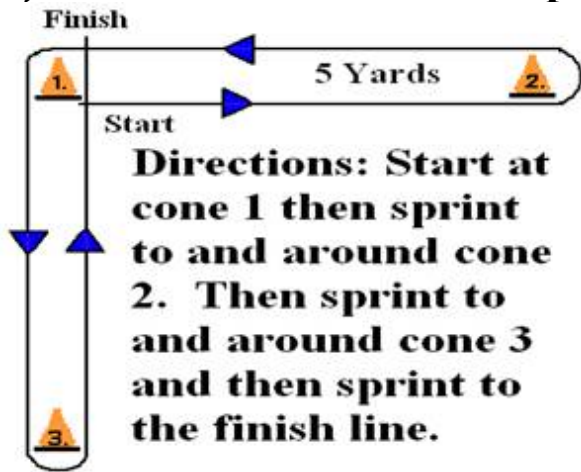


Sport Cone Drills #10

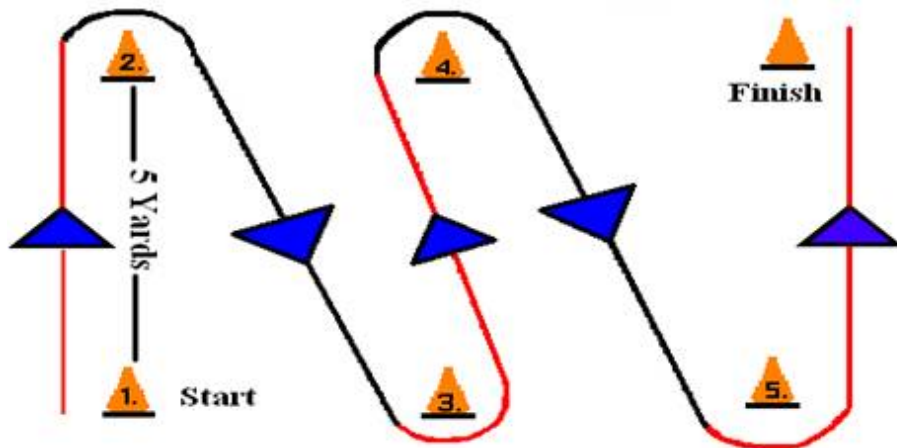
1) 3 Cone Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2. Then sprint to and around cone 3 and then sprint to the finish line.

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2) Back Peddle Sprint Drill – 2 to 3 Reps- 45 Second to 1 Minute Rest



Directions: Start by facing backwards at cone 1, and back peddle to cone 2. Sprint to cone 3, back peddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

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



Directions: Start at cone 1 and then sprint to cone 2, from cone 2 shuffle around cones 3 and 4 and finish back at cone 1.

Strength Training Clinics



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