www.xlathlete.com

The following are a list of 5 second cone drills that can be used for speed development or conditioning by changing the emphasis placed on work to rest ratios and the cones drills being used so that the coach gets the desired outcome. Stopping, starting and change of direction are of the utmost importance for many sports. Agility drills are one of the most effective methods for developing change of direction abilities, many people believe the agility ladder helps with change of direction, but if you look at the movements used during agility ladder training, you can see that these movements do not mimic what happens in sport. All drills that you see here are turning to the right; keep in mind the coach must have the athlete turn both right and left to develop symmetrical cutting and change of direction ability.

Agility Drills for Speed Development

When your main focus for agility drills is speed development then the most obvious time to complete the drills for speed development would be directly after your warm-up and right before going into the weight room or any other type of workout. At the high school level, I would recommend coaches do cone agility drills everyday they do workouts. The key focus for speed development is running cone agility drills as fast as possible and with that you must get plenty of rest so you can repeat a high-quality effort of maximal speed while doing the cone agility drills.

Rest Time for Speed Development -The suggested rest time for the 5 seconds cone agility drills for speed development and quickness is between 45 to 70 second between each repetition of a 5 second cone drill completed. This will give your athletes plenty of rest and keeps repetitions high-quality.

Number of repetitions for Speed Development - With the 5 second cone drill the amount of repetitions that can be completed is usually between 8 to 12 high-quality repetitions. You would not want to complete more than this because the quality of the drill would suffer.

Agility drills for Conditioning

You want to complete the 5 seconds agility drills for conditioning at the end of your work. This is the only reasonable time to be conditioning because any attempt to do high-quality work will not be very effective.

Rest Time for Conditioning - The suggested rest time for the 5 seconds cone agility drills for conditioning is between 25 and 40 seconds between each repetition of the 5 second cone drill.

Number repetitions for Conditioning- With the 5 second cone drill the amount of repetitions that can be completed for conditioning is usually 12 to 24 repetitions. It will take this many repetitions to get a conditioning effect.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

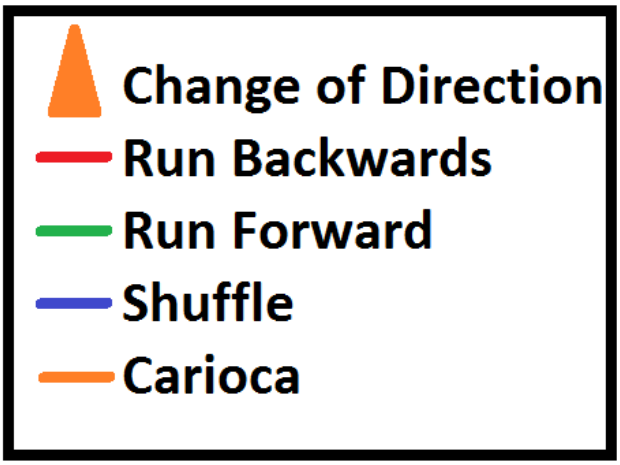
Administration of drills - An effective way to set up cone agility drills for a large number of athletes is to pick the desired number of drills that you want to run, make sure you do the same drill to the left and right. Set the desired number of drills up on the field or in a gym. Then have one athlete at each station run the drill when the coach gives start signal, you may have as many as 12 kids running at once depending on the desired number of drills and amount of space you have. Have the athletes walked to the next station so they get variations of the drills. Signal to let the next group of 12 kids run the drills.

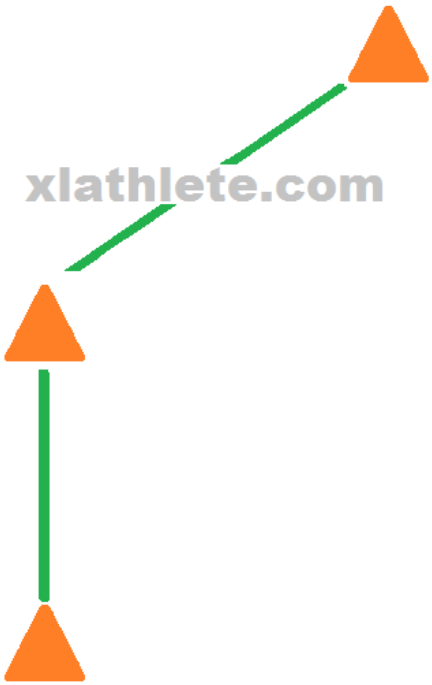
Coaching points - If you notice the cone agility drills never have athletes coming back through the drill or ending at the starting spot so you can actually run multiple athletes through the drill one after another because they will not cross paths. One of the most effective methods for speed development or conditioning is to set your agility drills up to have two starting lines, one line 3 yards behind the front starting line and have the athletes chase each other through the drills. The only rule is you can't leave your feet and reach across a cone to touch your chase partner; you can only touch the athlete in front of you on straight a ways.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





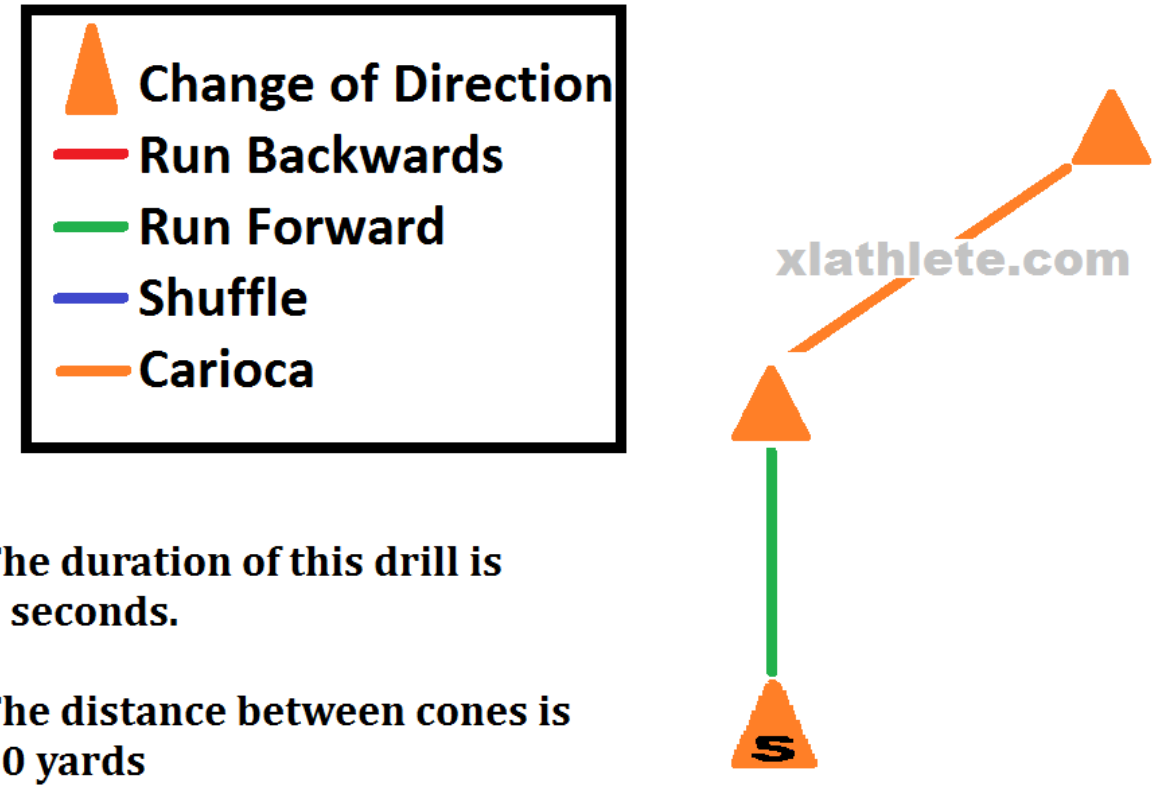
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 15 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



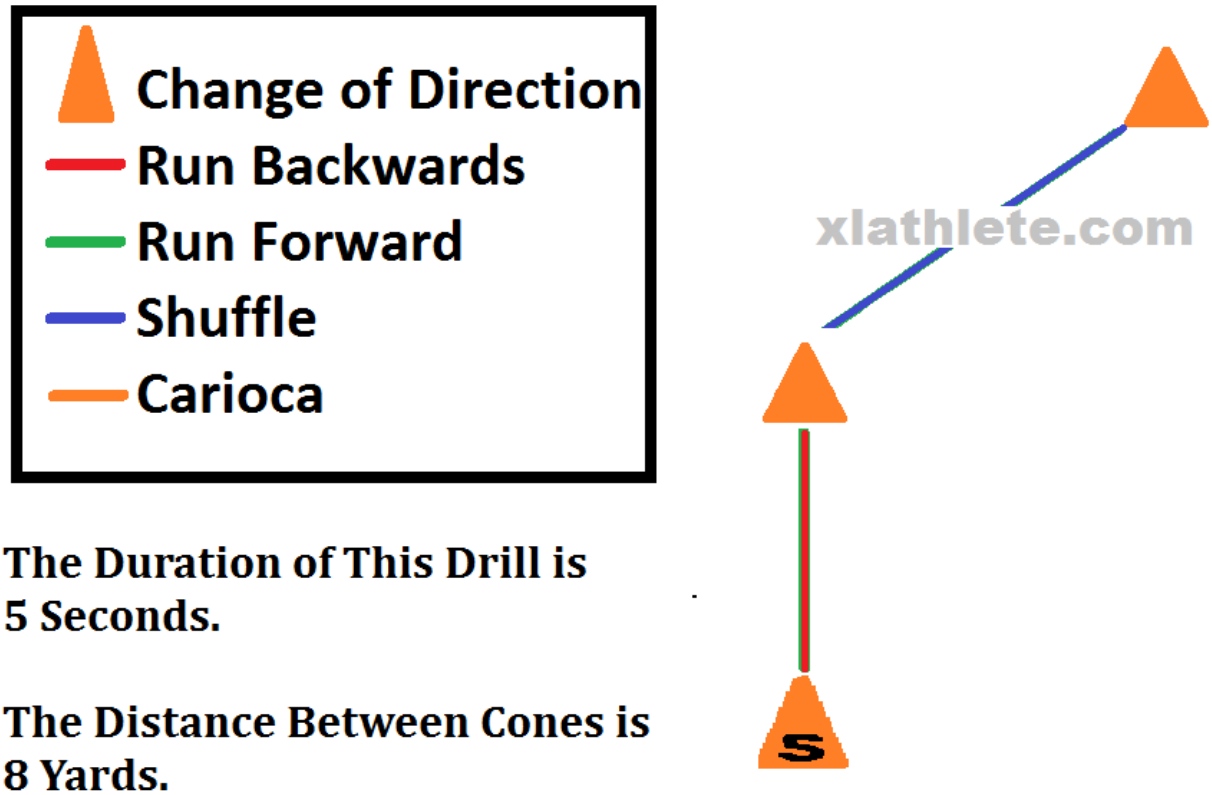
The duration of this drill is 5 seconds.

The distance between cones is 10 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



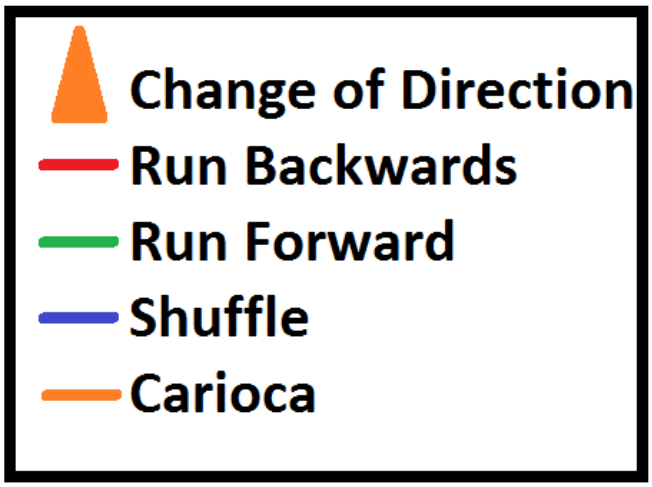
The Duration of This Drill is 5 Seconds.

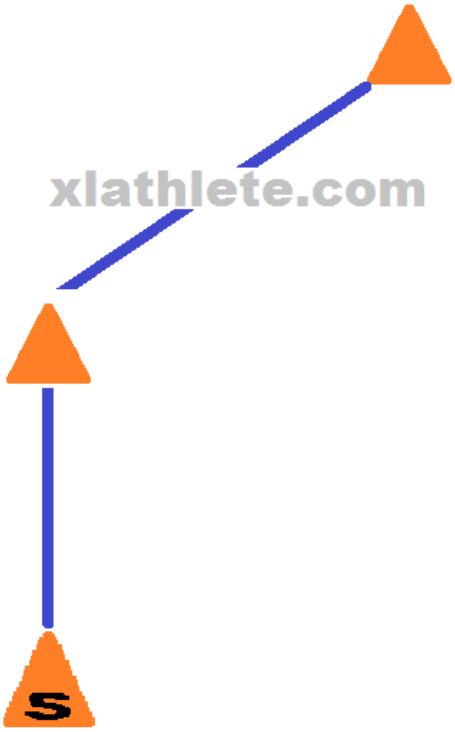
The Distance Between Cones is 8 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





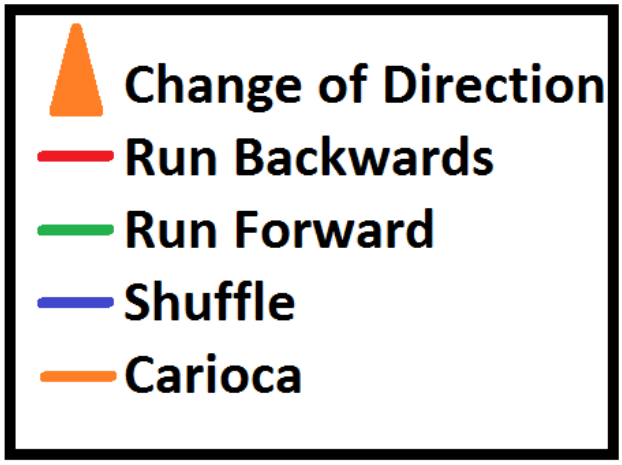
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 8 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

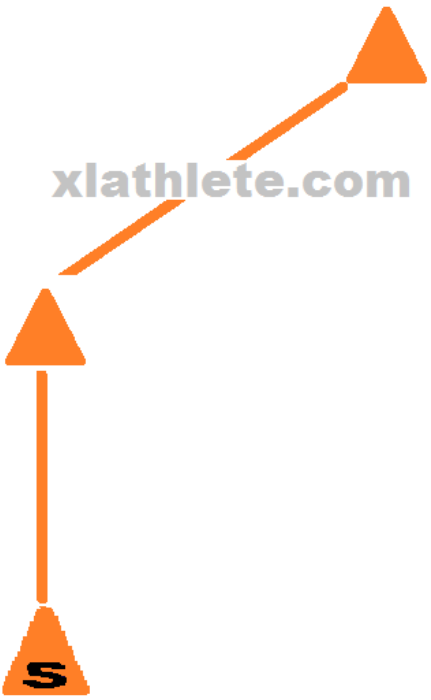
www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The Duration of This Drill is 5 Seconds.

