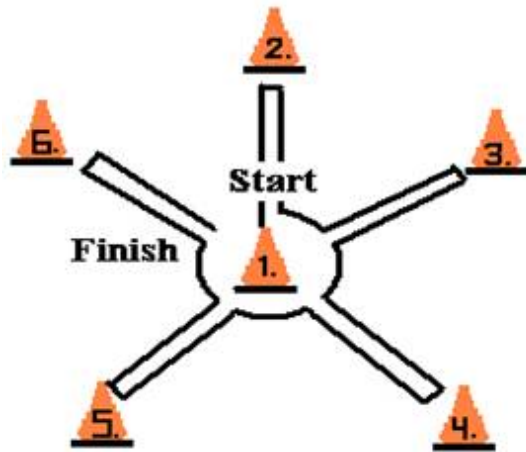


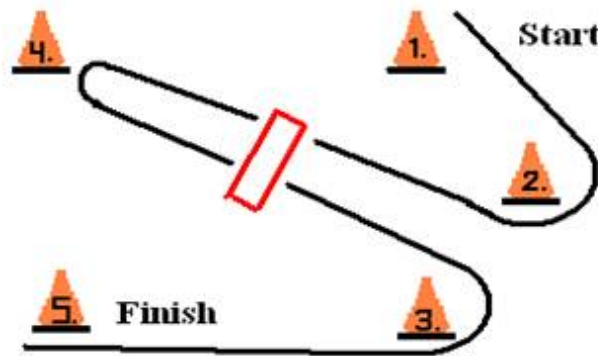
Sport Cone Drills #16

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



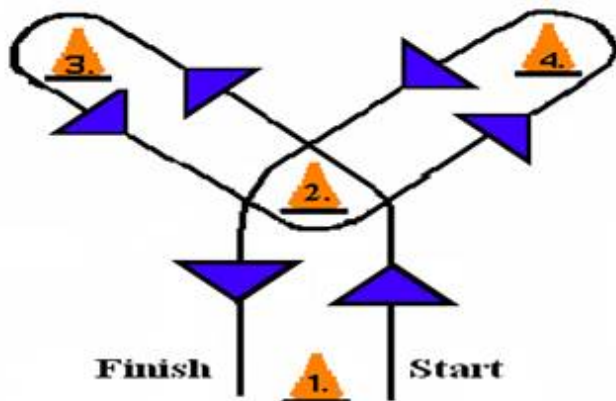
Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

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



Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

3) 4 Cone “Y” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to cone 2 then to cone 3 and then back to cone 2. Sprint around cone 4 then back around cone 2 back to cone 1.

