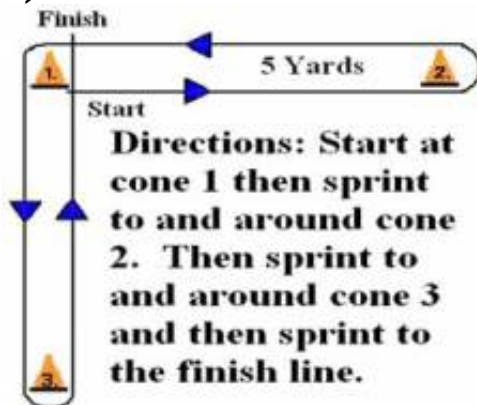
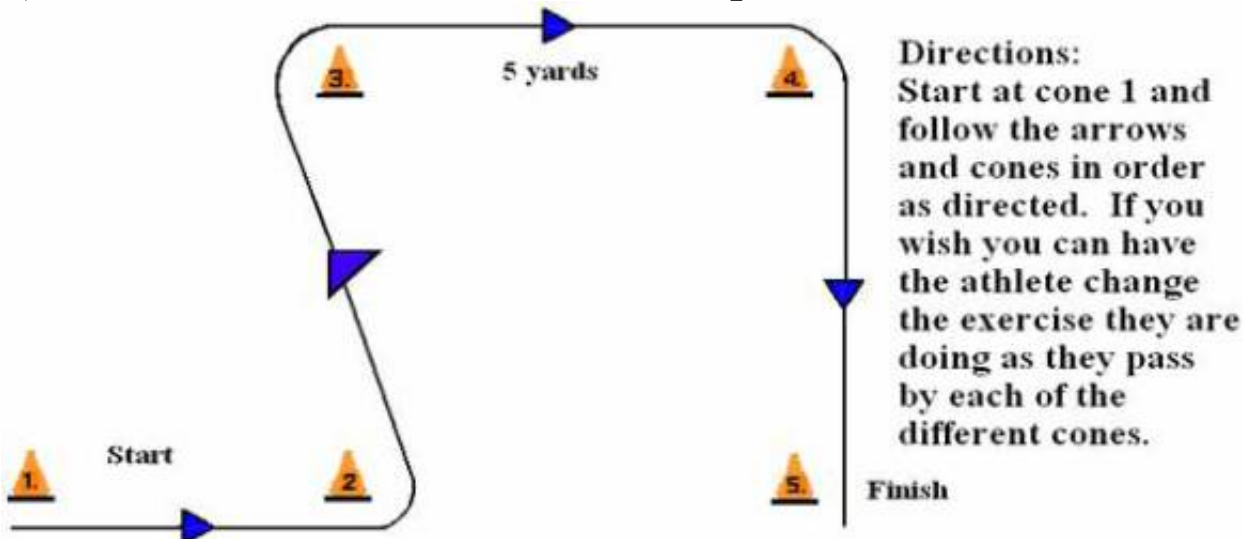


Cone Agility Drill 1

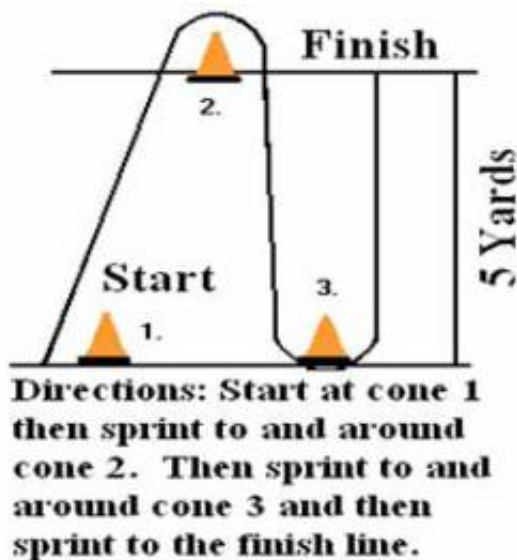
1) **3 Cone Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest



