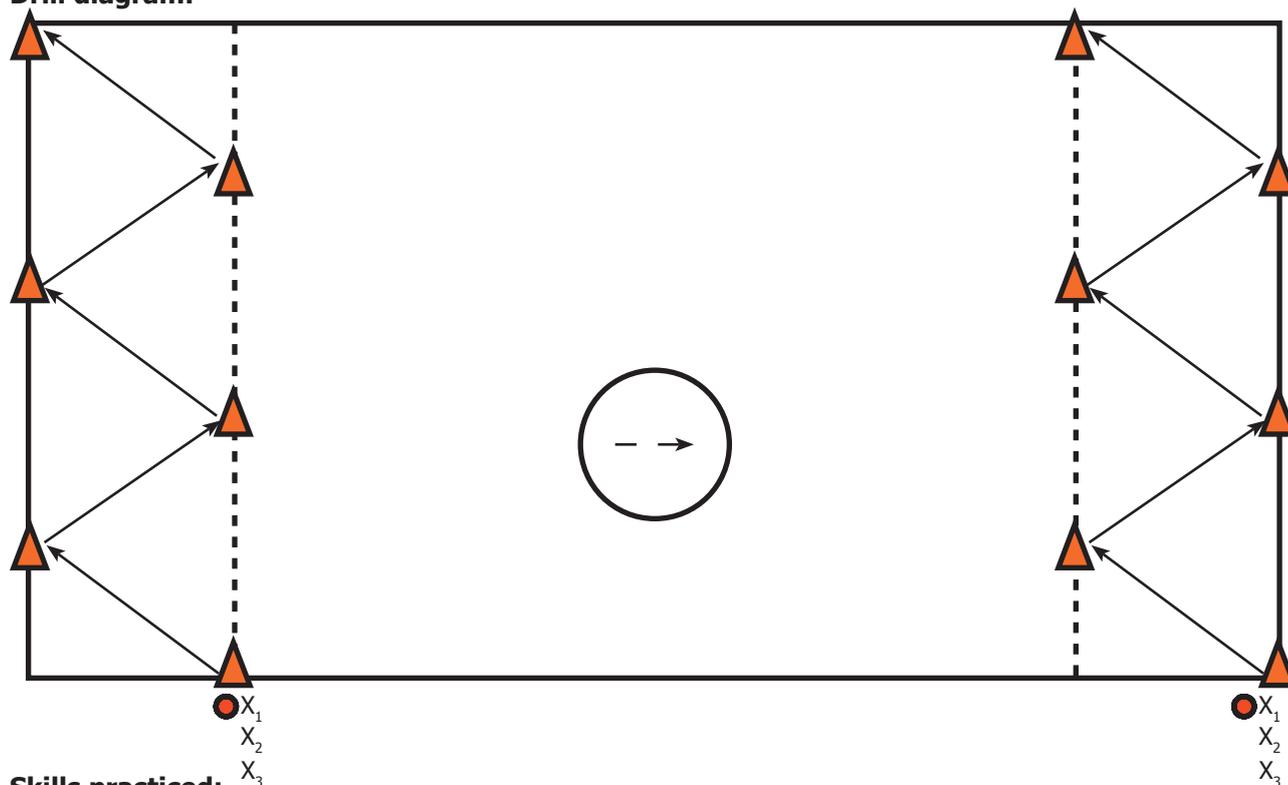
- Balls
- Cones

**Players needed:** The entire team can participate simultaneously, but to ensure sufficient repetitions, divide them into lines of 5-6 players.

**Description of Drill-Execution:**

Set up six cones in a zigzag shape (the distance between the cones should be about 10-12 yards, and the angle between them should be about 45 degrees), and start a line of players by the first cone. On a coach's whistle, the first player picks up a ball and runs towards the second cone. When he arrives at the second cone, he must "dodge" it (either a roll or split dodge), switch hands, and head towards the third cone. When he arrives at the third cone, he dodges it and continues in this pattern to the sixth cone. Once he passes the third cone, the second player in line can begin. Continue until all players in line have gone through the "zipper," and then send them back through it in the opposite direction.

**Drill diagram:**



**Skills practiced:**

- Cradling
- Dodging

**Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...):**

This drill can – and should – be practiced using both hands (be sure that players use the appropriate hands when running between cones). To increase the competitiveness, time players to see who can get through the zipper the fastest. To make it more game-like, have players make a pass or take a shot as they come out of the end of the zipper, or add a defensive player to run with and check them.

**Goalie involvement:** None

**Related drills:**

Plant and Pivot  
The Gauntlet