

Sport Cone Drills #14

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



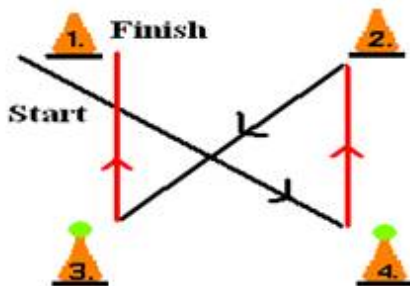
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

2) “T” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

3) 4 Cone Tennis Ball Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

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