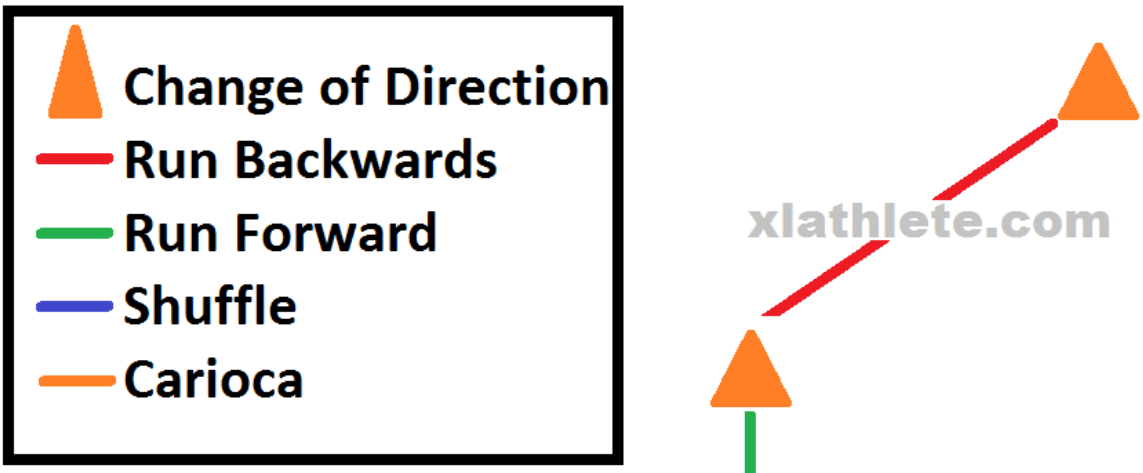
The Distance Between Cones is 8 Yards.



Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



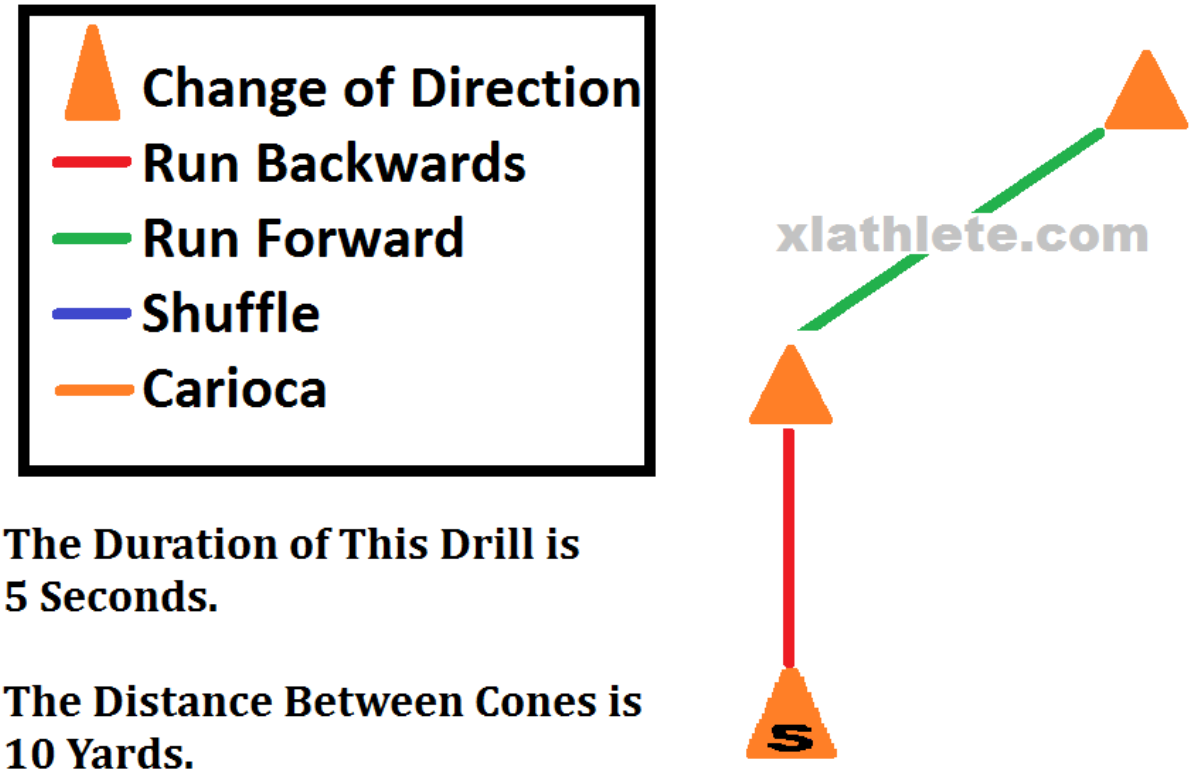
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 10 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



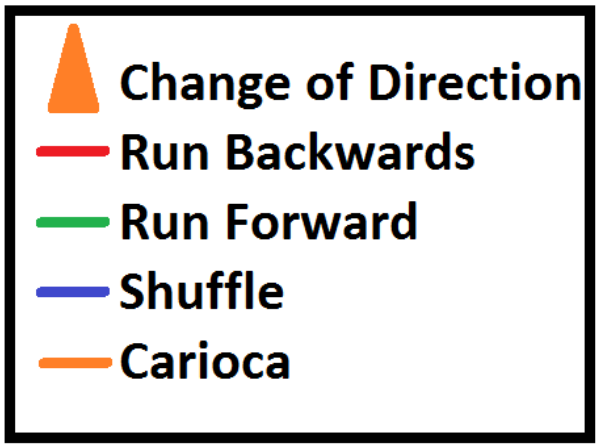
The Duration of This Drill is 5 Seconds.

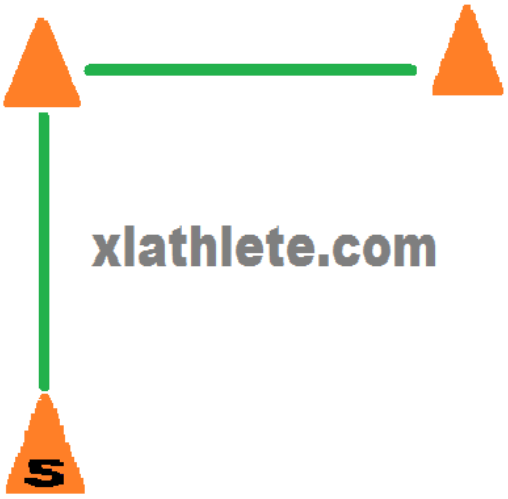
The Distance Between Cones is 10 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





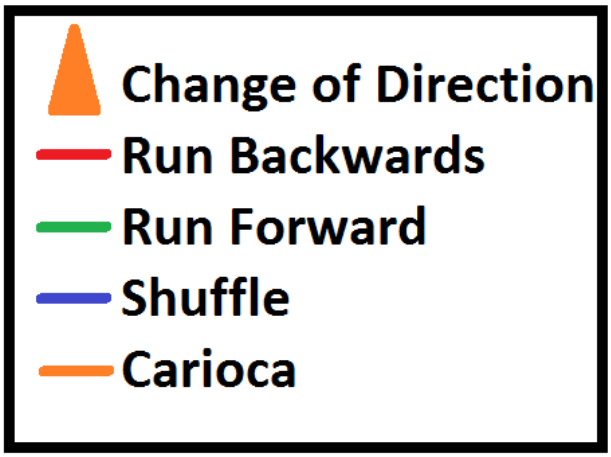
The Duration of This Drill is 5 Seconds.

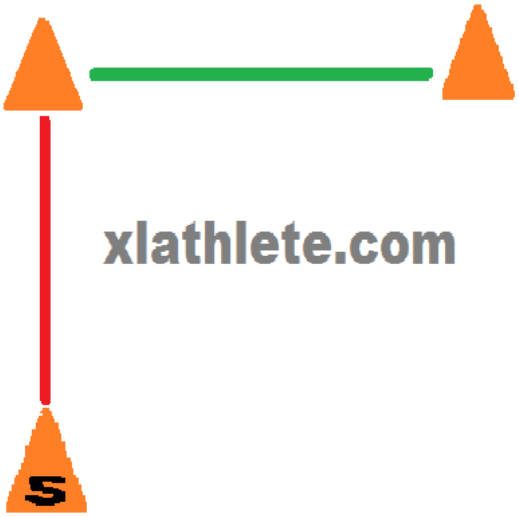
The Distance Between Cones is 11 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





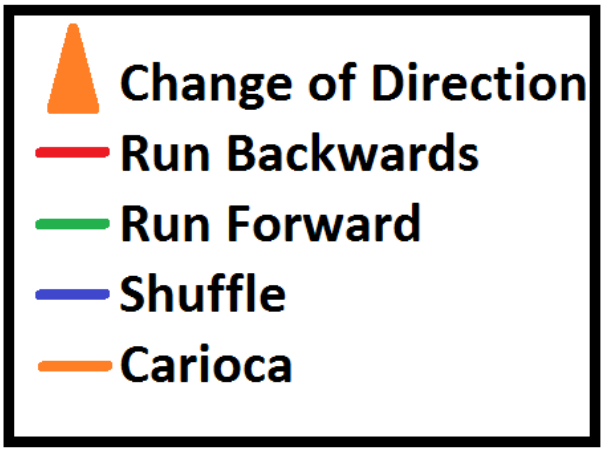
The Duration of This Drill is 5 Seconds.

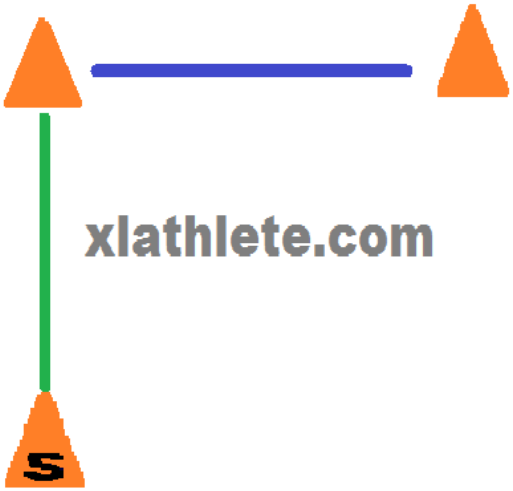
The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





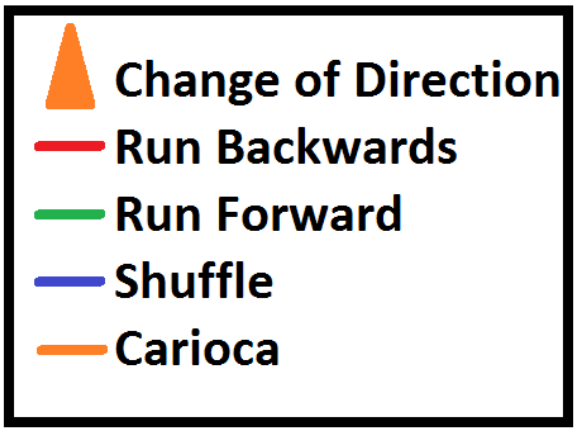
The Duration of This Drill is 5 Seconds.

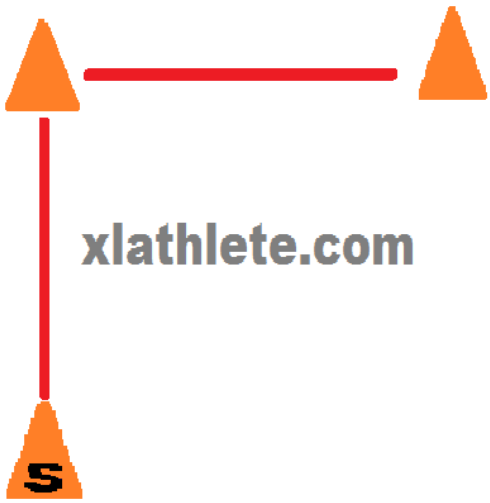
The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





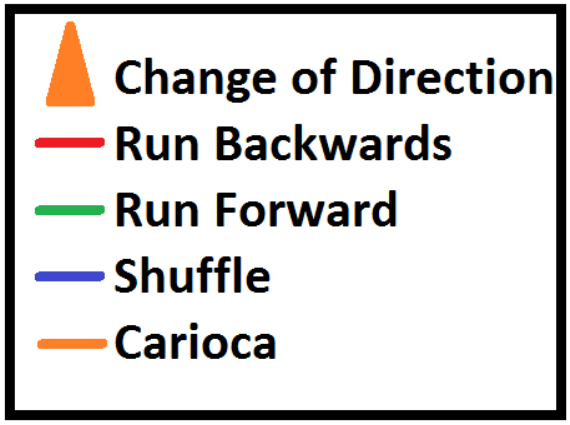
The Duration of This Drill is 5 Seconds.

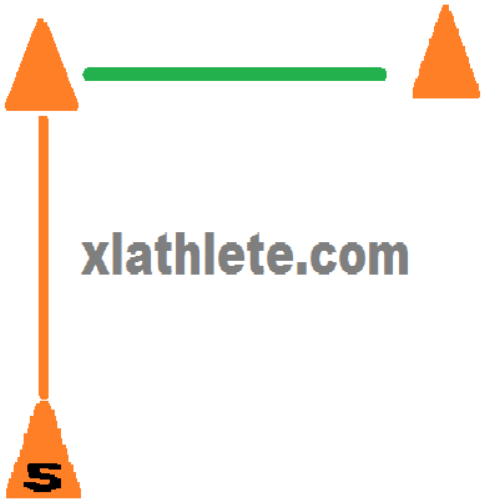
The Distance Between Cones is 8 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





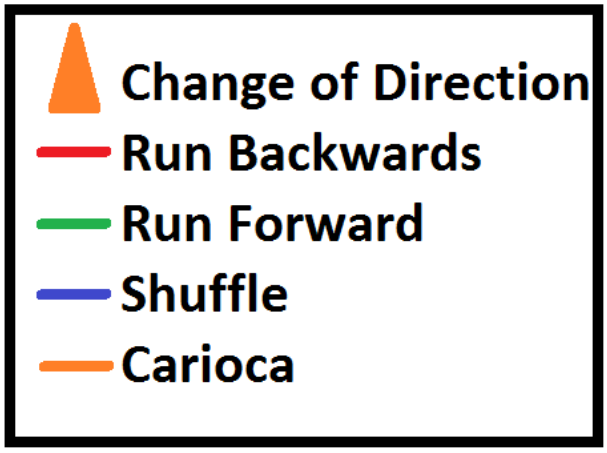
The Duration of This Drill is 5 Seconds.

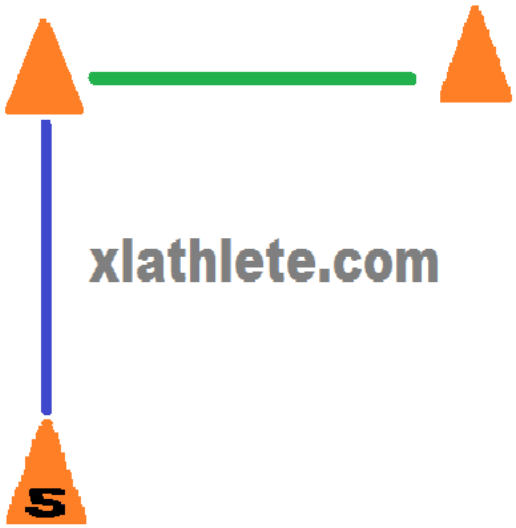
The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

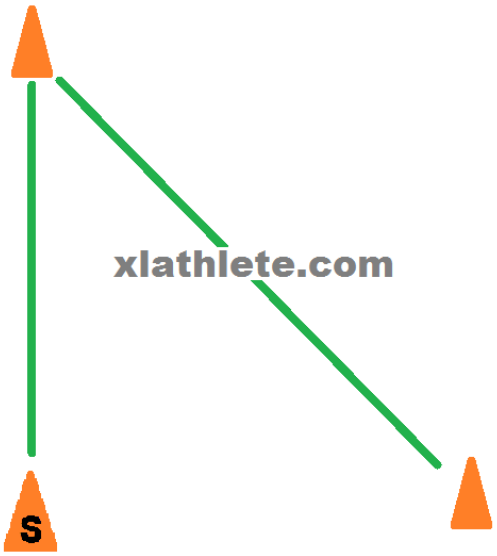
www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.