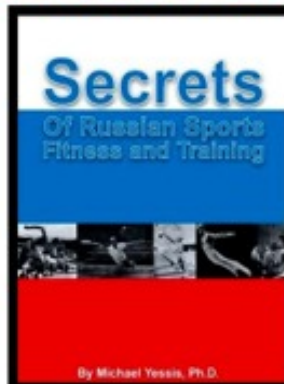
2) **5 Cone Corner Cut Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest



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



Secrets Of Russian Training



Methods
Of A
Sports
Empire

At The **XL** Athlete Store

XLathlete.com

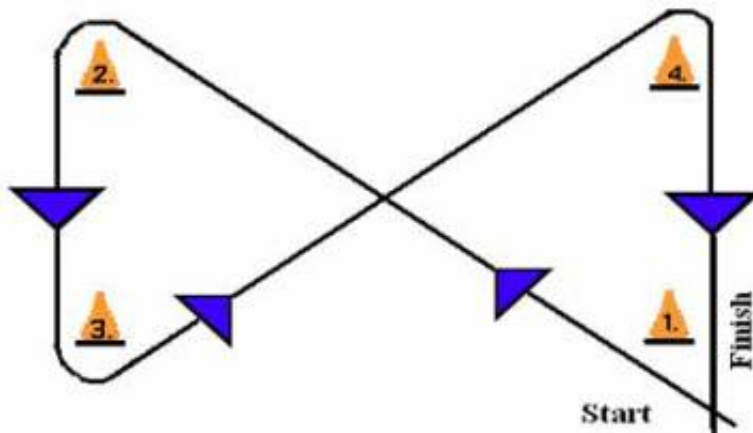
Cone Agility Drill 2

1) **Pro Agility** – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at the middle cone and sprint to the end of cone 2 and touch the ground. Sprint to the other end past cone 1 to cone 3 and touch the ground again. Sprint to the finish at cone 1.

2) **4 Cone "X" Pattern** – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and follow the arrows and cones in order as shown. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

3) **5 Yard Figure 8 Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 then sprint to and around cone 2, and then back to and around cone 1, ending at cone 2.

Secrets Of Russian Training



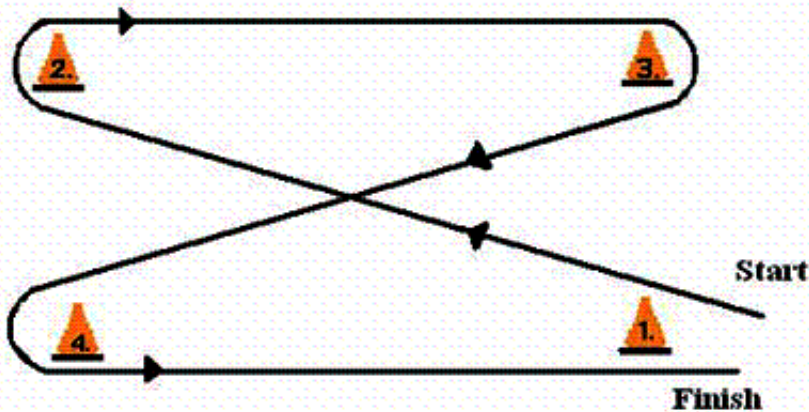
Methods Of A Sports Empire

At The **XL** Athlete Store

XLathlete.com

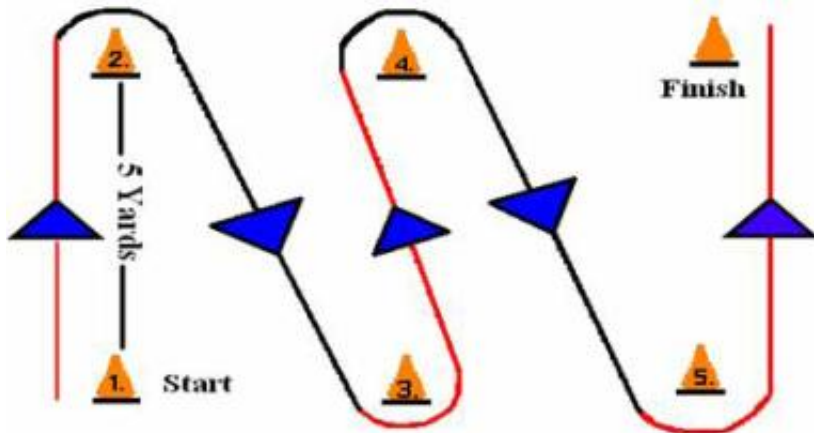
Cone Agility Drill 3

1) **4 Cone Cross** – 2 to 3 Reps- 45 Second to 1 Minute-Rest



Directions:
Start at cone 1 and follow the arrows and cone in order. It is possible to change the exercise when you pass each separate cone.

