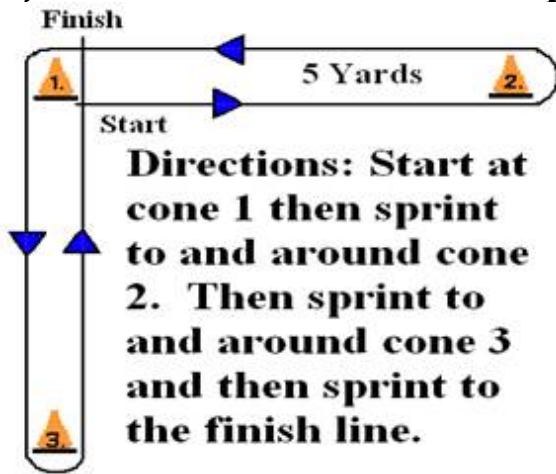


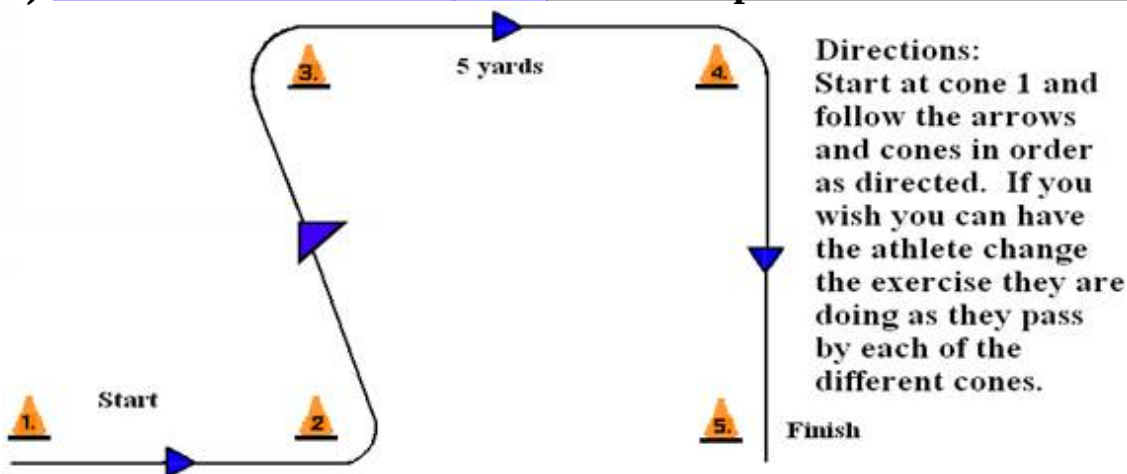
Sport Cone Drills #1

1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



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2) 5 Cone Corner Cut Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



3) 3 Cone Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest

