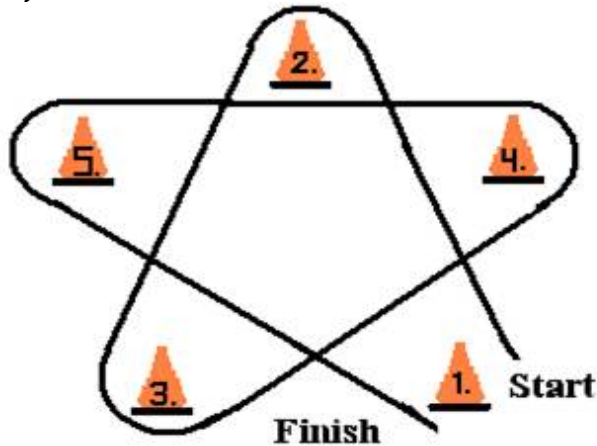


Sport Cone Drills #17

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



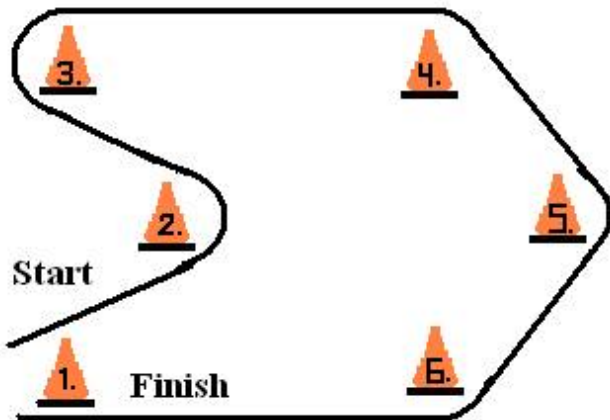
Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

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



Directions: This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make separate your self from the defensive player. The goal of the defensive player is to not allow separation from the offensive player.

3) 6 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Direction: start at the bottom left with cone 1. Following the pattern and returning at cone 1.

