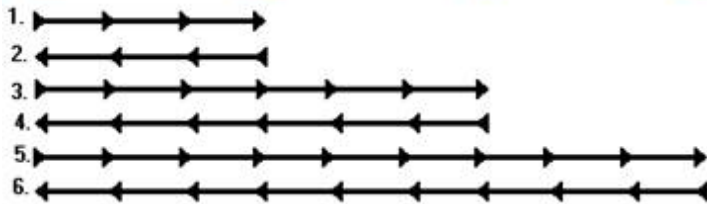
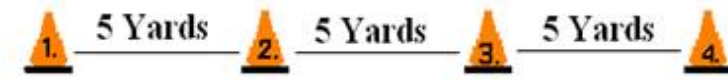


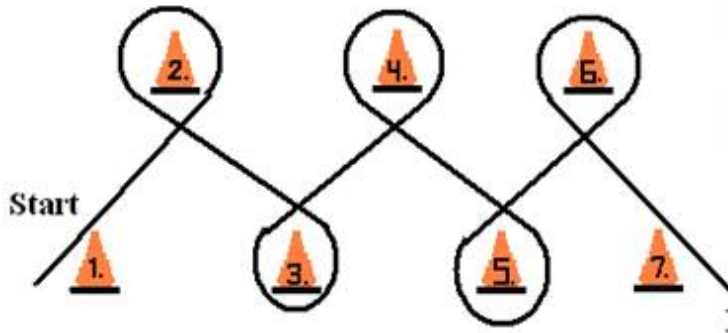
Sport Cone Drills #15

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



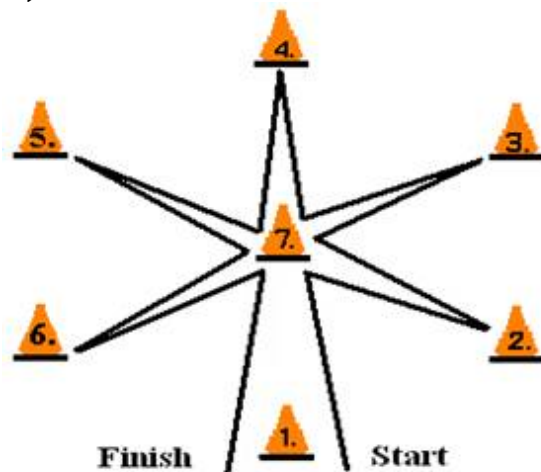
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

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



Directions: Start at cone 1 and sprint to the far side of cone 2. Go around cone 2 and sprint to the far side of cone 3. Continue doing this until all of the cones have been rounded and you finish at cone 7.

3) 7 Cone Star Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7. Continue this order until a full circle is completed and you finish at cone 1.

Order of Cones Touched:

1-7-2-7-3-7-4-7-5-7-6-7-1

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