- Change of Direction
- Run Backwards
- Run Forward
- Shuffle
- Carioca

The duration of this drill is <u>5 seconds.</u>

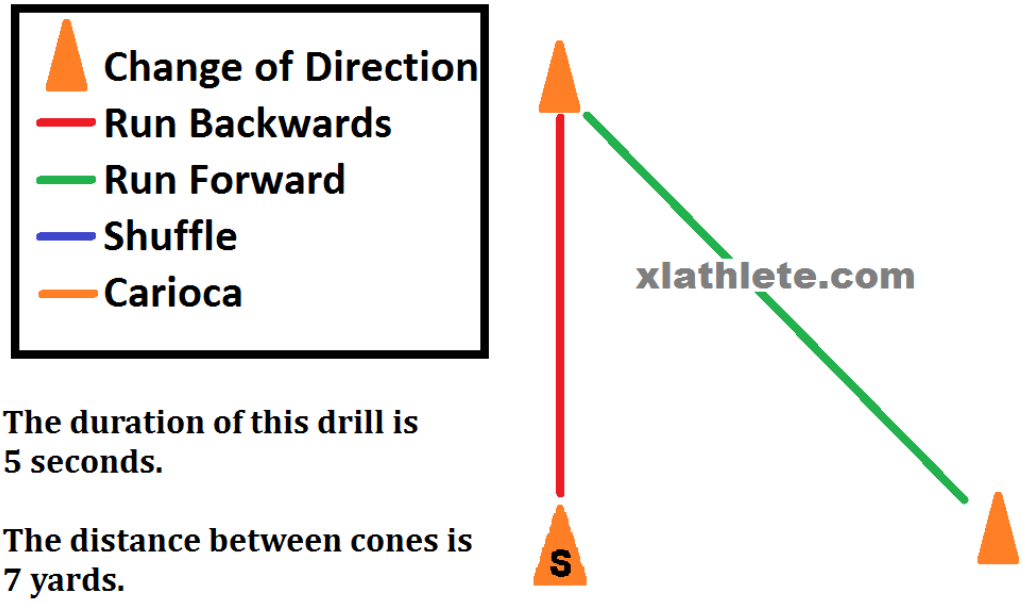
The distance between cones is <u>10 yards.</u>



Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



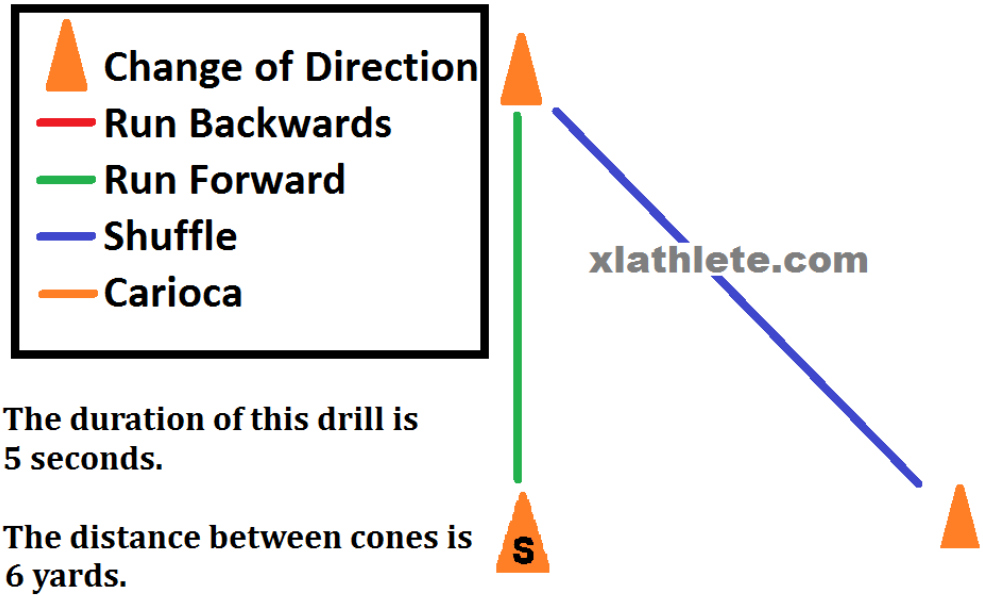
The duration of this drill is 5 seconds.

The distance between cones is 7 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



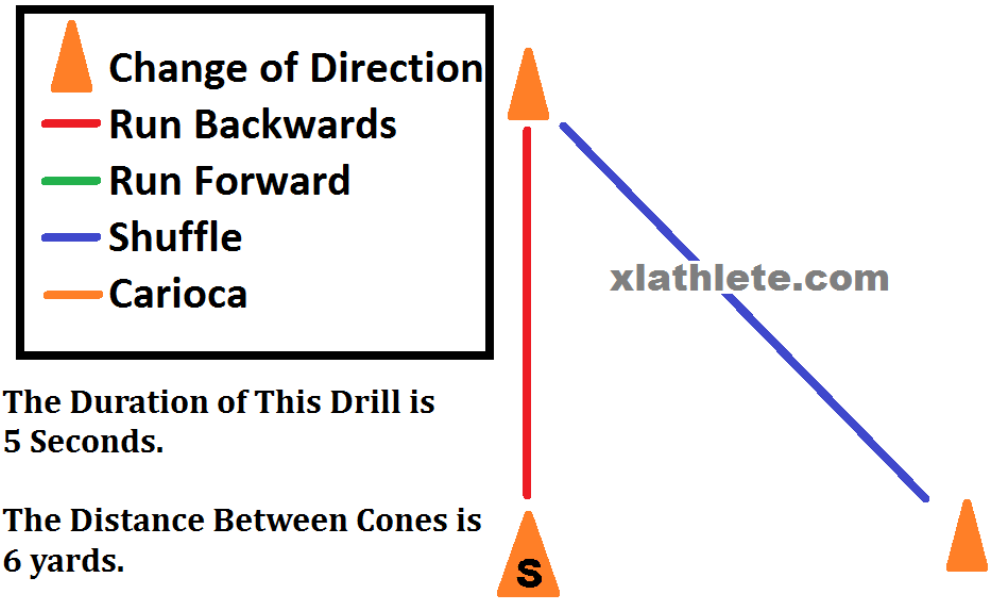
The duration of this drill is 5 seconds.

The distance between cones is 6 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



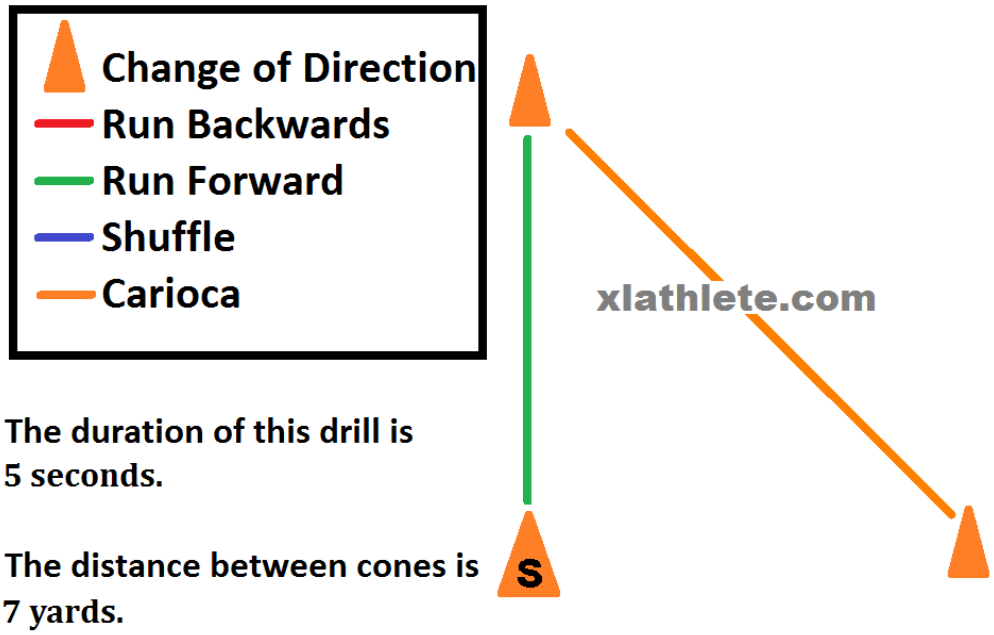
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 6 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



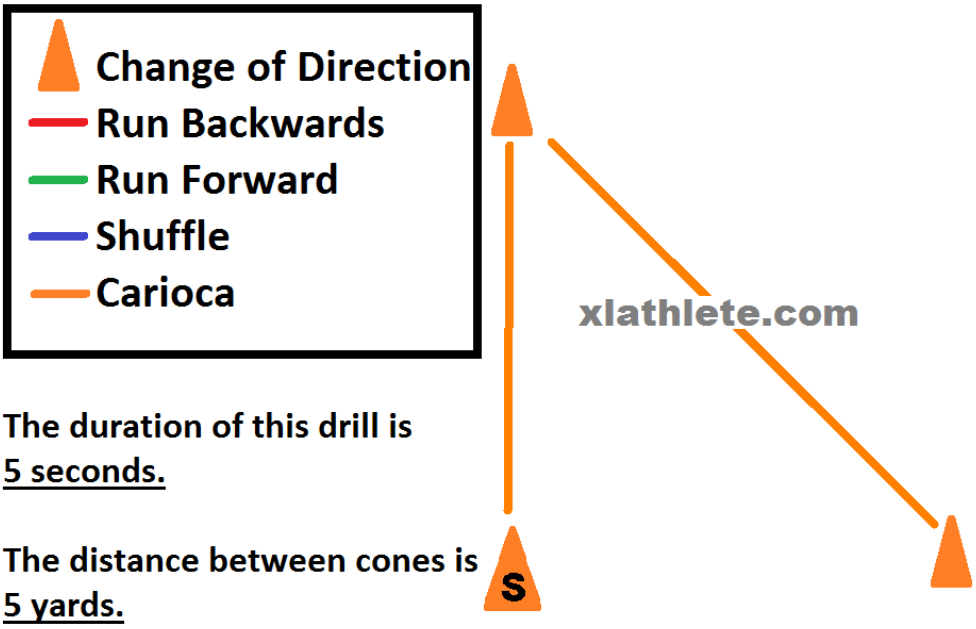
The duration of this drill is 5 seconds.

The distance between cones is 7 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



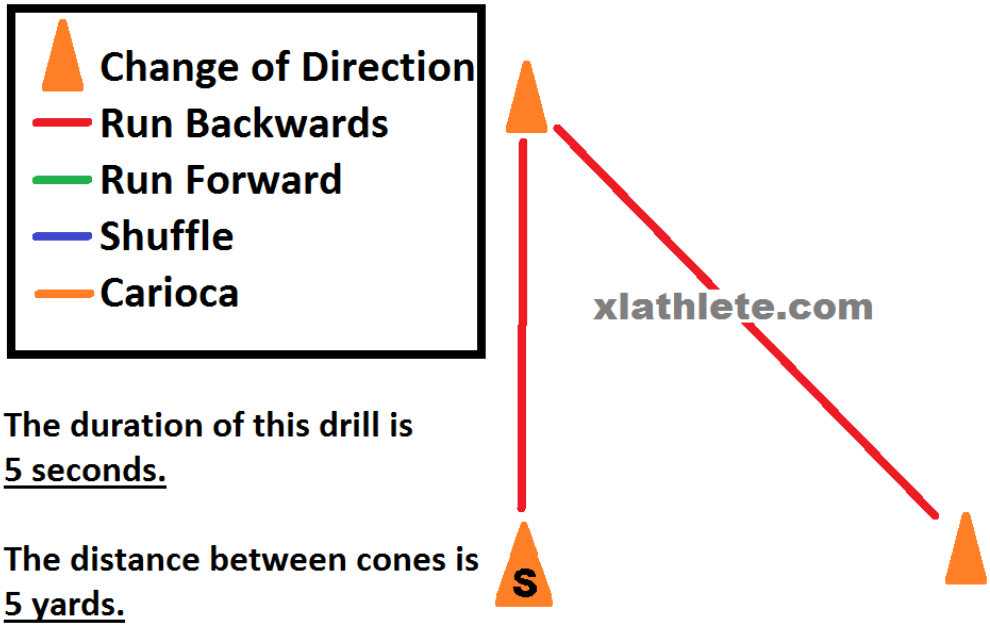
The duration of this drill is <u>5 seconds.</u>

The distance between cones is <u>5 yards.</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



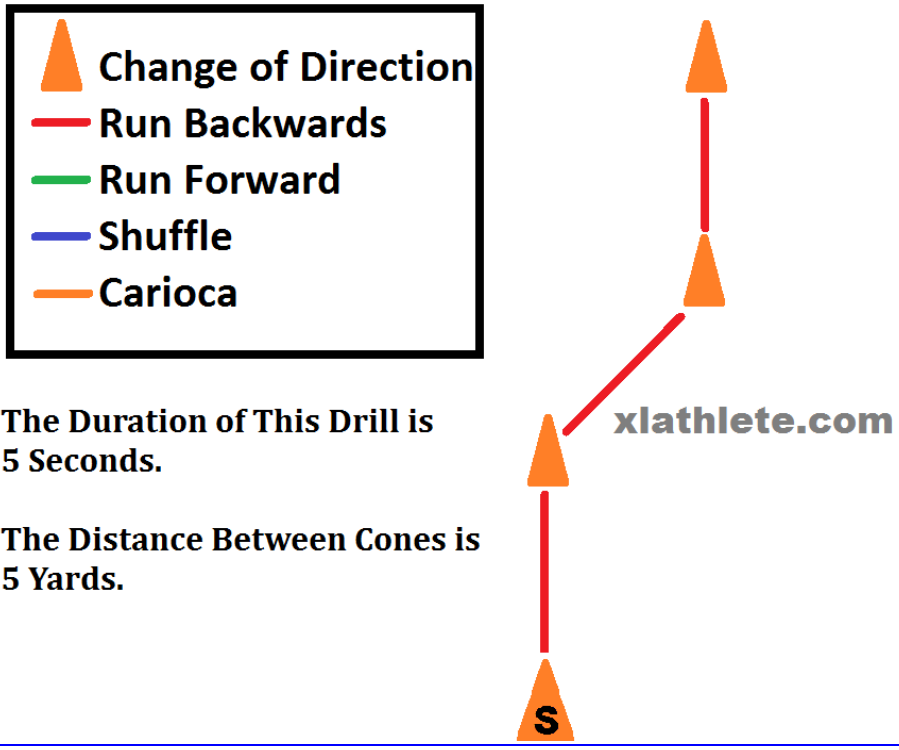
The duration of this drill is <u>5 seconds.</u>

The distance between cones is <u>5 yards.</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



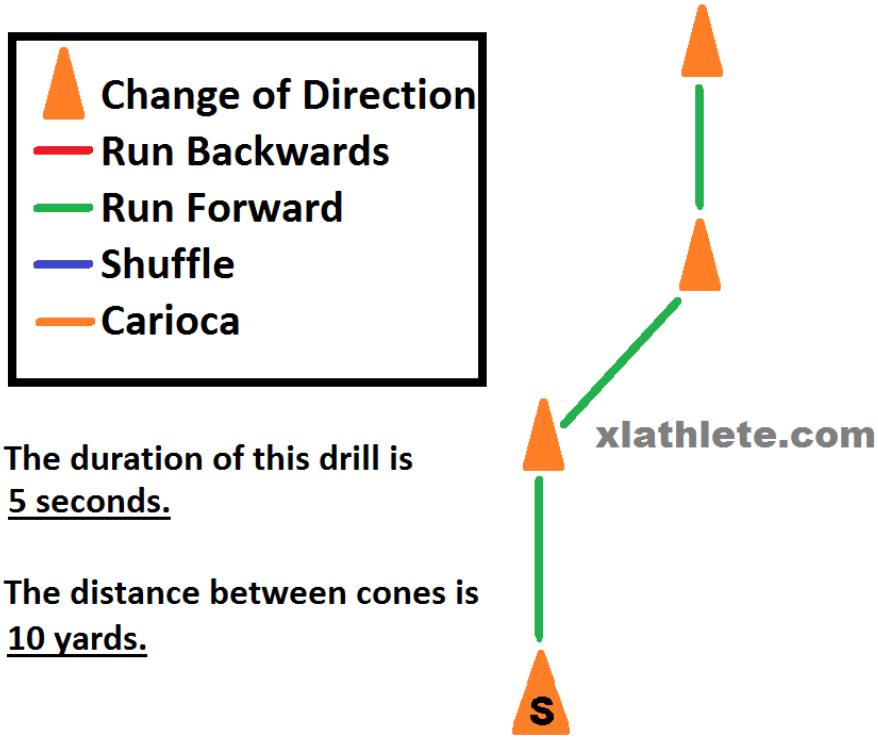
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 5 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



