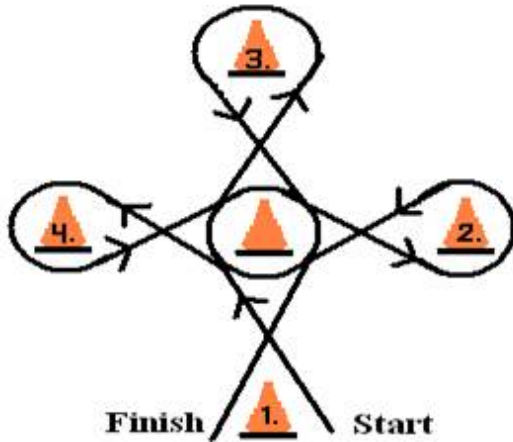


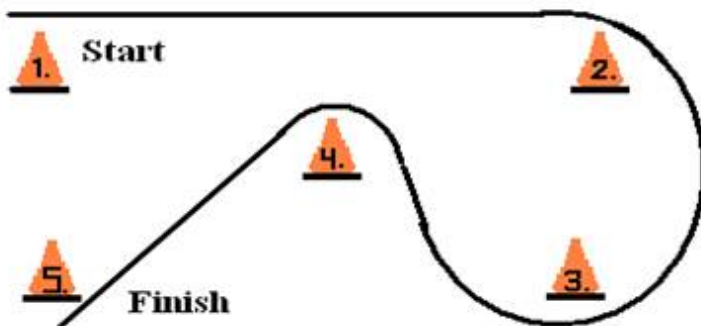
Sport Cone Drills #18

1) Star Cone Drill #4 – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at the right of cone 1, run to the left side of the center cone where you will make a right turn around the center cone and run towards cone 2. Run to the right side of cone 2 and go around it back to the left side of the center cone. Make a right turn around the center cone and run towards cone 3. Follow the same pattern until you end back up at cone 1.

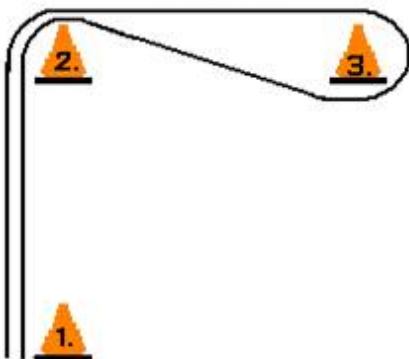
2) “R” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and run and run an “R” pattern finishing at cone 5.

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

5 Yards



Finish Start

Directions: Start at cone 1. Sprint around cone 2 to cone 3. Sprint around cone 3, back around cone 2 and finishing at cone 1.

SUPERTRAINING

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