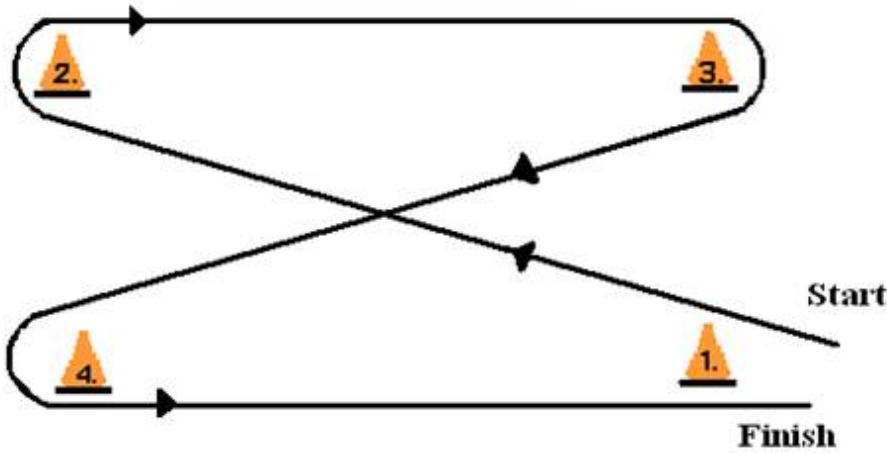


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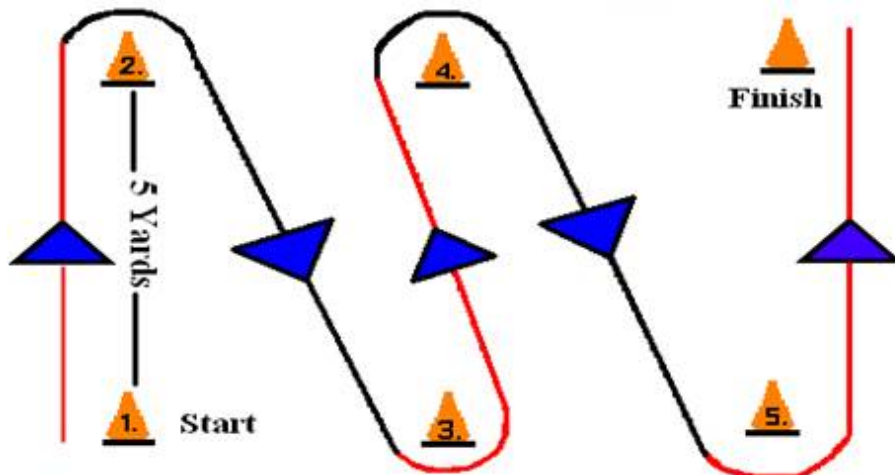
Sport Cone Drills #3

1) 4 Cone Cross – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions:
Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

2) Back Paddle Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start by facing backwards at cone 1, and back paddle to cone 2. Sprint to cone 3, back paddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

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



Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

