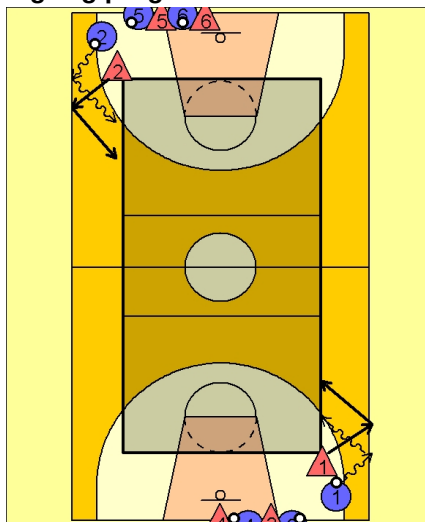


Zig zag progressions



Zig Zag Progression

One of the most common drills used by coaches, primarily as a defensive drill but also can be very good at developing ball handling skills

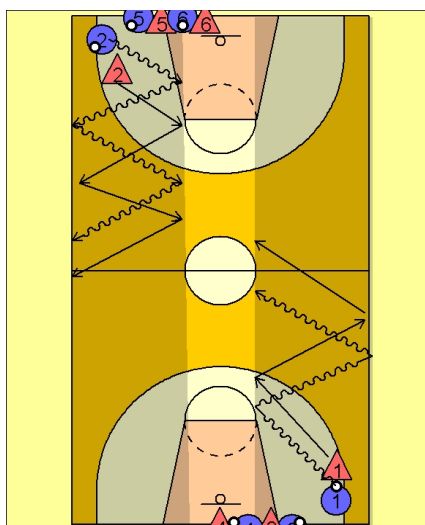
Players partner up and must dribble the length of the floor with a defender pressuring them.

It is important to note that the offense should not just go through the motions and zig zag but go where the defense forces them to go for the sake of the drill and improving their teammate.

They could go as fast as their teammate can keep up push them to go faster with each trip

The defense is trying to make the offense "turn" or change direction by getting their chest squarely in front of the path of the offense.

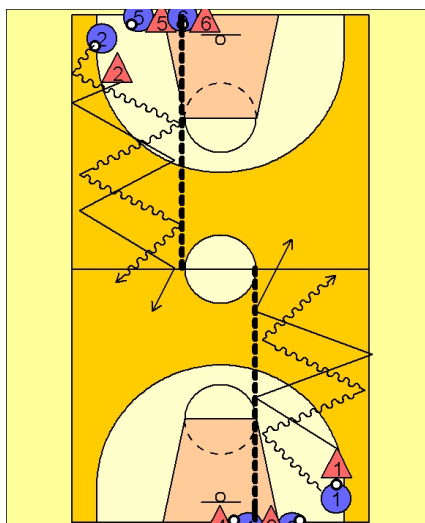
Initially, try using a lane only as wide as the outside of the volleyball court and the sideline. This will give the defense more confidence while getting lots of reps at "turning" the offense.



After they get down basic technique and begin to understand how to get the body in front of the offense and turn them, try widening the lanes as shown. This will increase the difficulty.

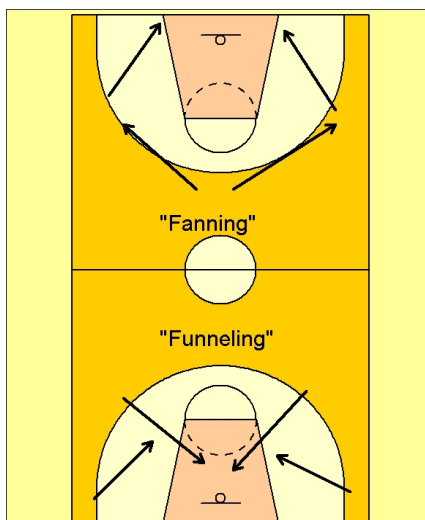
Remind the offense to go as quick as the teammate can handle.

If the defense can cut them off before the outside of the lane then all the better. The lanes are only boundaries and are not intended to be the only place that the defense can the offense.



Continue the progression by allowing the player to now play live one-on one after the half court.

Simulating a game, the defense is often to turn the offense as much as possible in the backcourt and force to a punch point after the center line.



"Punch point" refers to a defense philosophy, examples:

- Fanning: Forcing the opponent away from the key, to the sideline or baseline.
- Funneling: Forcing to the middle of the floor into traffic
- Weak Hand: Forcing an opponent to dribble with a weak hand more or to a side of the floor where they are less comfortable.

