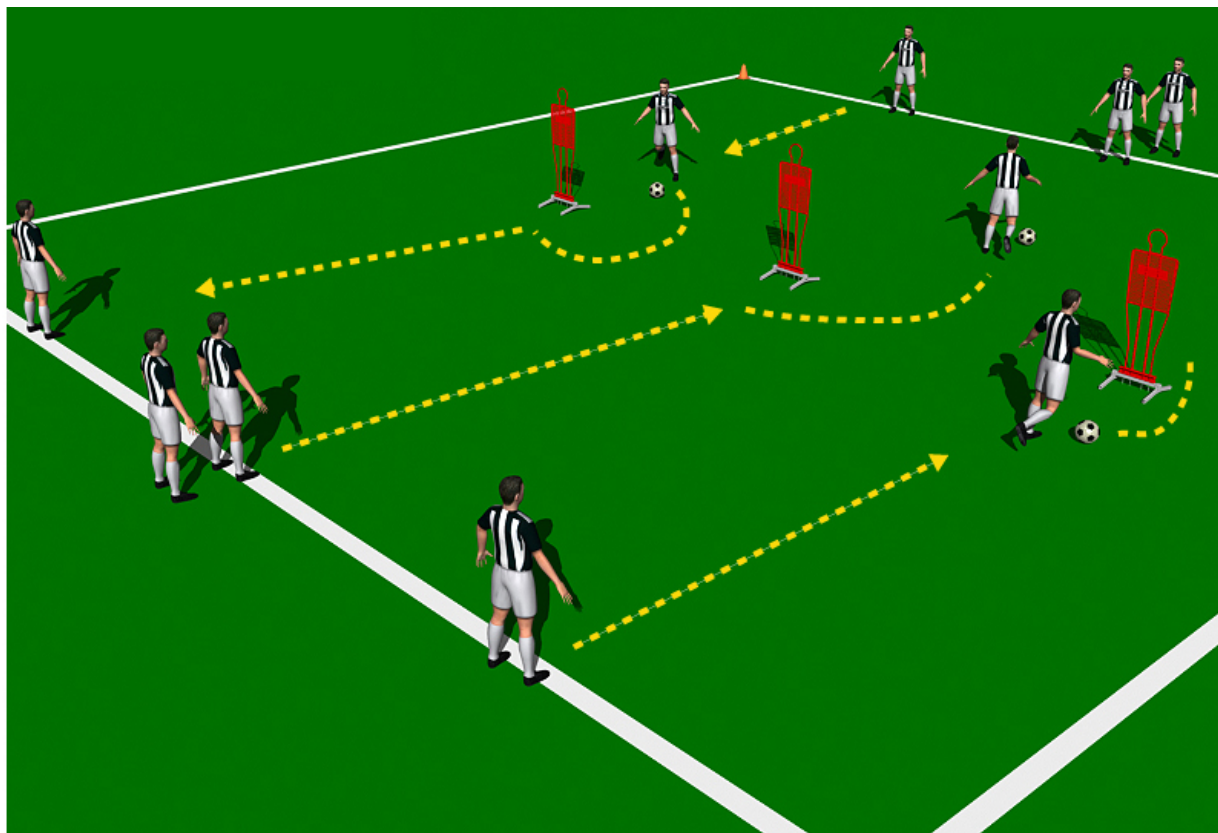


Mannequin Spin Outs Drill



Exercise Objectives:

This exercise focuses on developing the “**spin out move**” with a change of pace and change of direction with the ball. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see diagram above). The first player in each group runs at the mannequin and executes a “**spin out move**” before acceleration into the space behind the mannequin. He continues to the opposite side. The drill is then repeated from the other side. All players rotate through the mannequins in a circular fashion.

Focus on:

Clean technique
Change of Speed
Change of direction

Field Preparation:

- ★ Area approximately 20 yards x 20 yards.
- ★ Entire group
- ★ Mannequins and cones.