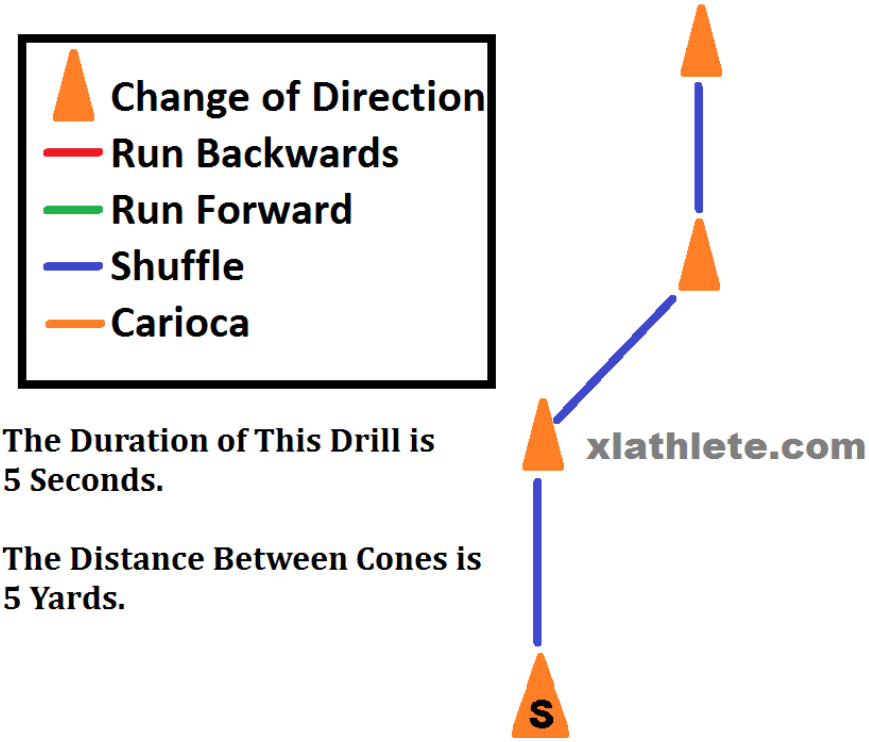
The duration of this drill is
<u>5 seconds.</u>

The distance between cones is
<u>10 yards.</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



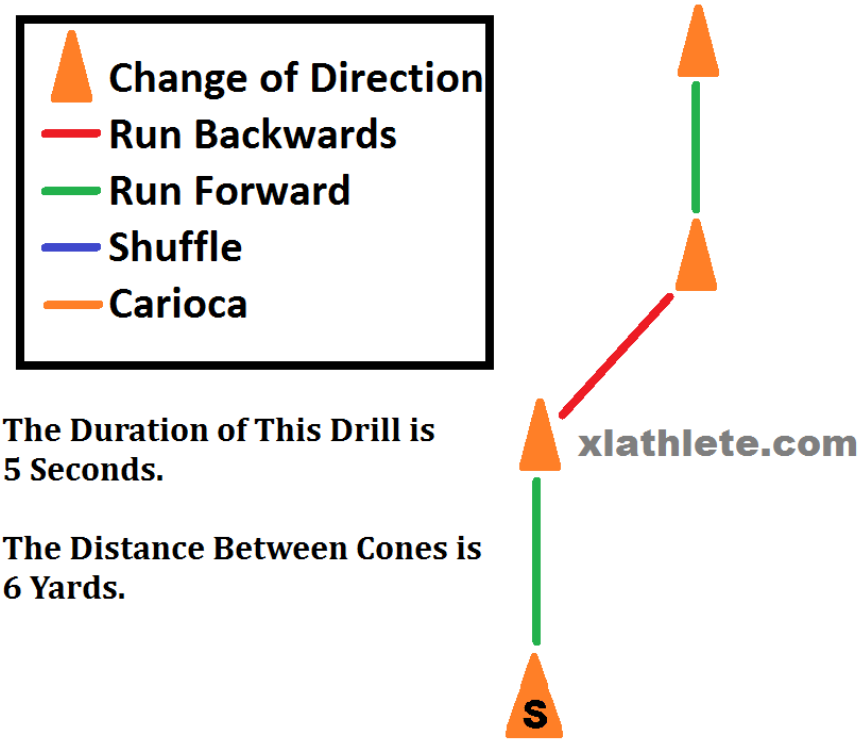
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 5 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



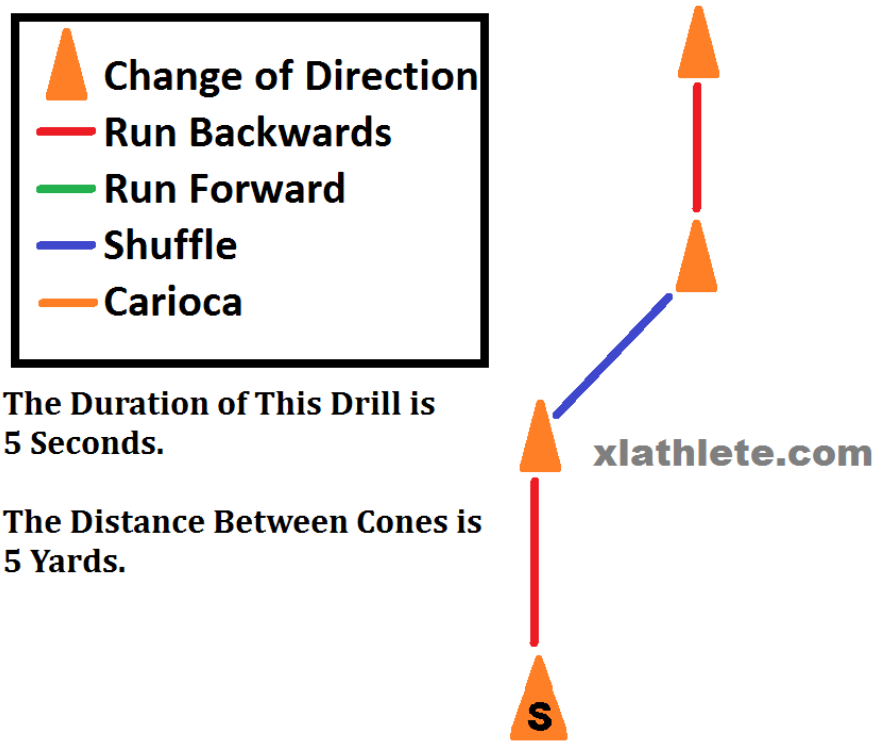
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 6 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



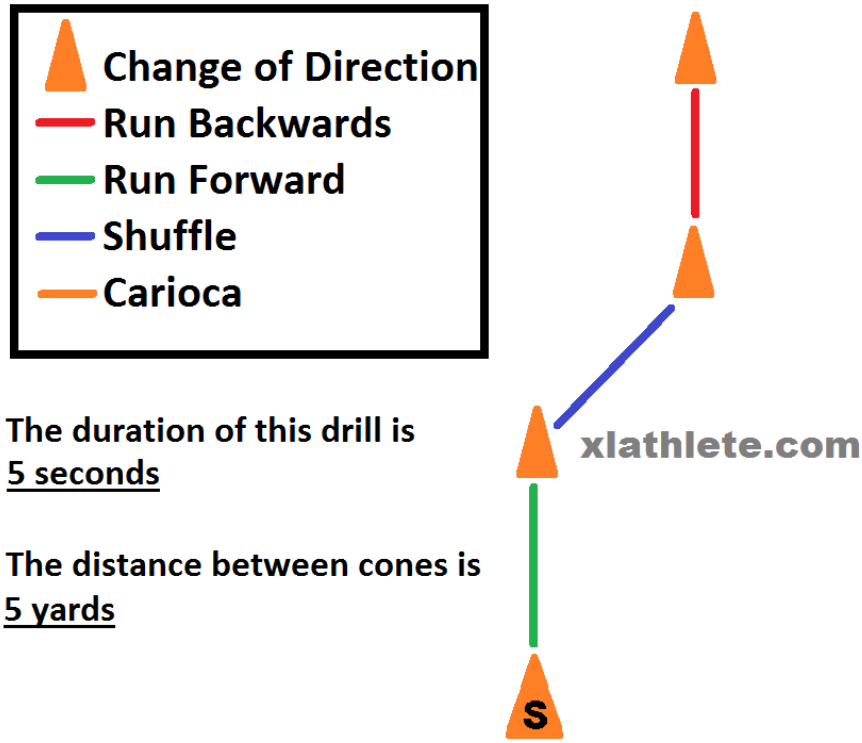
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 5 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



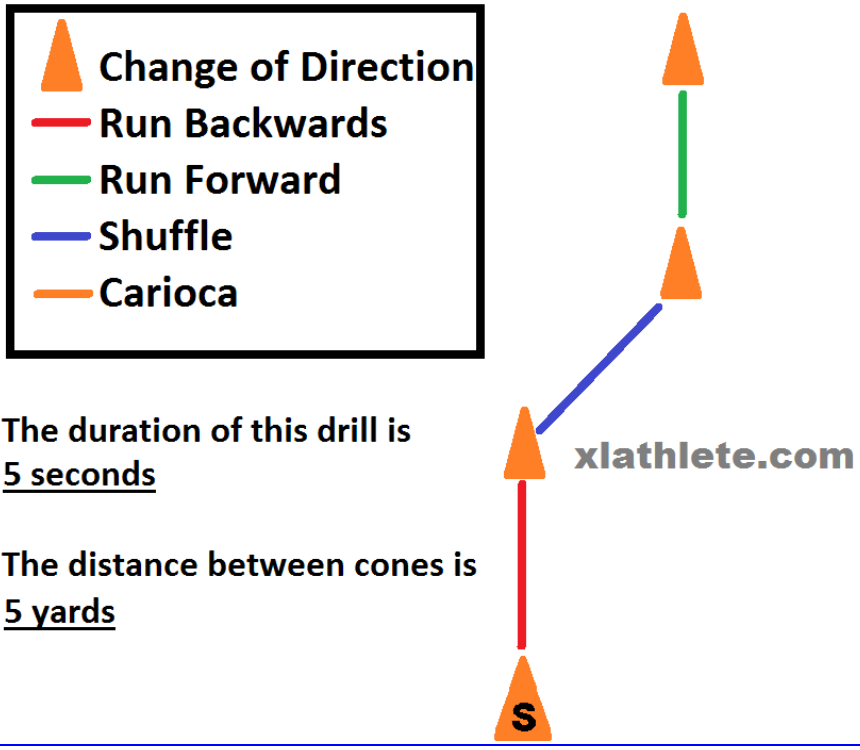
The duration of this drill is
<u>5 seconds</u>

The distance between cones is
<u>5 yards</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



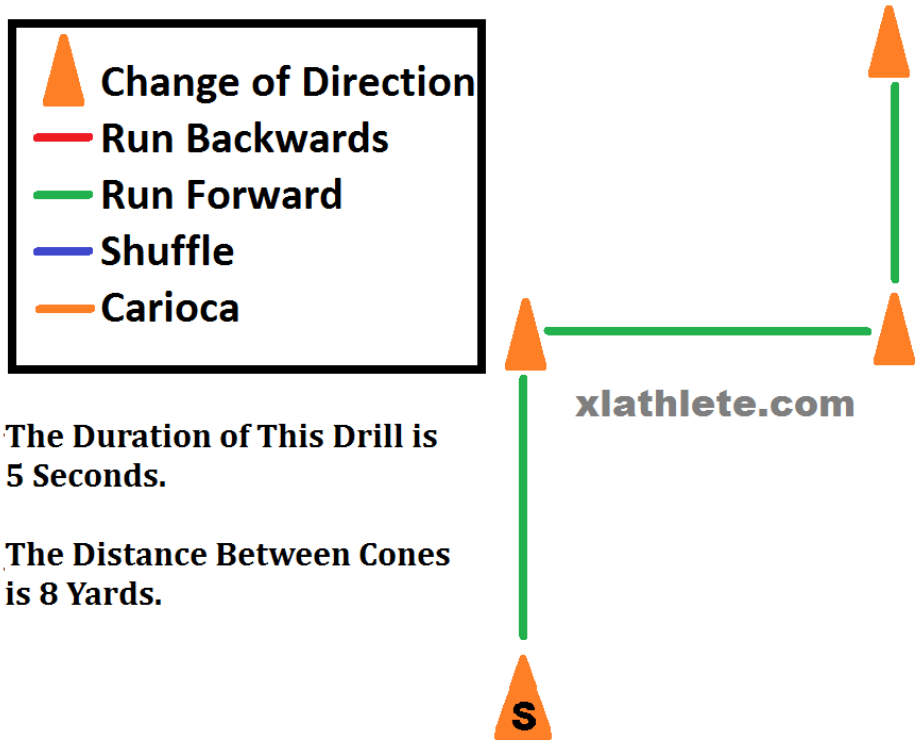
The duration of this drill is
<u>5 seconds</u>

The distance between cones is
<u>5 yards</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



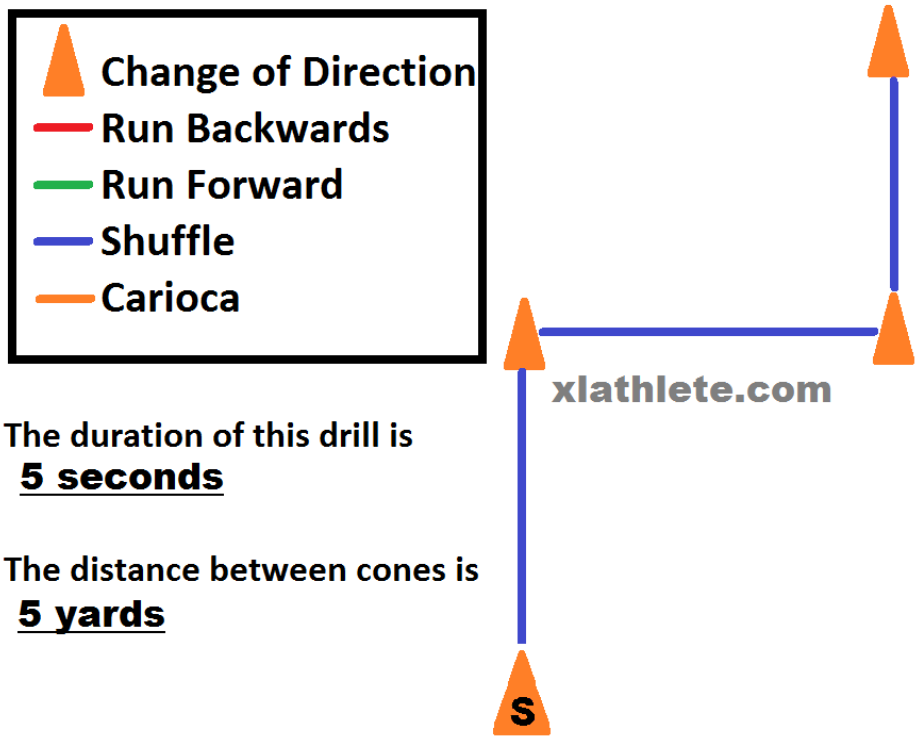
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 8 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



