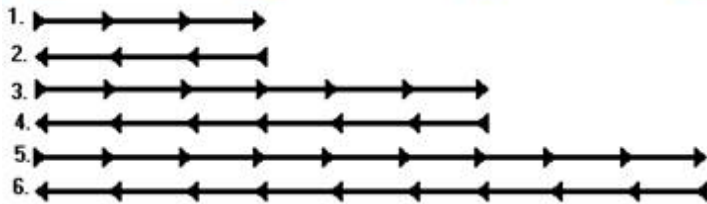
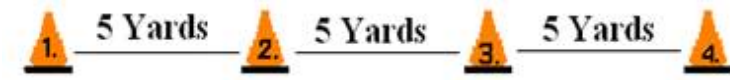


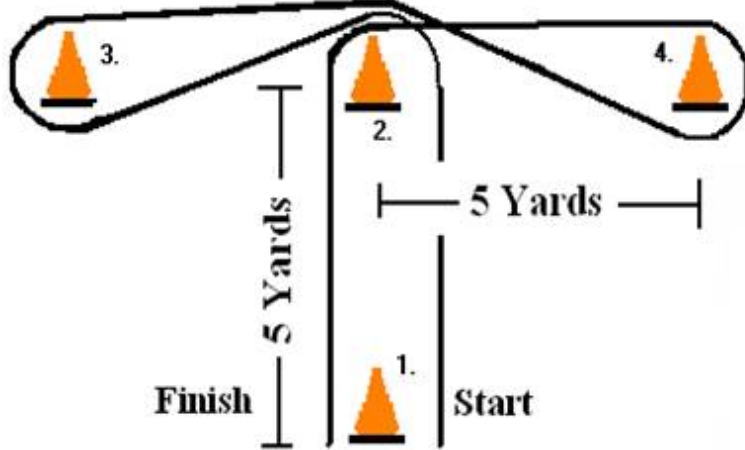
Sport Cone Drills #6

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



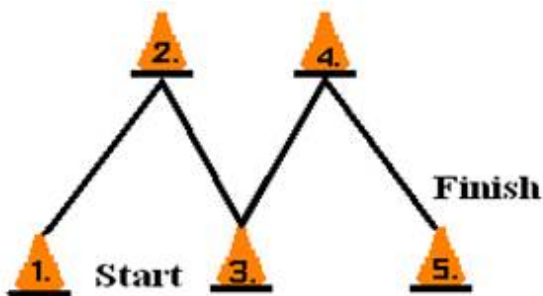
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

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



Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

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



Directions: Start at cone 1 and sprint to cone 2. Back peddle from cone 2 to cone 3. Run across from cone 3 to cone 4. Then run across the opposite way from cone 4 to finish at cone 5.

Strength Training Clinics



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