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



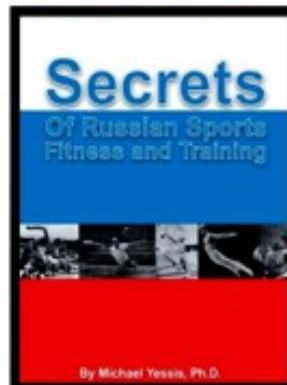
Directions: Start by facing backwards at cone 1, and back peddle to cone 2. Sprint to cone 3, back peddle to cone 4, sprint to cone 5 and finish by back peddling to cone 6.

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.

Secrets Of Russian Training



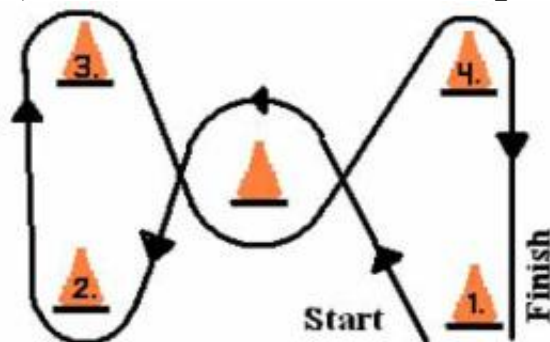
**Methods
Of A
Sports
Empire**

At The XL Athlete Store

XLathlete.com

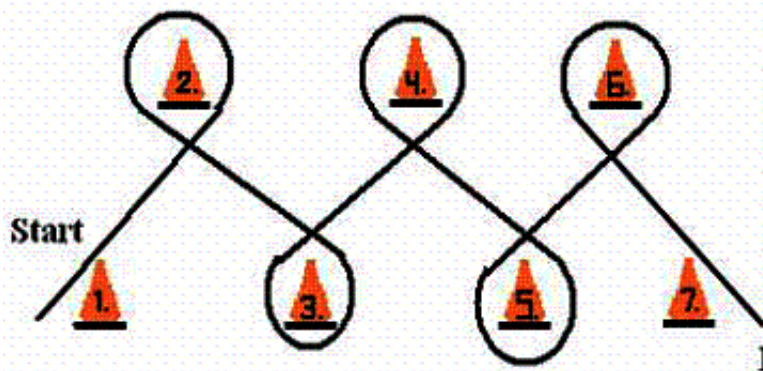
Cone Agility Drill 4

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



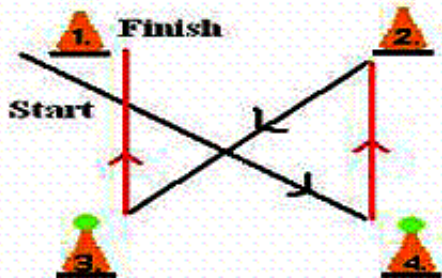
Directions: Start at cone 1 and follow the arrows and cones in order as directed. If you wish you can have the athlete change the exercise they are doing as they pass by each of the different cones.

2) **“S” Pattern Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and sprint to the far side of cone 2. Go around cone 2 and sprint to the far side of cone 3. Continue doing this until all of the cones have been rounded and you finish at cone 7.

3) **4 Cone Tennis Ball Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Have the athlete start at cone 1 and sprint towards cone 4, when they get to cone 4 grab the tennis ball off the top of the cone and sprint to cone 2 and place the tennis ball on top of cone 2. Then sprint to cone 3 and grab the tennis ball on the top of the cone and sprint to cone 1 and then place the tennis ball on top of cone 1. As you are sprinting on the red line you should be carrying the tennis ball.

