

Lateral Slide

The point system will be based on overall time with a missed target resulting in +3 seconds added to your overall time.

Three Targets will be set at 35ft from the center, 20ft apart left and right of center

Sliding distance is 20ft left and right of the center starting point

Three shots allowed at each slide point. A penalty of +1 second for every shot over THREE.

Scored on 10 Reps

Penalties:

+3 seconds for missing a target

+1 second for not following coaches directions (moving wrong direction or not shooting at the correct target)

+1 second for bad form (not sliding properly as described in the video)

-Target Time = Under 60 Seconds. (This drill has not been completed in a competition or Combine event)

Combination Presets from Ryan's Support Video

R = Right L = Left

1= Left 2 = Center 3 = Right

Preset 1: R3 R2 L2 R1 R3 L2 L3 L3 R3 L1

Preset 2: L1 R2 R3 R3 L1 L2 R1 L2 L3 R1

Preset 3: R2 L2 R3 R1 L3 R2 R3 R1 R1 L3

PRESET 4: L1 L2 L1 L3 L2 R2 L3 R1 R3 R1

PRESET 5: L3 R1 L2 R1 L3 L2 L3 R3 L1 R2