



The Combine Lateral Slide

The Lateral Slide Combine Challenge is designed to test a player's ability to move laterally with precision, maintain shooting accuracy under pressure, and execute proper sliding technique. This drill emphasizes speed, accuracy, and discipline, with penalties applied for missed targets, improper technique, or failure to follow instructions.

The Drill

The drill involves sliding laterally between designated points, shooting at targets placed 35ft from the center. Here's how it works:

Set-Up:

- Three targets positioned 20ft apart: one at center, one 20ft to the left, and one 20ft to the right.
- Sliding distance is 20ft in either direction from the starting point.

Execution:

- You are allowed three shots per target at each slide point.
- Follow the coach's designated shooting pattern, moving between the targets in the correct order.

Reps and Scoring:

- The drill is completed over 10 reps.
- Your final score combines your total time and penalties for missed targets or improper technique.

Penalties

Penalties are designed to encourage accuracy, adherence to instructions, and proper form:

- Missed Target: +3 seconds for each missed target.
- Failure to Follow Instructions: +1 second for moving in the wrong direction or shooting at the incorrect target.
- Improper Technique: +1 second for poor form (e.g., not sliding correctly as outlined in the video).
- Shots Over Limit: +1 second for every shot exceeding the three-shot limit per target.

Target Time: Players should aim to complete the drill in under 60 seconds.

Preset Patterns

Players must follow pre-determined shooting patterns for each rep. Patterns dictate the order of target engagement and ensure variability in the drill.

Key:

- R = Right, L = Left
- 1 = Left Target, 2 = Center Target, 3 = Right Target

Preset Patterns:

- **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

What You'll Need

- Three Targets: 10" diameter targets positioned 35ft from the center at 3ft height.
- Open Space: A clear, open field for safe sliding and shooting.
- Spotter/Timer: A teammate or coach to count hits, monitor time, and enforce penalties.
- Reference Video: Use Ryan's video for correct sliding form and instructions.

Why It's Important

This drill tests your ability to perform under pressure while maintaining proper technique. Sliding laterally with accuracy is a critical skill for moving between bunkers and engaging targets during gameplay. By practicing this drill, players will enhance their coordination, spatial awareness, and ability to follow strategic instructions in high-pressure situations.

Take the challenge, improve your lateral slide skills, and gain an edge over the competition!