Secrets Of Russian Training

Methods Of A Sports Empire

At The **XL** Athlete Store

XLathlete.com

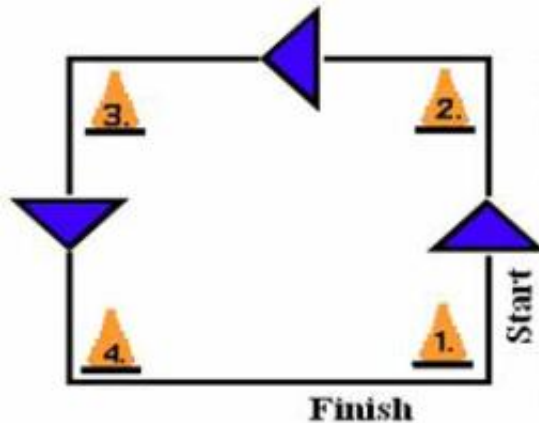
Cone Agility Drill 5

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



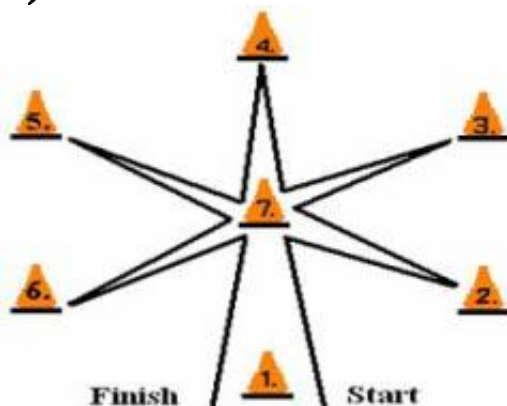
Directions: Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through all the cones.

- 2) **4 Corner Drill**– 2 to 3 Reps- 45 Second to 1-Minute Rest



Directions: Start at cone 1 and then follow the path from cone to cone until you are back at cone 1 then you are done. As you turn past each cone you can have the athletes make sharp 90 degree turns around each cone.

- 3) **7 Cone Star Drill** – 2 to 3 Reps- 45 Second to 1-Minute Rest

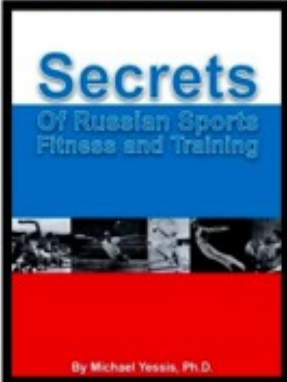


Directions: Start at cone 1 and then sprint to cone 7. From cone 7 sprint to cone 2 and then back to cone 7. Continue this order until a full circle is completed and you finish at cone 1.

Order of Cones Touched:

1-7-2-7-3-7-4-7-5-7-6-7-1

Secrets Of Russian Training



Methods Of A Sports Empire

At The **XL** Athlete Store

Cone Agility Drill 6

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



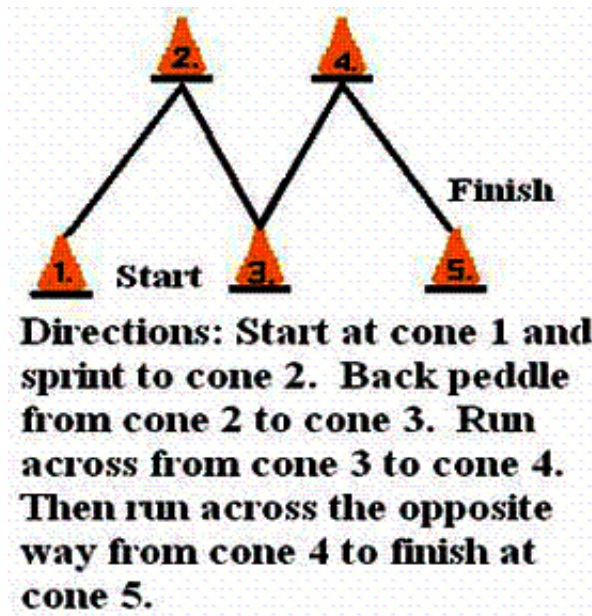
Directions: Start at cone 1 and then sprint to cone 2 and back. Then sprint 10 yards to cone 3 and back. Finally, sprint 15 yards to cone 4 and then finish at cone 1.

