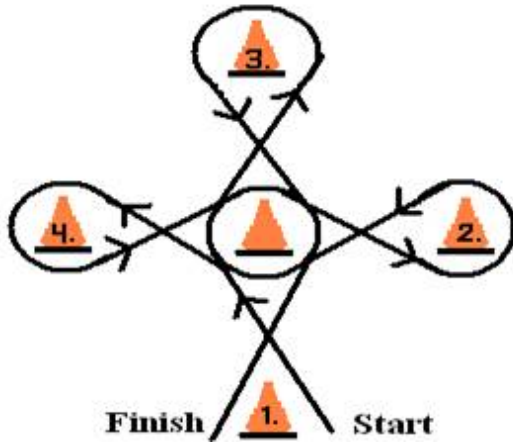


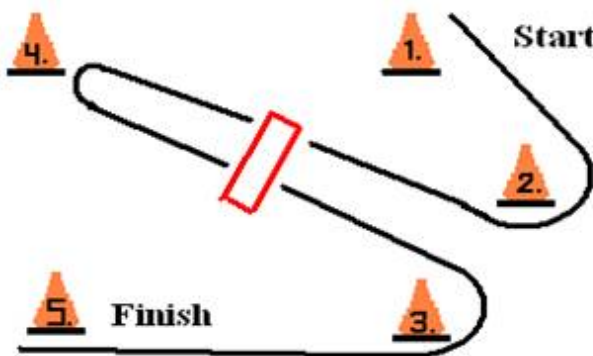
Sport Cone Drills #9

1) Star Cone Drill #4 – 2 to 3 Reps- 45 Second to 1 Minute Rest



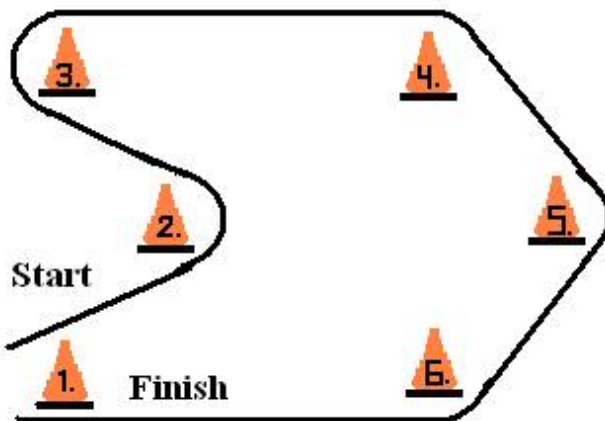
Directions: Start at the right of cone 1, run to the left side of the center cone where you will make a right turn around the center cone and run towards cone 2. Run to the right side of cone 2 and go around it back to the left side of the center cone. Make a right turn around the center cone and run towards cone 3. Follow the same pattern until you end back up at cone 1.

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



Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

3) 6 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Direction: start at the bottom left with cone 1. Following the pattern and returning at cone 1.