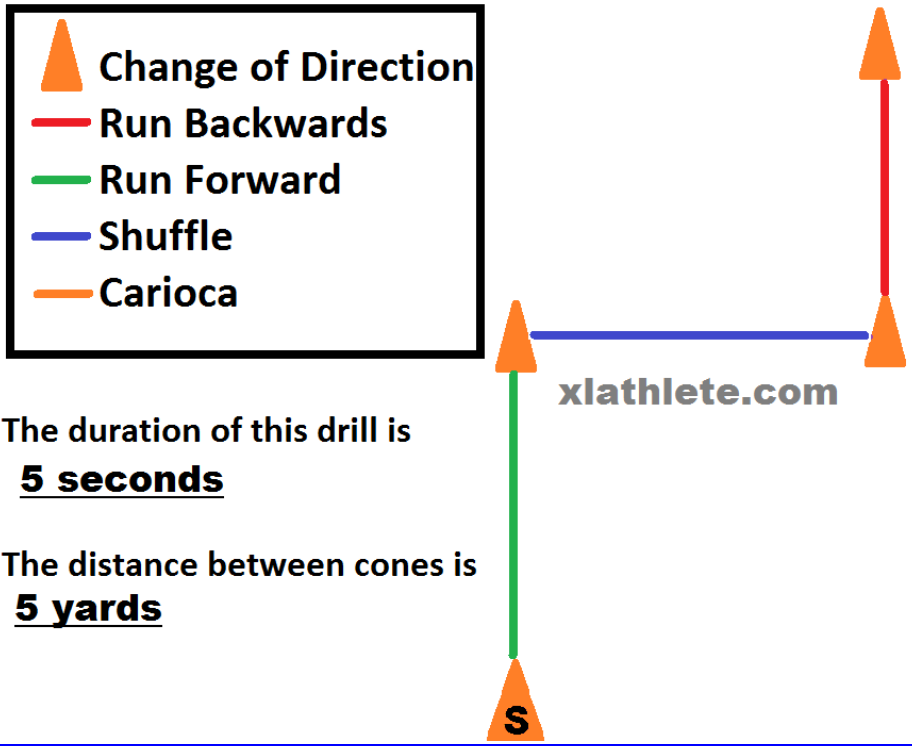
The duration of this drill is
5 seconds

The distance between cones is
5 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



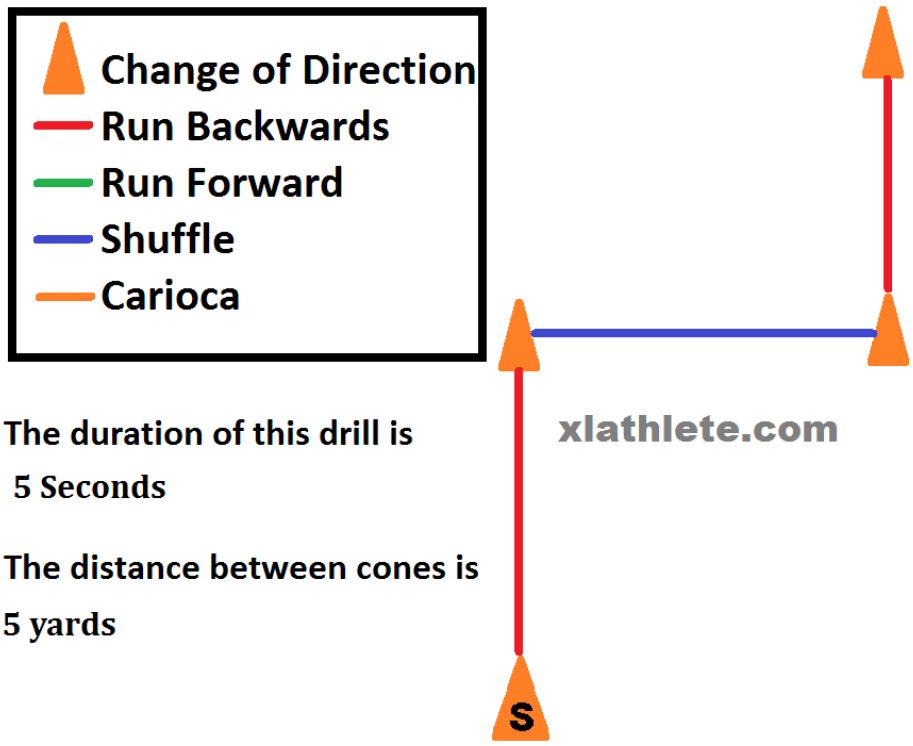
The duration of this drill is
5 seconds

The distance between cones is
5 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



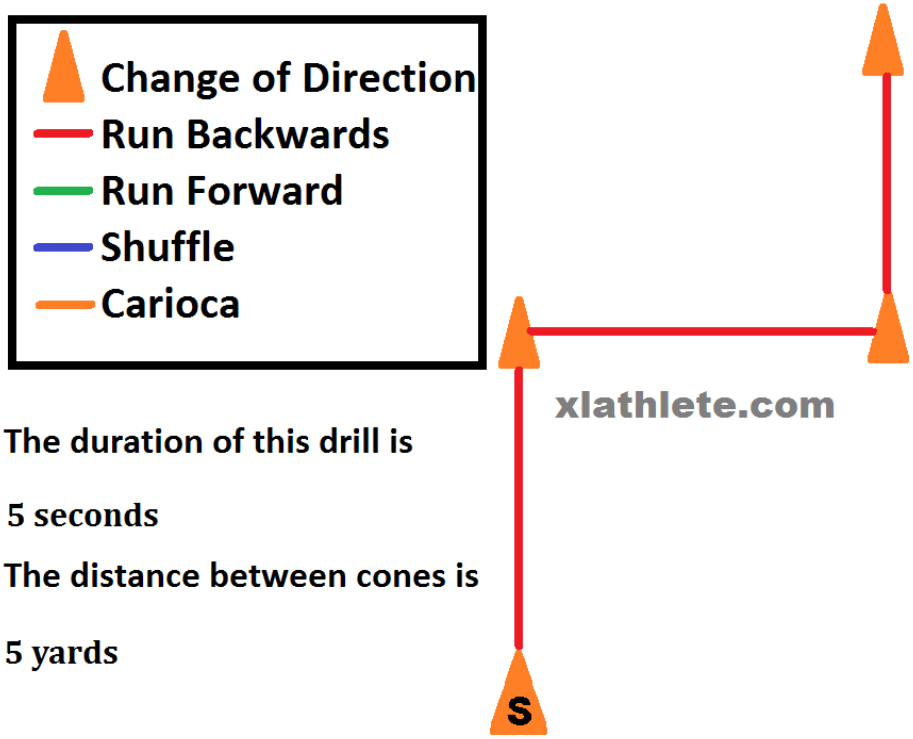
The duration of this drill is
5 Seconds

The distance between cones is
5 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The duration of this drill is

5 seconds

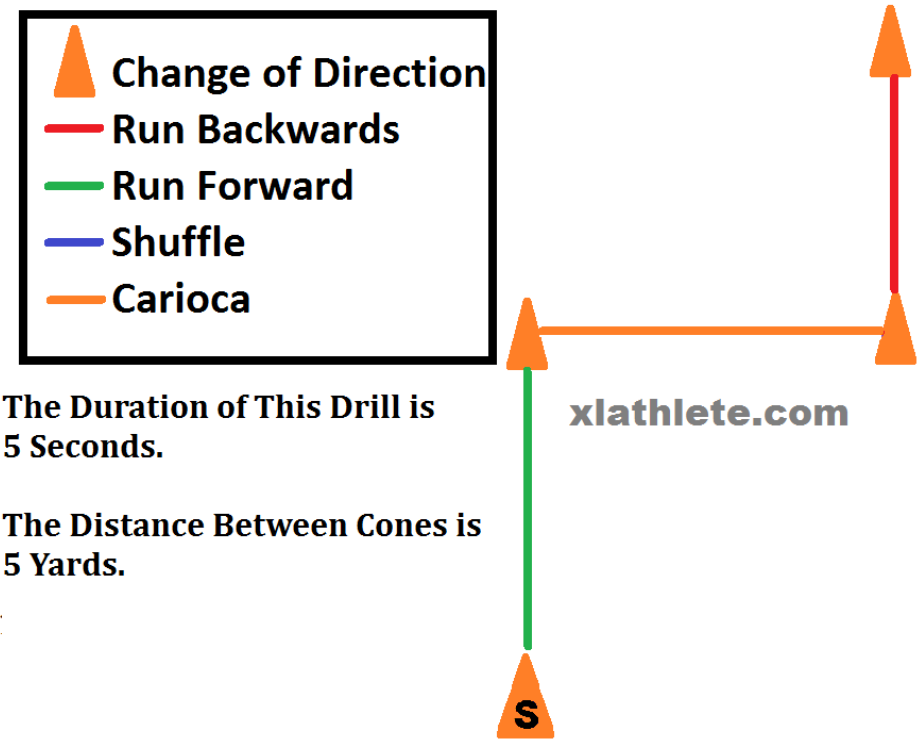
The distance between cones is

5 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



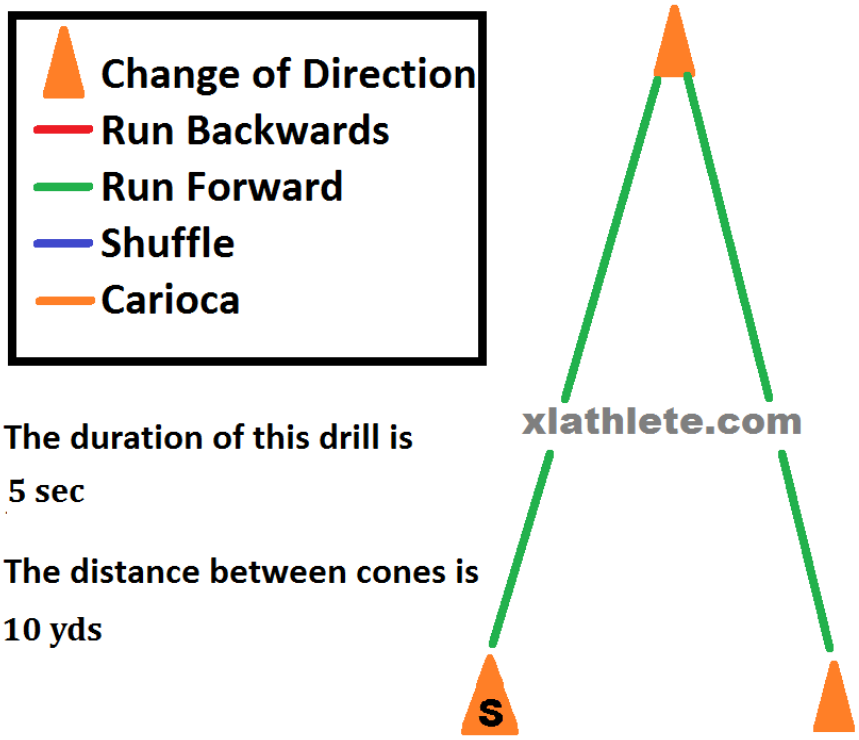
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 5 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The duration of this drill is

5 sec

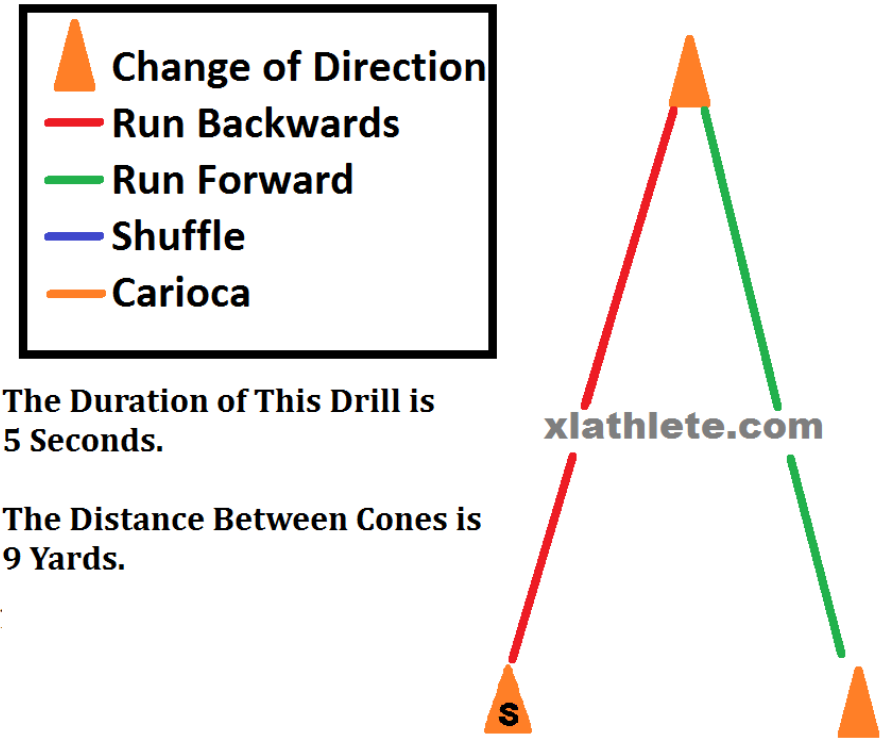
The distance between cones is

10 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



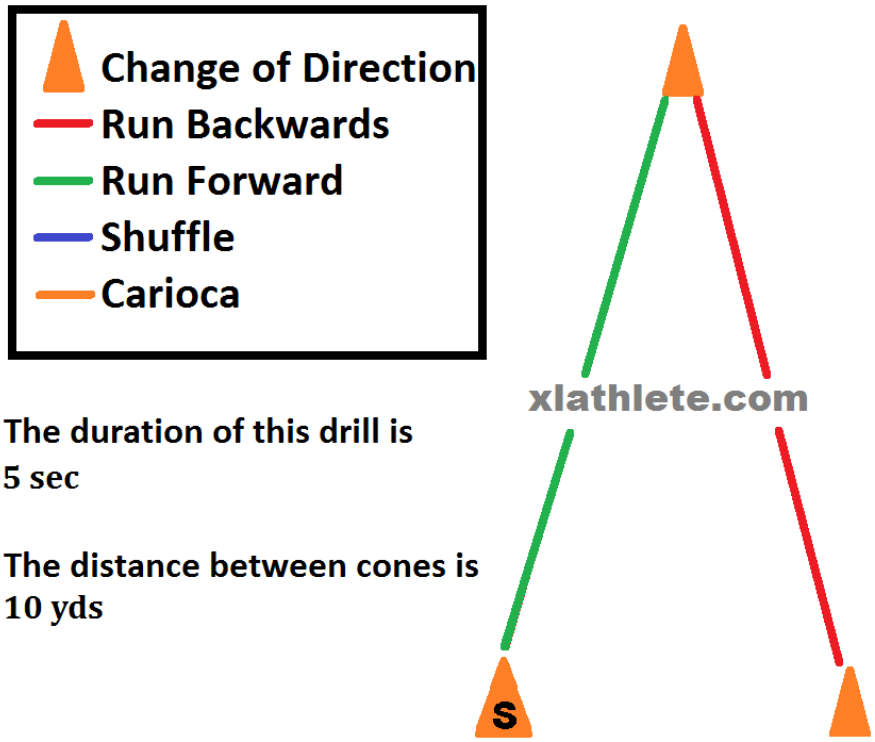
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



