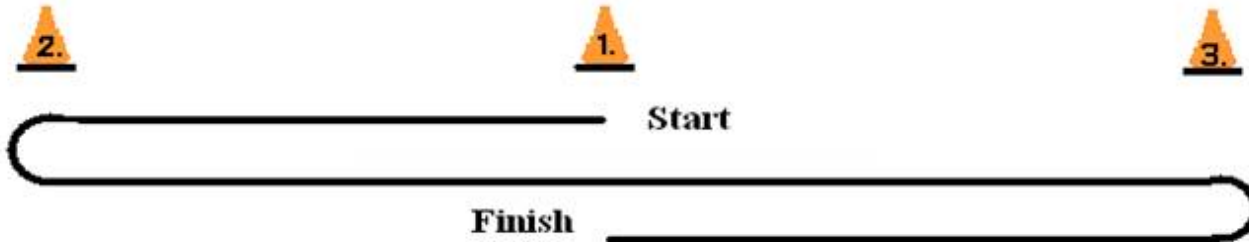


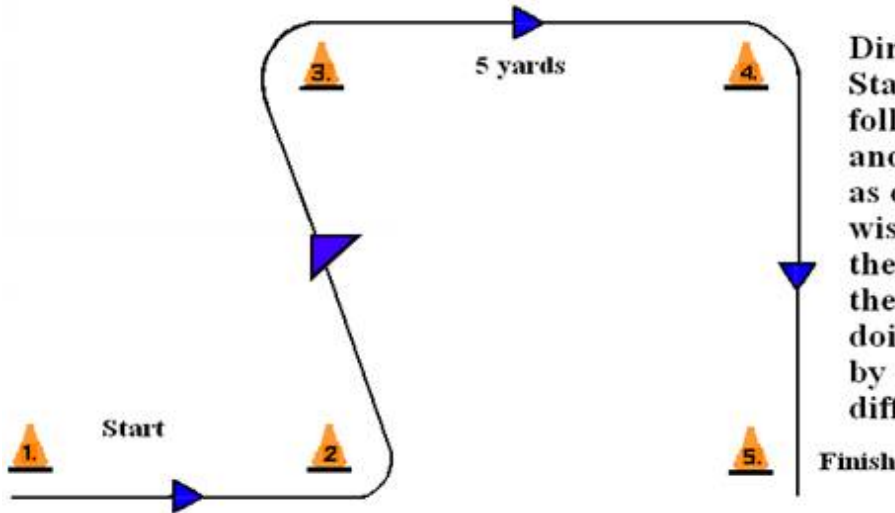
Sport Cone Drills #11

1) Pro Agility – 2 to 3 Reps- 45 Second to 1 Minute Rest



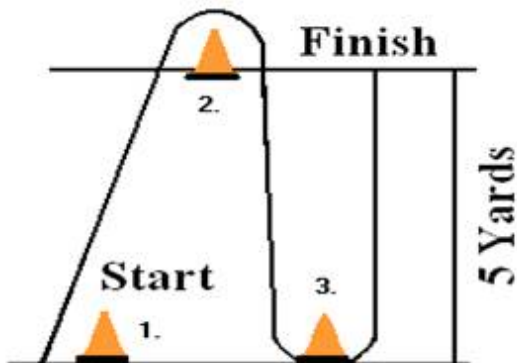
Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

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



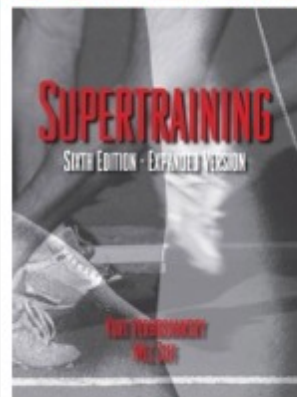
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

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



Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

SUPERTRAINING



The Definitive
Training
Resource

New Expanded
6th Edition

At The **XL** Athlete Store