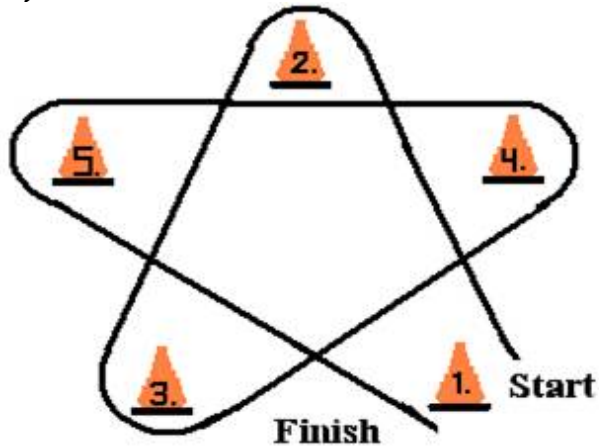


Sport Cone Drills #8

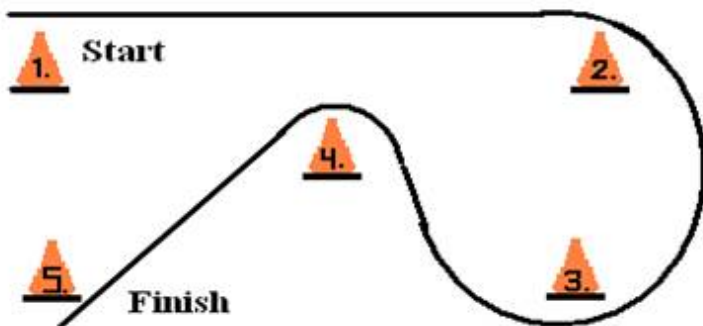
- 1) Star Cone Drill #5 – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

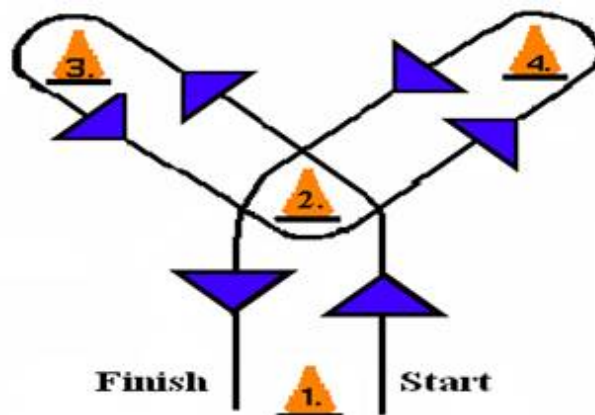
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- 2) “R” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



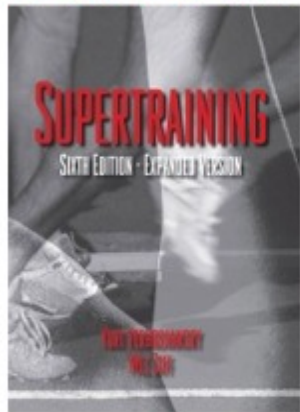
Directions: Start at cone 1 and run and run an “R” pattern finishing at cone 5.

- 3) 4 Cone “Y” Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 and sprint to cone 2 then to cone 3 and then back to cone 2. Sprint around cone 4 then back around cone 2 back to cone 1.

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