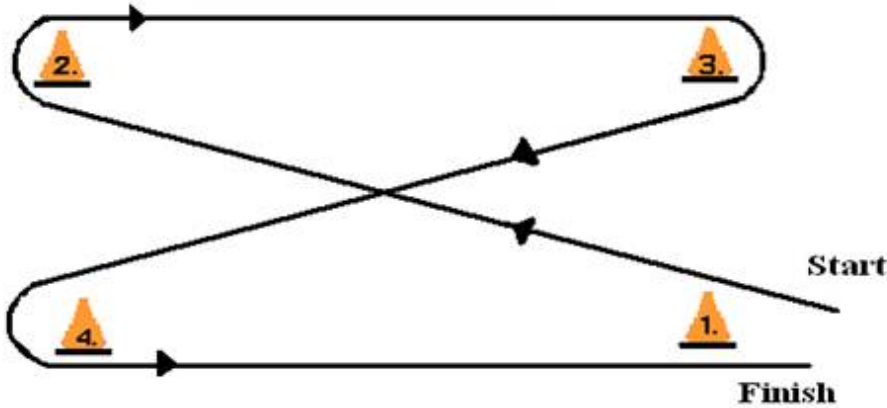


Sport Cone Drills #12

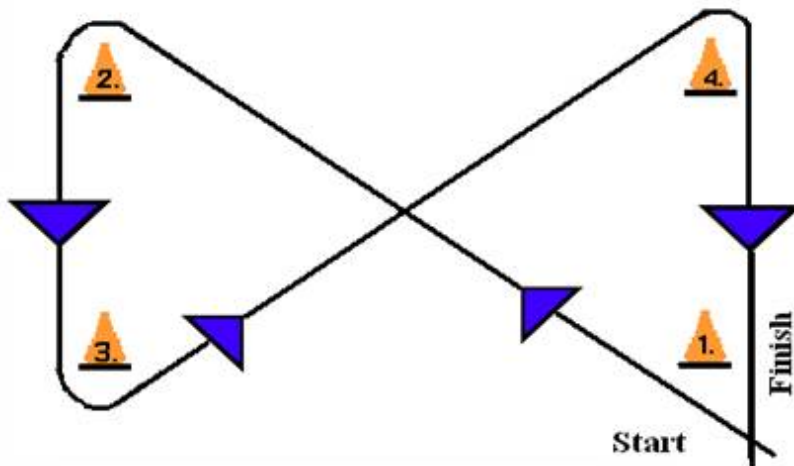
1) 4 Cone Cross – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions:
Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

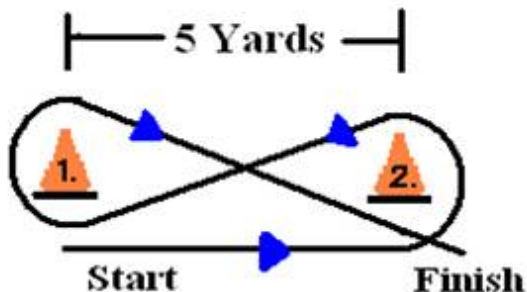
2) 4 Cone

“X” Pattern – 2 to 3 Reps- 45 Second to 1 Minute Rest



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

3) 5 Yard Figure 8 Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2, and then back to and around cone 1, ending at cone 2.

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