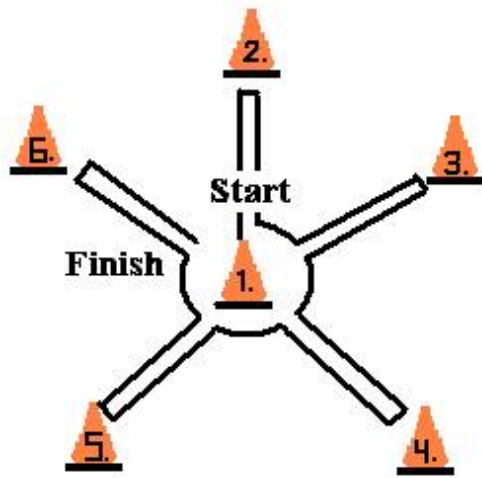


Sport Cone Drills #7

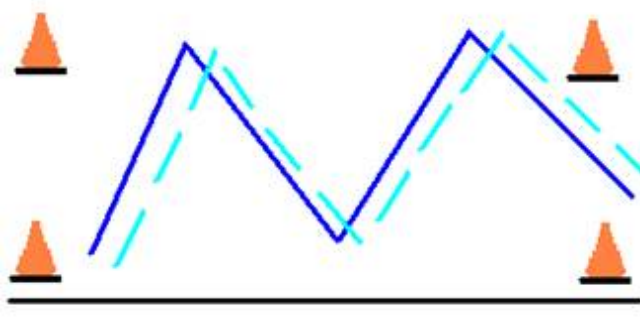
1) Star Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

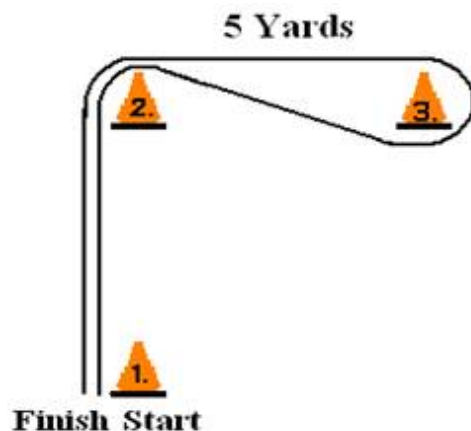
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2) Mirror Drill– 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make separate your self from the defensive player. The goal of the defensive player is to not allow separation from the offensive player.

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



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.

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