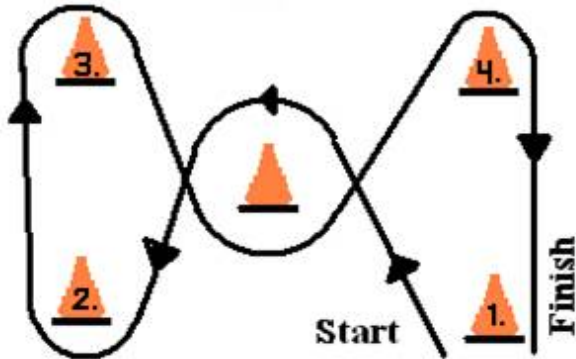


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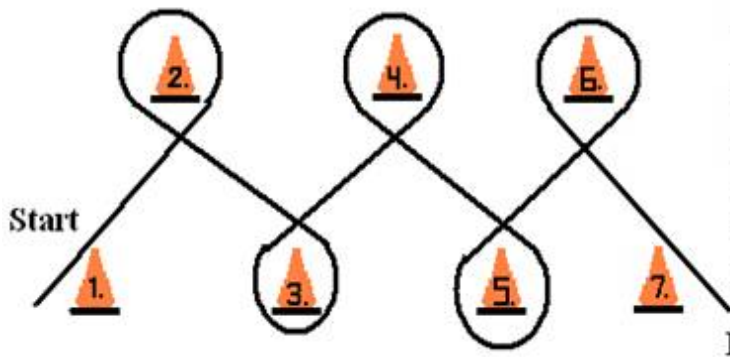
Sport Cone Drills #4

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



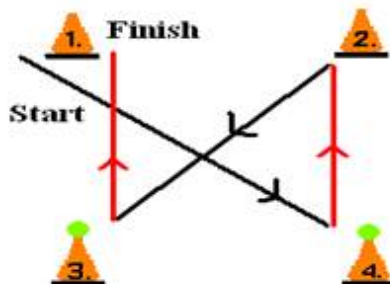
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

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) 4 Cone Tennis Ball Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.