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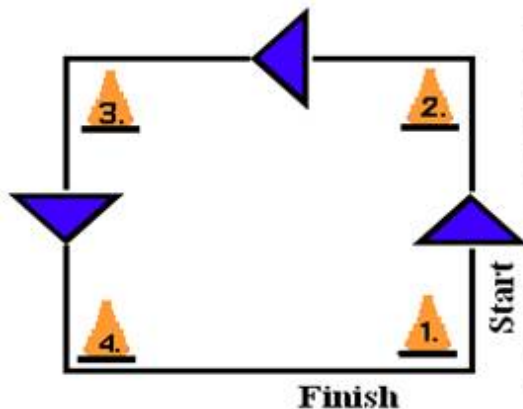
Sport Cone Drills #5

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



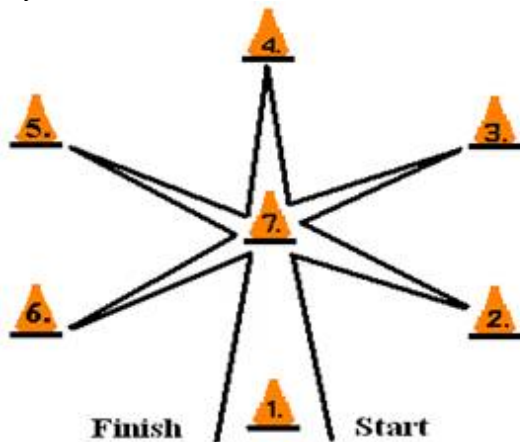
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

2) 4 Corner Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

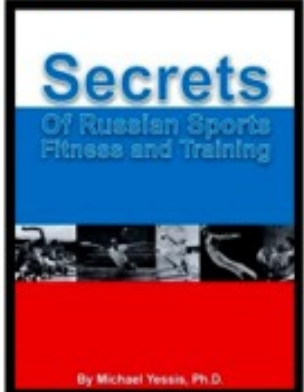
3) 7 Cone Star Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7. Continue this order until a full circle is completed and you finish at cone 1.

Order of Cones Touched:
1-7-2-7-3-7-4-7-5-7-6-7-1

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