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

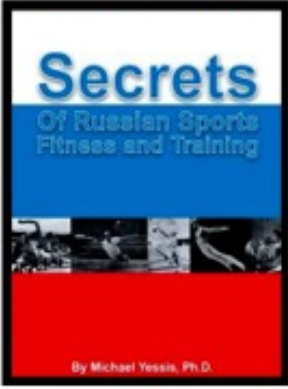


Directions: Start at cone 1 and then sprint around cone 2 to cone 3. Go around cone 3, past cone 2 to cone 4. Sprint back around cone 4 and back around cone 2. Finally finishing at cone 1.

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



Secrets Of Russian Training



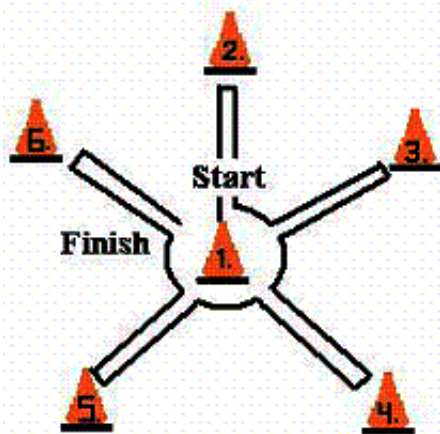
Methods Of A Sports Empire

At The **XL** Athlete Store

XLathlete.com

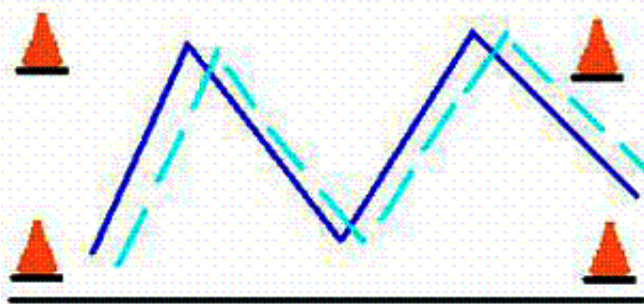
Cone Agility Drill 7

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



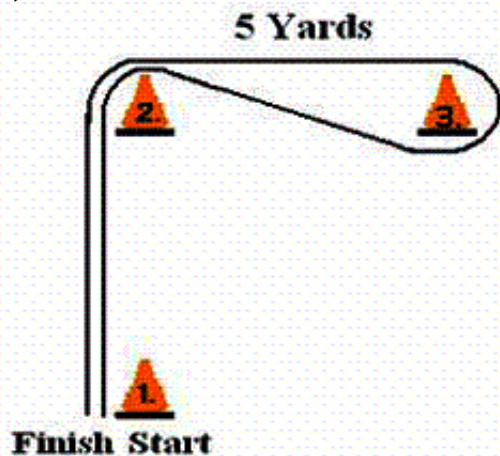
Directions: Start in the middle of the star at cone 1, and sprint out to cone 2. Then as always return to cone 1 and follow the order of cones. Note: After each cone touch, always sprint back to cone 1.

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.



Cone Agility Drill 8

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



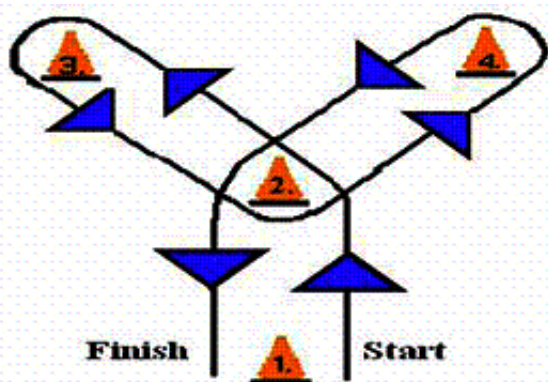
Directions: Start at cone 1 and sprint to each cone in chronological order, finishing the drill at the point of origin.

