



DB Fundamentals & Drills: Footwork & COD

LAMARCUS HICKS

EASTERN MICHIGAN UNIVERSITY

CORNERS COACH

 **@LAMARCUSHICKS**

FOOTWORK & COD

- **MUST BE DONE EVERYDAY**
- **DEVELOPMENT FOCUS:**
 - **COD, BODY CONTROL, EYE CONTROL**

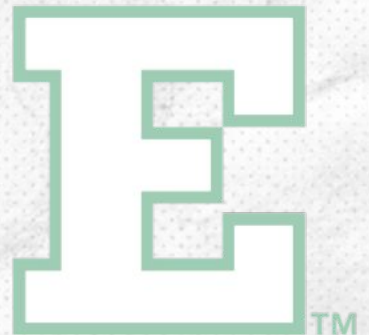
DRILLS:

- **STANCE & START**
- **COD DRILLS**



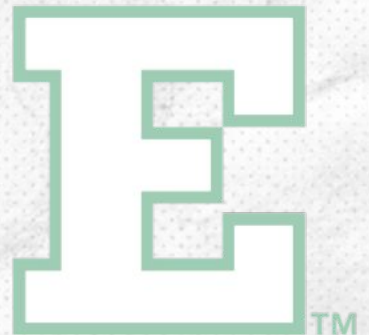
STANCE & START

- **STAGGERED STANCE**
- **WEIGHT ON BALLS OF FEET**
- **BEND AT ANKLE, KNEE, HIP**
- **CHIN OVER TOES**
- **ELBOWS BENT**
- **PUSH OFF FRONT FOOT**



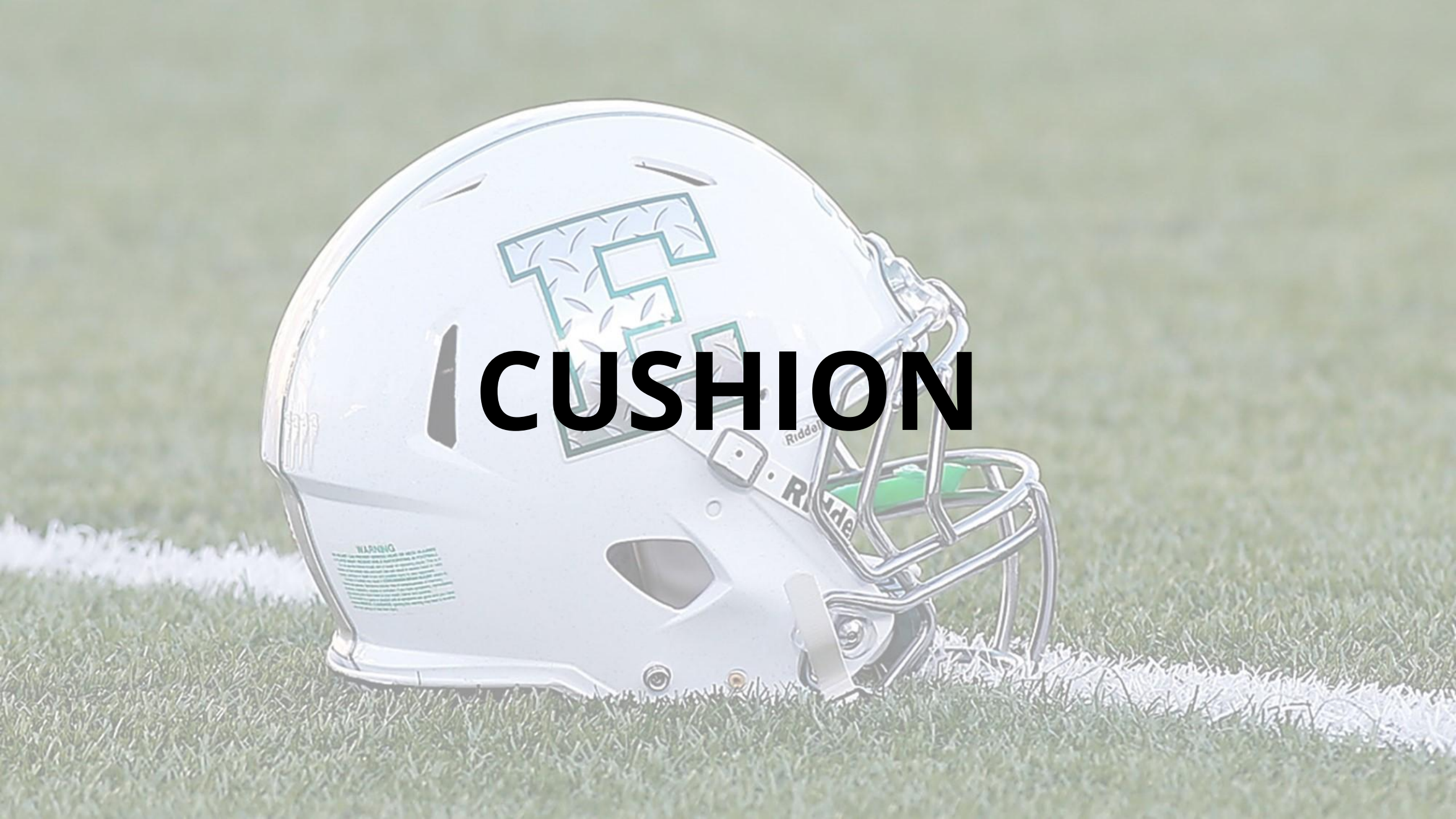
BACKPEDALING

- CHIN DOWN / PADS DOWN
- ELBOWS BACK – ROTATION AT SHOULDERS
- UNDER CONTROL
- SHORT STRIDE





WEAVE



CUSHION

CHANGE OF DIRECTION

PLANT & DRIVE

- SINK HIPS
- PLANT W/ OPPOSITE FOOT
- POINT YOUR TOE/EYES TO TARGET
- ACCELERATE



W DRILL