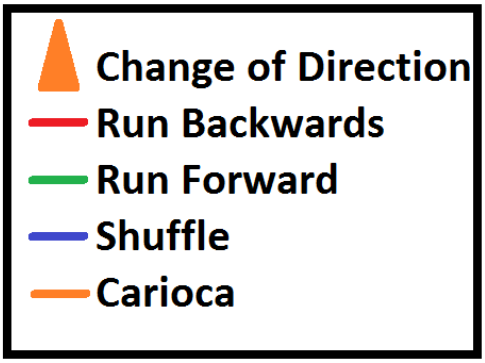
The duration of this drill is 5 sec

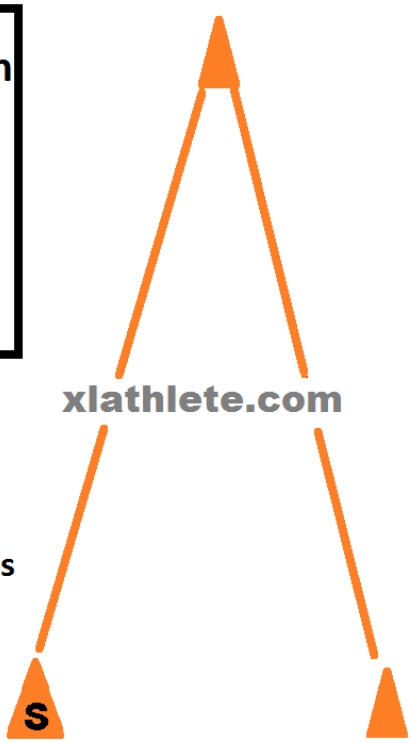
The distance between cones is 10 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





The duration of this drill is

5 sec

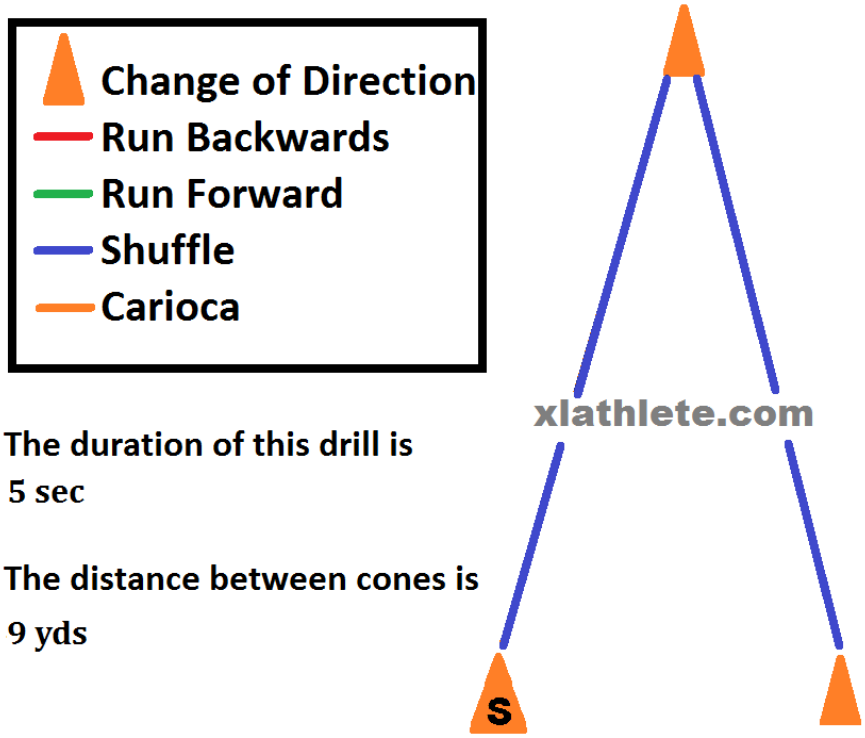
The distance between cones is

8 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



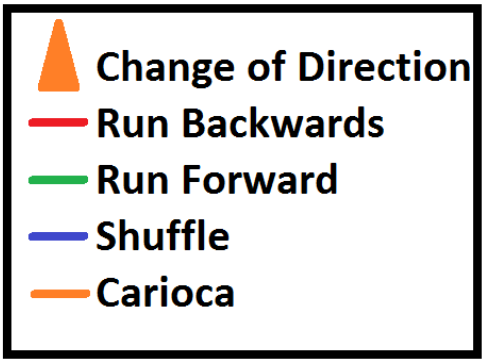
The duration of this drill is
5 sec

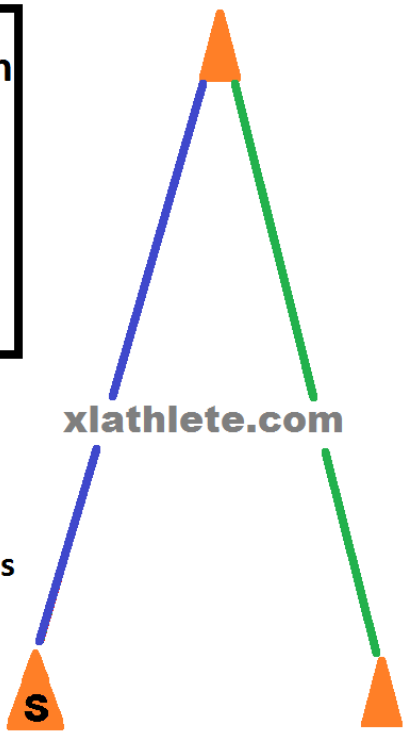
The distance between cones is
9 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





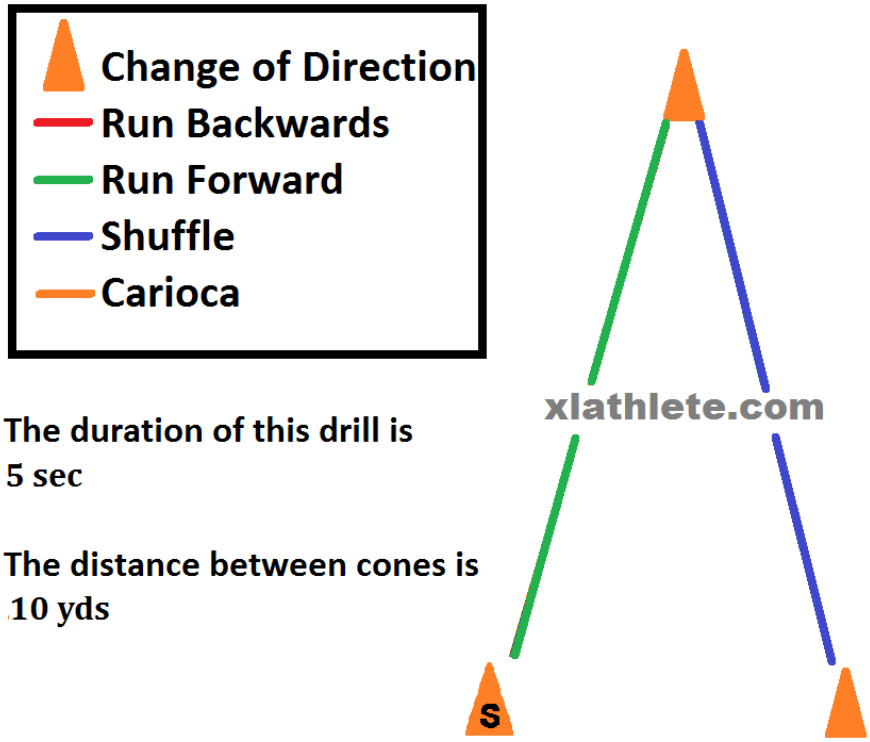
The duration of this drill is 5 sec

The distance between cones is 10 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



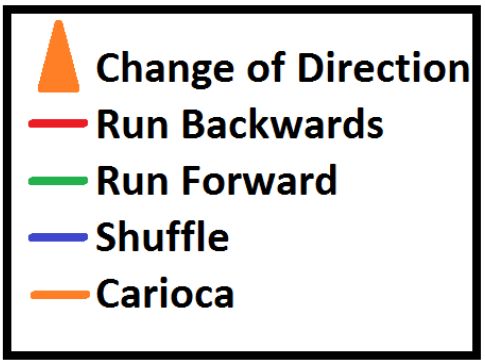
The duration of this drill is 5 sec

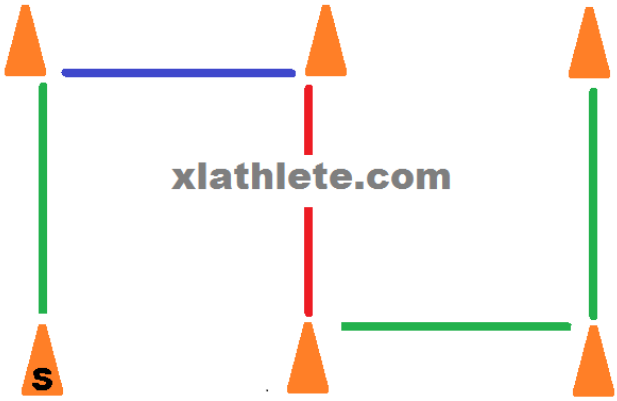
The distance between cones is 10 yds

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





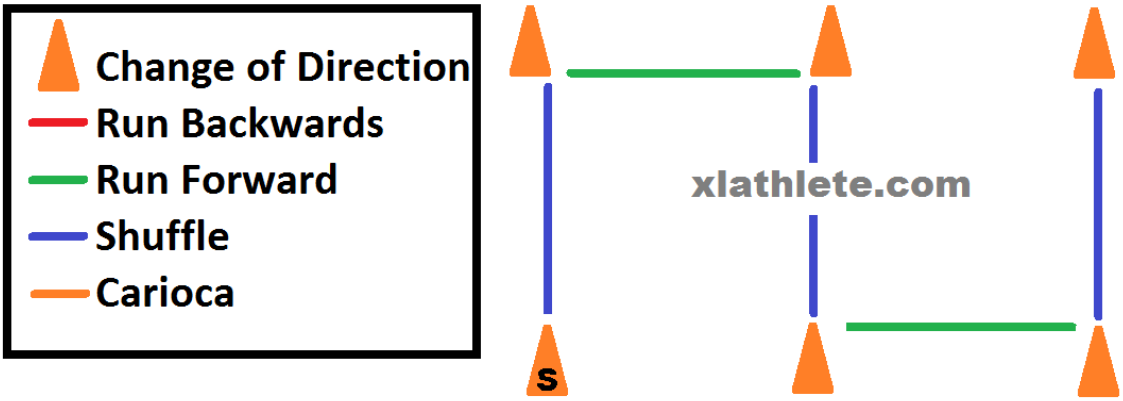
The duration of this drill is 5 seconds

The distance between cones is 4 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



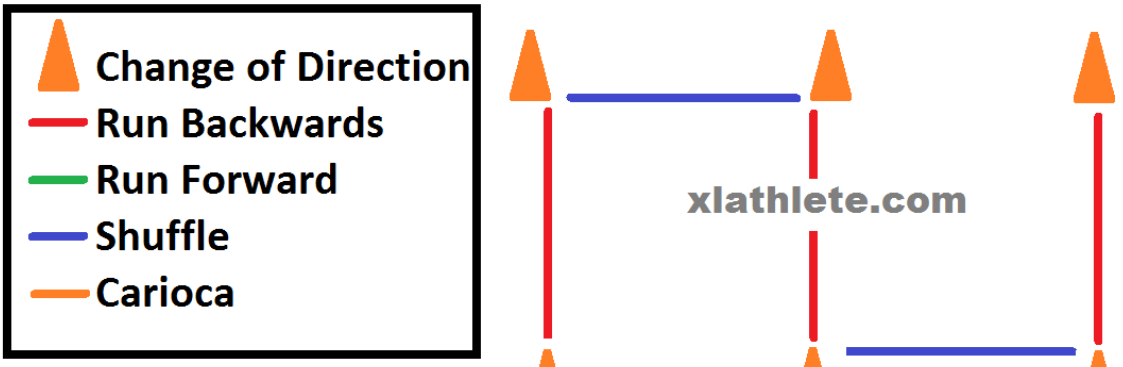
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 4 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



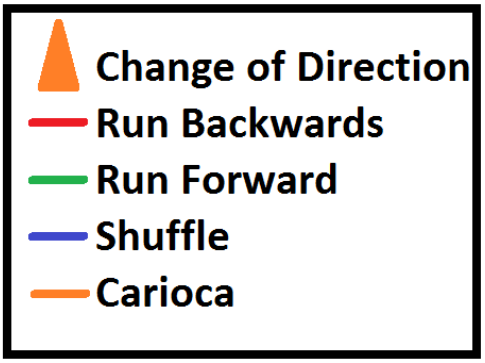
The Duration of This Drill is 5 Seconds.

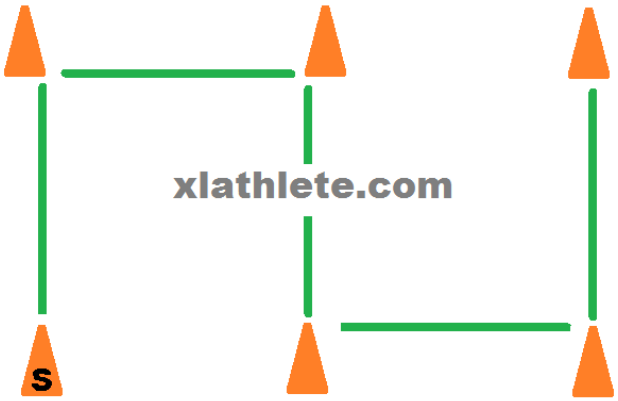
The Distance Between Cones is 3 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





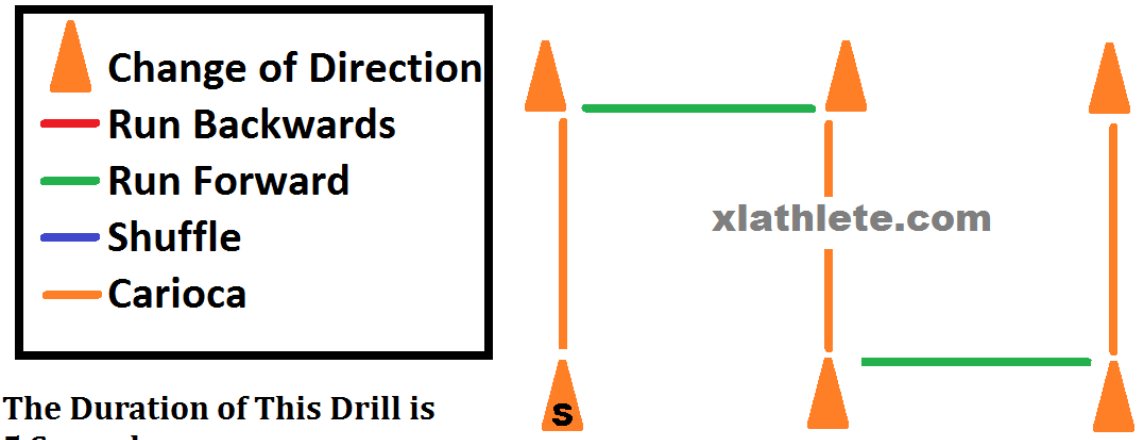
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 5 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



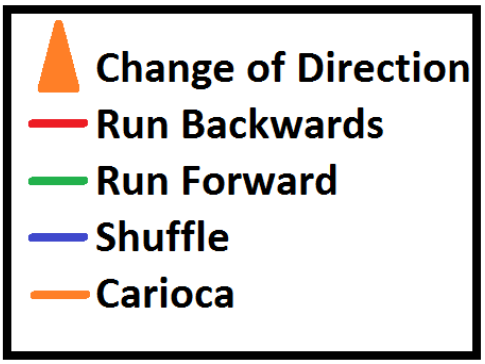
The Duration of This Drill is 5 Seconds.

