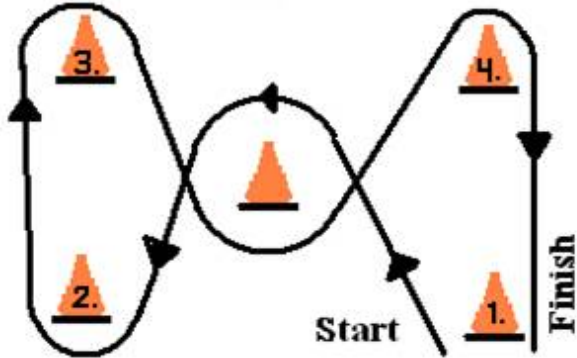


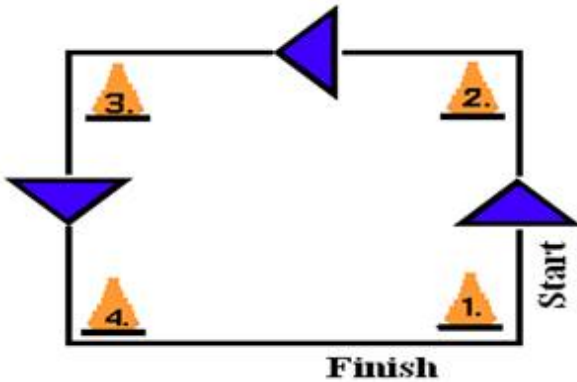
Sport Cone Drills #13

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



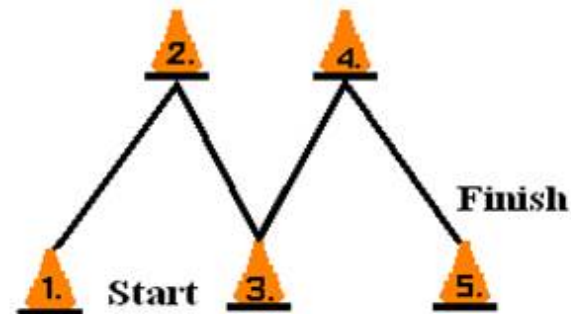
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

- 2) **4 Corner Drill**– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

- 3) 5 Cone “M” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

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