

# The Zig Zag

*Dribbling combination pattern using both feet*

## Description

Athlete dribbles in and out of cones using specific combination pattern as fast as they can for time.

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## Purpose

Measure an athlete's advanced dribbling skills.

level	coaches	equipment		
L2	1	 10 cones	 1 ball	 1 stopwatch

## Directions

*Before running test, review directions with athletes.*

### 1. Athlete Faces Coach

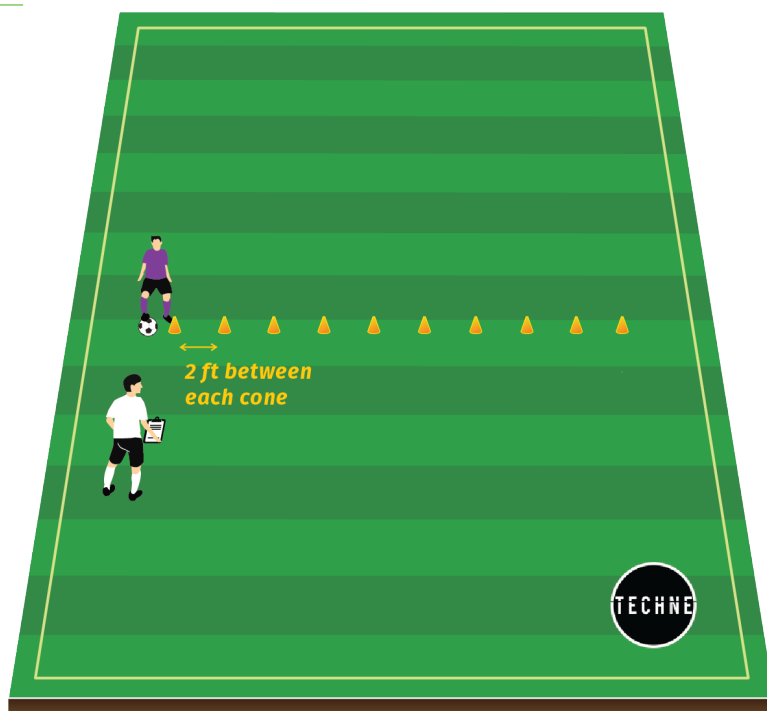
The athlete must face the coach during the entire test, forcing use of opposite feet combinations on the return journey.

### 2. Roll, Drag, Pass, Push

The combination is roll across, drag back, pass to side, push forward. More simply; roll, drag, pass, push.

### 3. Scoring

Coach says go and starts timer, athlete starts dribbling through cones and the coach stops timer when the athlete comes back and passes the last cone. The time is the score.



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## What Could Go Wrong

1. If an athlete hits a cone, there is no time penalty.
2. Penalize 2 seconds of total time each time athlete doesn't do correct dribbling combination.

## Key Points

1. It's recommended to test 1-5 athletes at a time. We highly suggest creating 2-3 additional Zig Zag testing stations and have others practice while one group is tested. We recommend giving your team a few minutes to practice this test prior to recording their scores.
2. If you have multiple coaches, please test more than one group at a time.