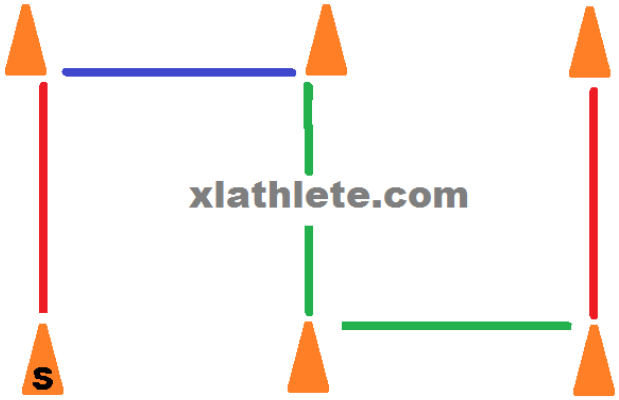
The Distance Between Cones is 4 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





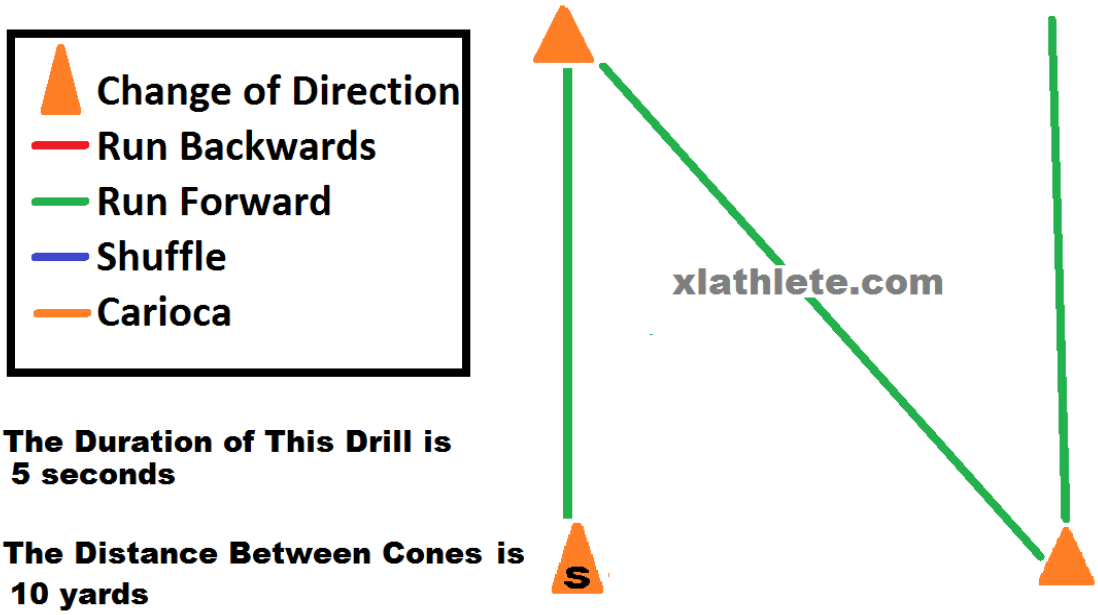
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 4 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



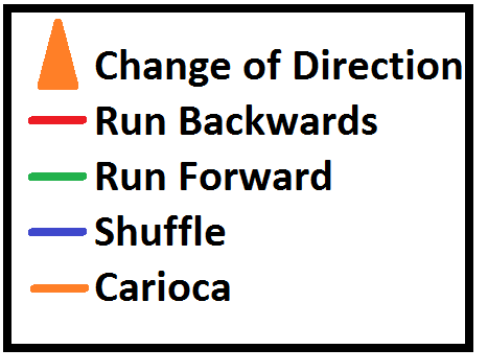
The Duration of This Drill is 5 seconds

The Distance Between Cones is 10 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

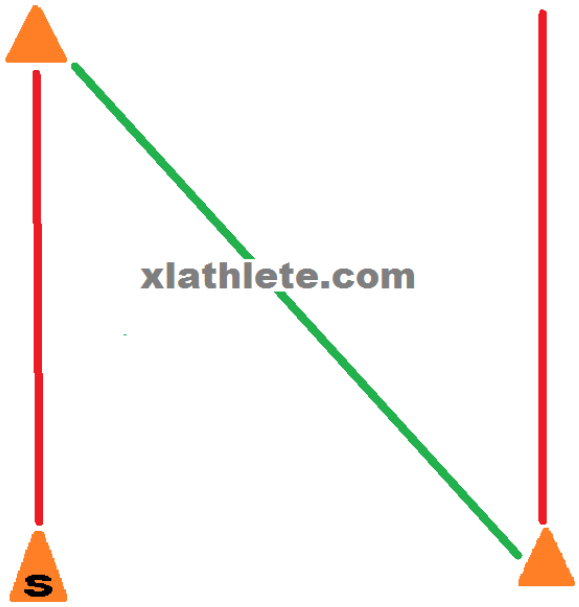
www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The Duration of This Drill is 5 Seconds.

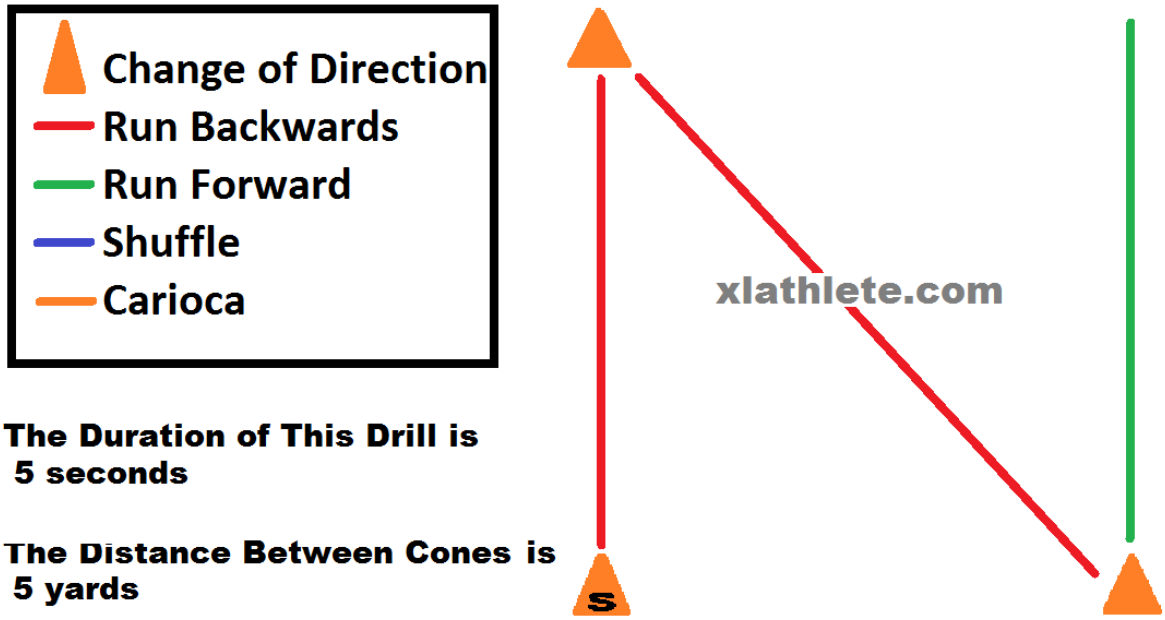
The Distance Between Cones is 7 Yards.



Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



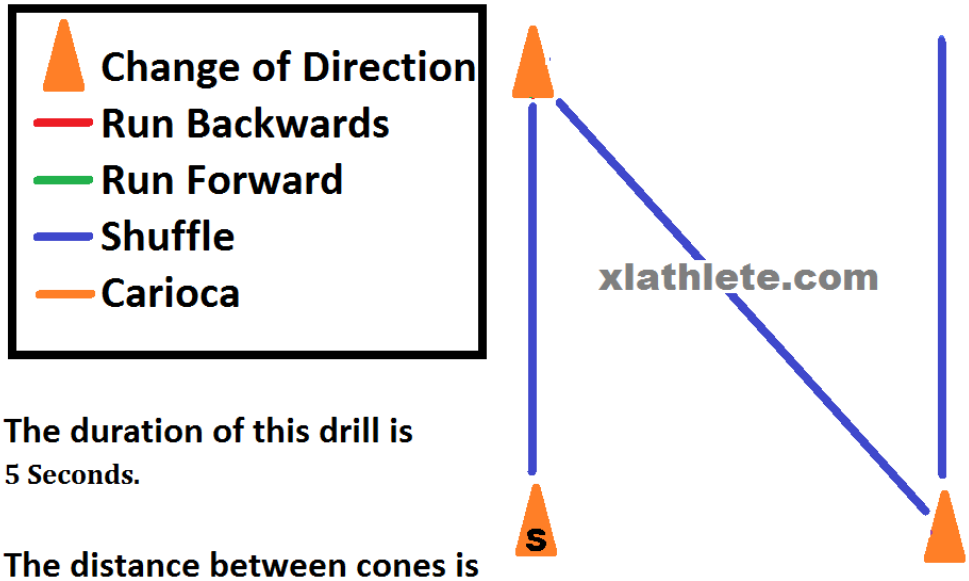
The Duration of This Drill is 5 seconds

The Distance Between Cones is 5 yards

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



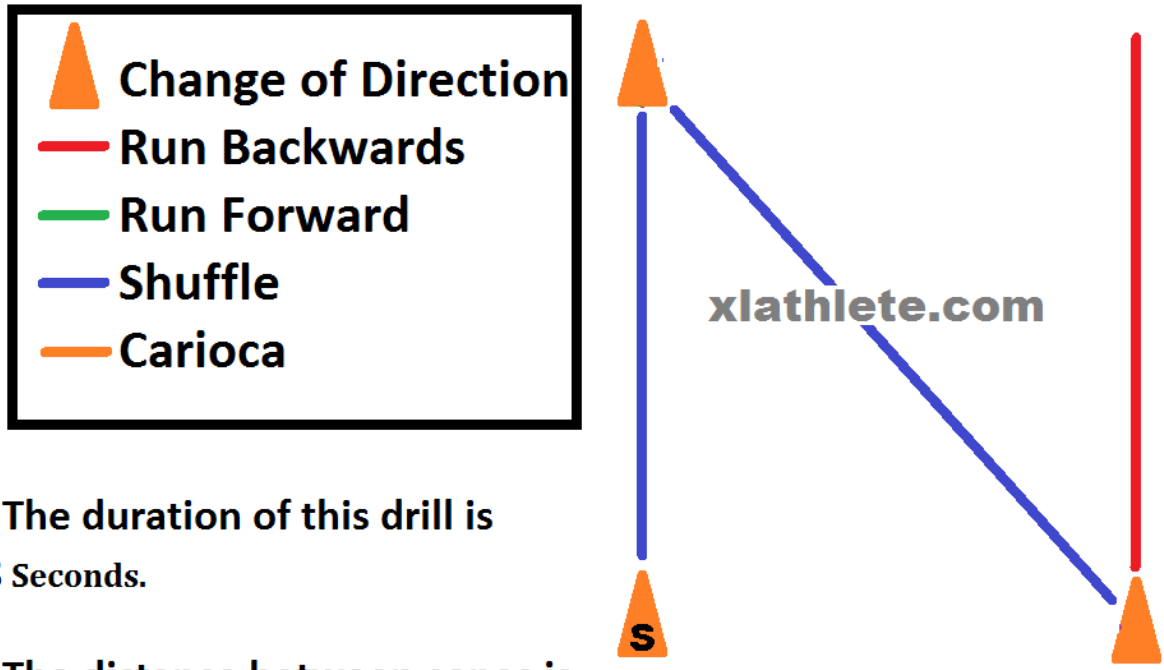
The duration of this drill is
5 Seconds.

The distance between cones is
5 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The duration of this drill is

5 Seconds.

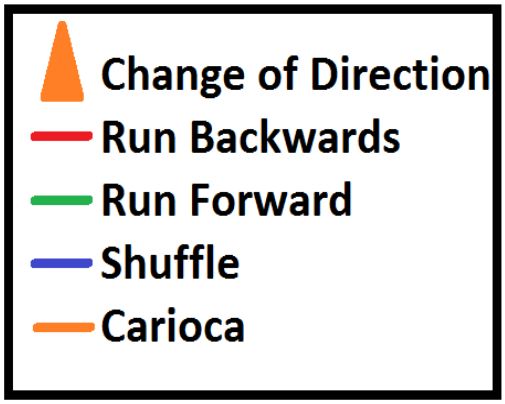
The distance between cones is

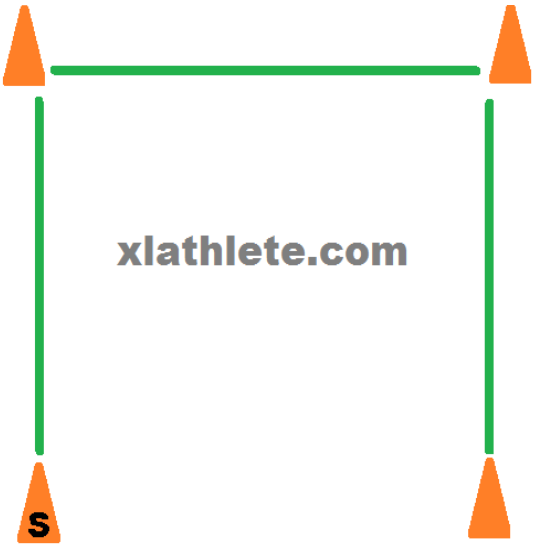
6 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





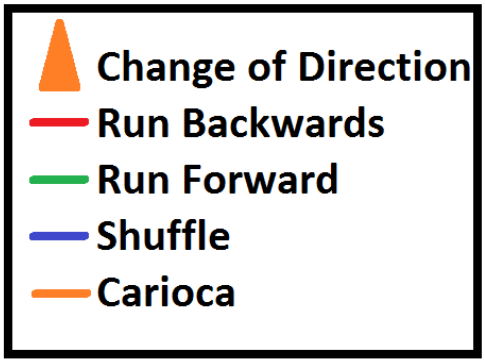
The Duration of This Drill is 5 Seconds.

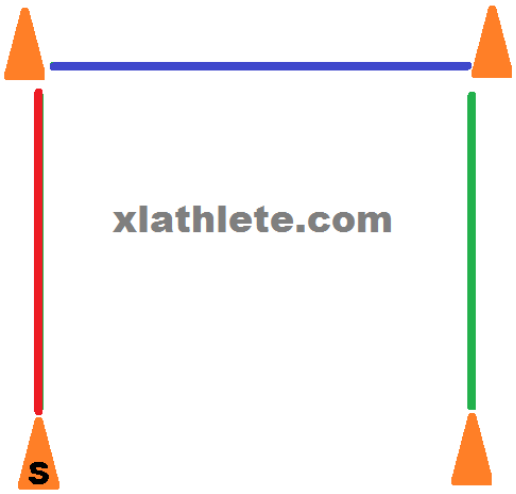
The Distance Between Cones is 10 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





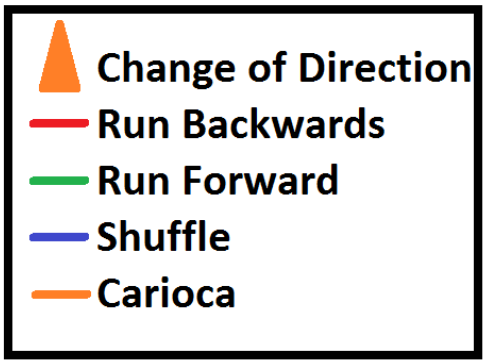
The Duration of This Drill is 5 Seconds.

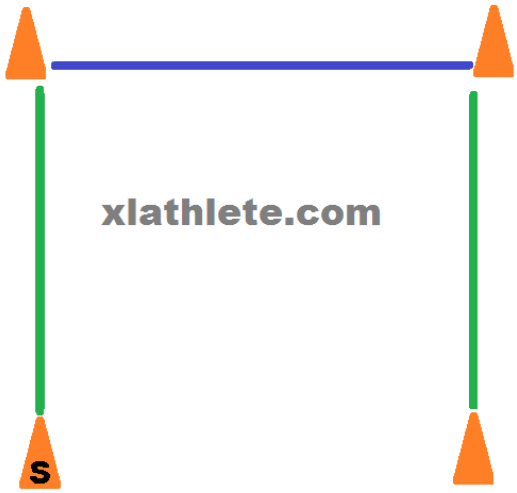
The Distance Between Cones is 9 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





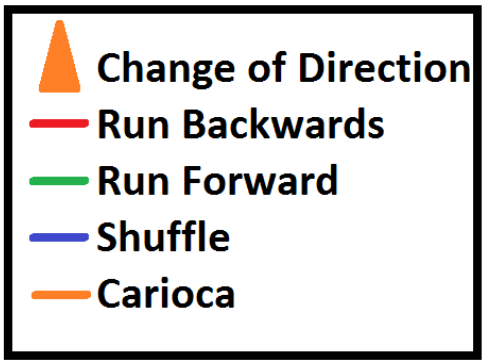
The Duration of This Drill is 5 Seconds.