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



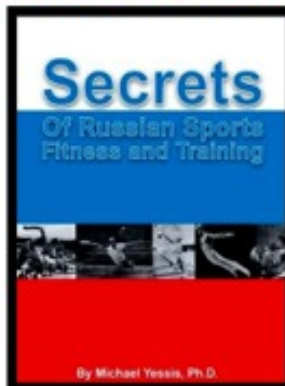
Directions: Start at con 1 and run and run an “R” pattern finishing at cone 5.

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.

Secrets Of Russian Training

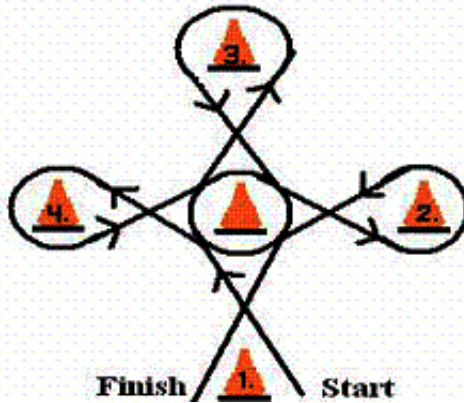


Methods
Of A
Sports
Empire

At The **XL** Athlete Store

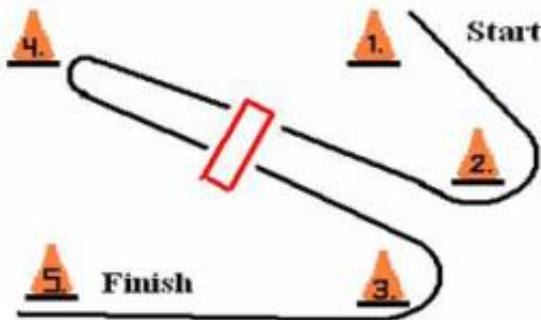
Cone Agility Drill 9

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



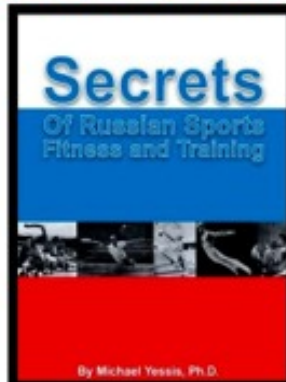
Directions: Start at cone 1. Sprint around the arc at cone 2 to cone 3. Sprint diagonally to cone 4 by jumping over the hurdle or any object. Go touch cone 4 then back towards cone 3, jumping over the box again. Sprint to cone 5 and then sprint hard and finish at cone 4.

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.

Secrets Of Russian Training



Methods
Of A
Sports
Empire

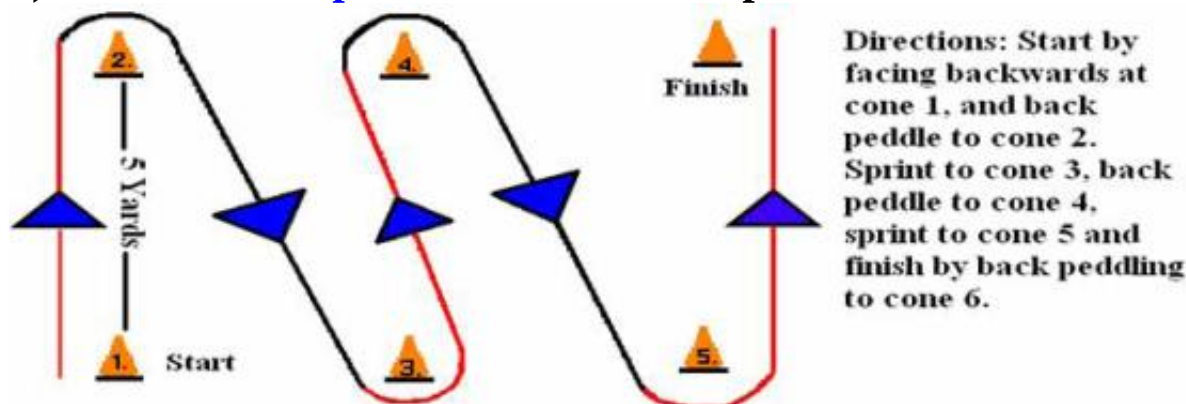
At The **XL** Athlete Store

Cone Agility Drill 10

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



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



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