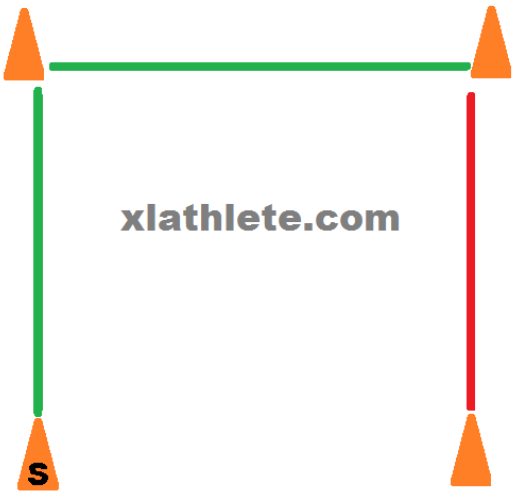
The Distance Between Cones is 10 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





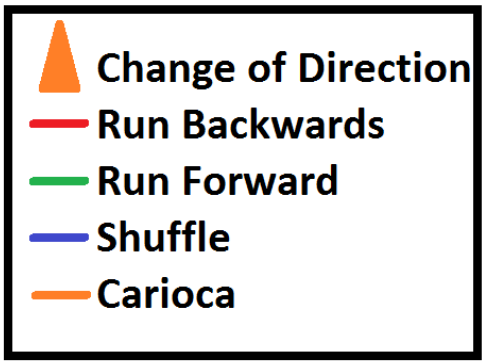
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 10 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

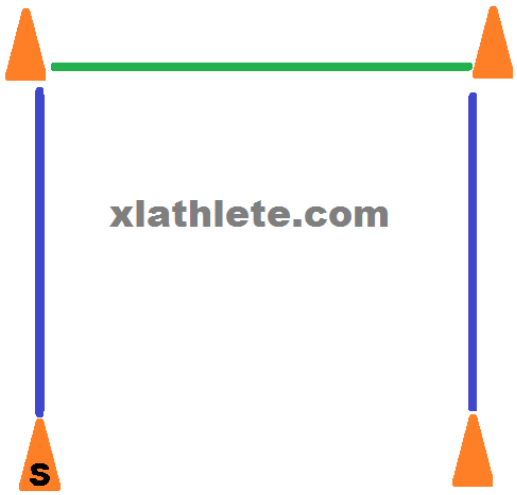
www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The Duration of This Drill is 5 Seconds.

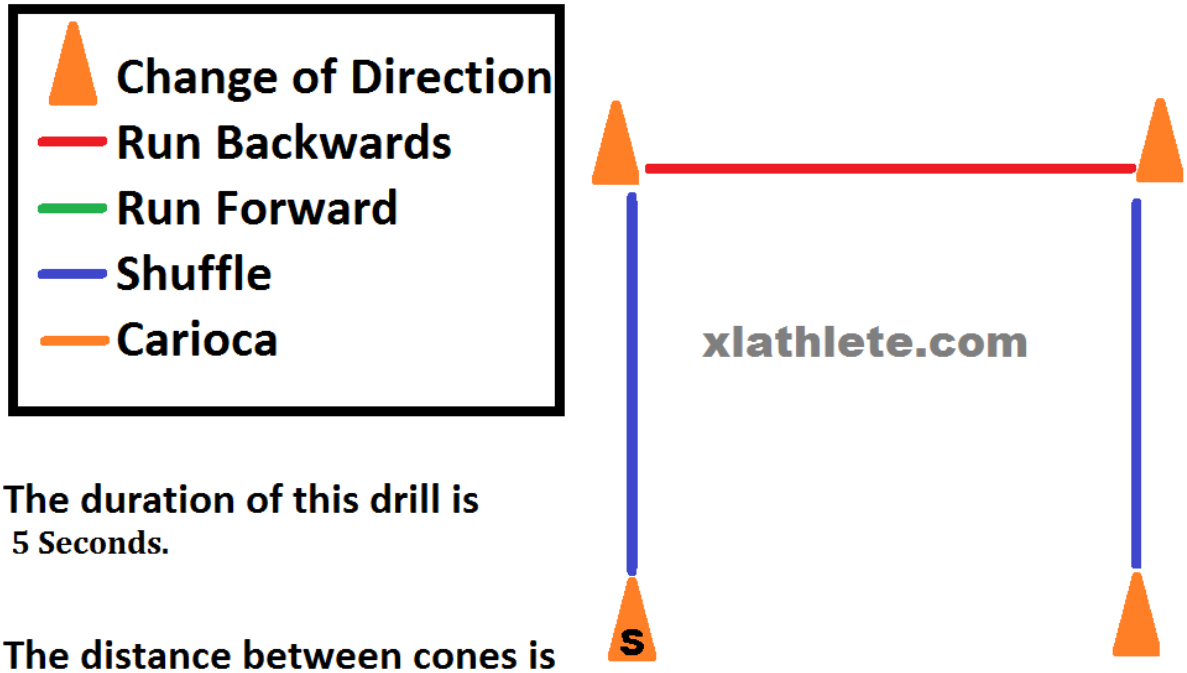
The Distance Between Cones is 8 Yards.



Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



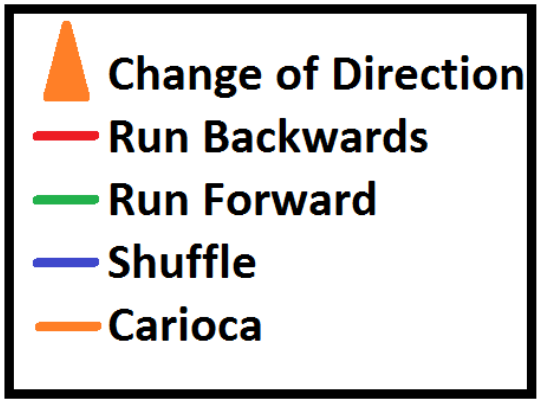
The duration of this drill is
5 Seconds.

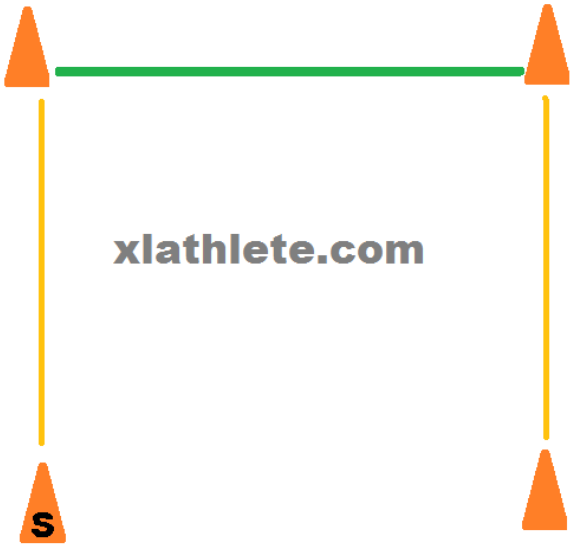
The distance between cones is
<u>5 yards</u>

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.





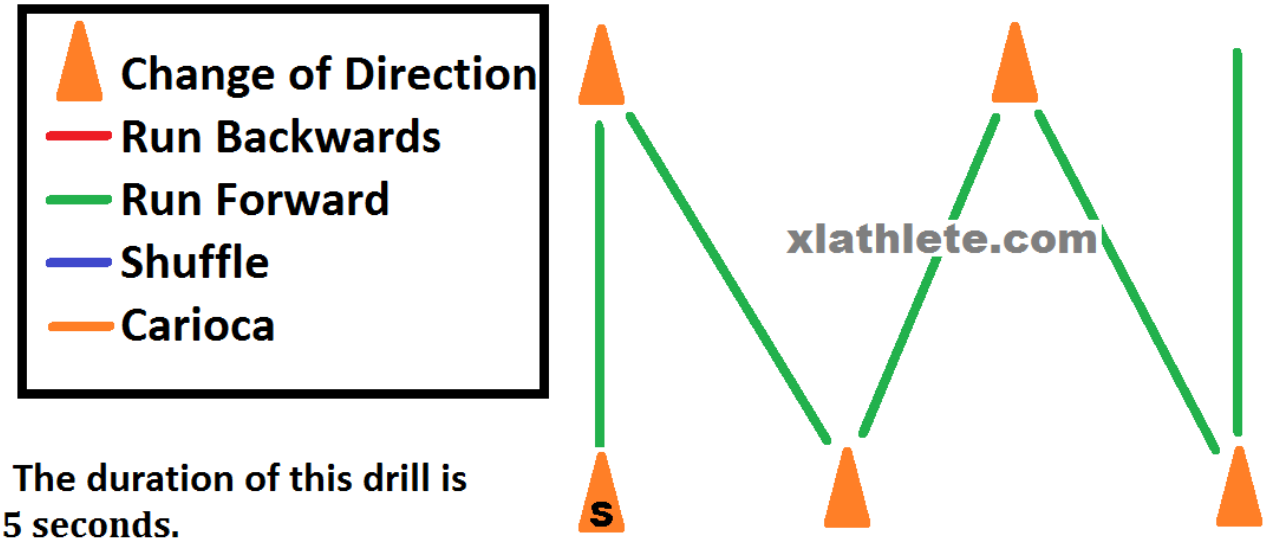
The Duration of This Drill is 5 Seconds.

The Distance Between Cones is 8 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



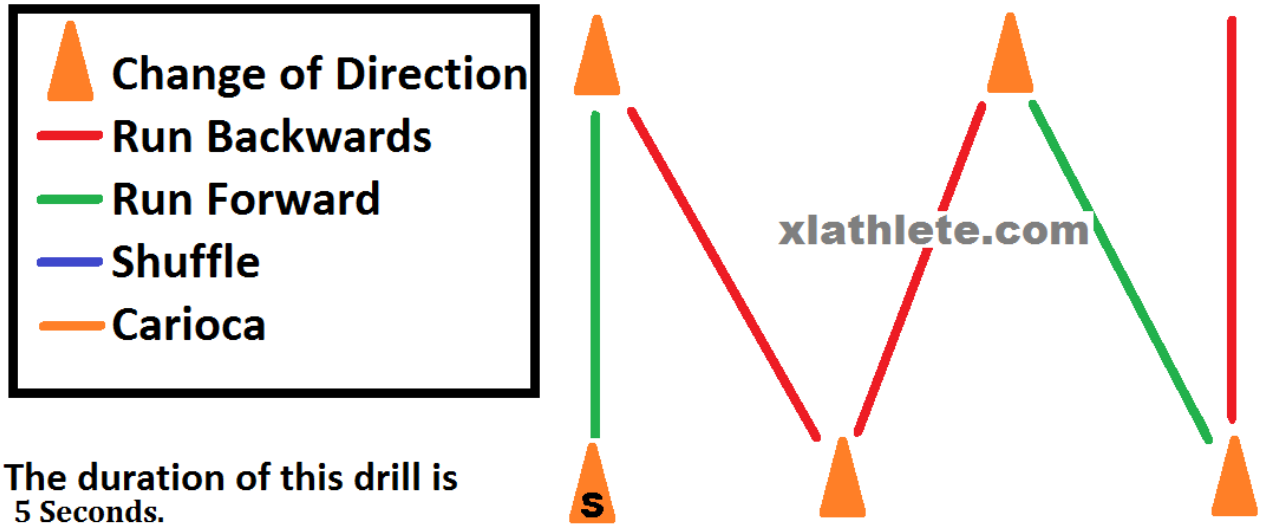
The duration of this drill is 5 seconds.

The distance between cones is 4 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



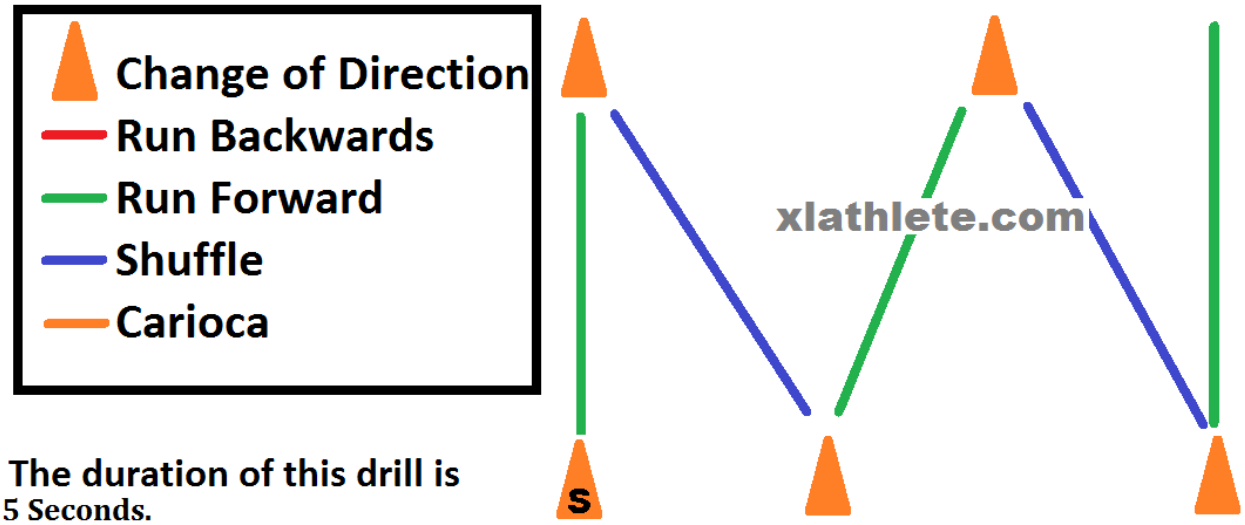
The duration of this drill is
5 Seconds.

The distance between cones is
3 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



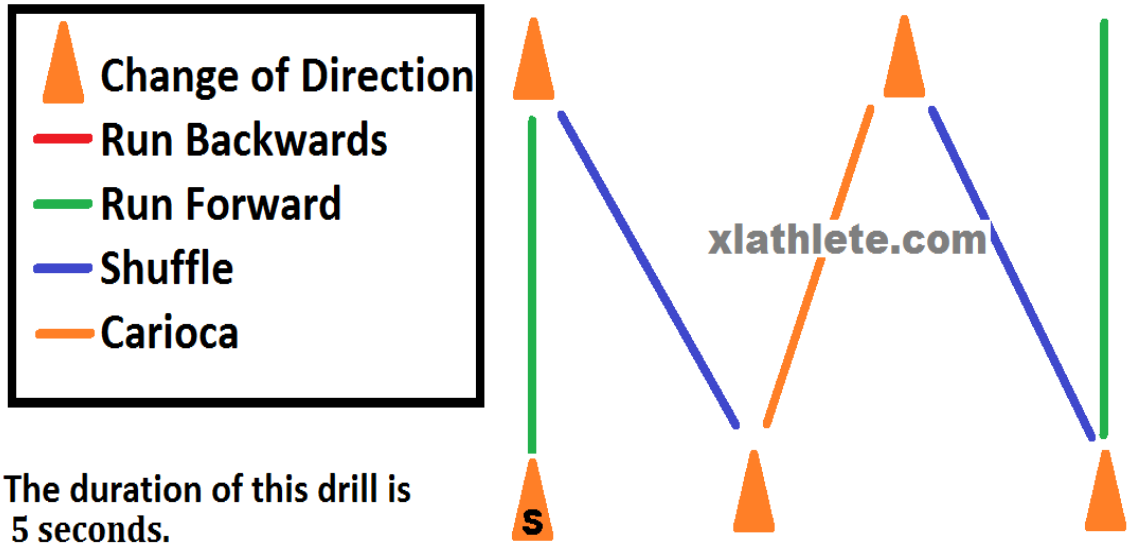
The duration of this drill is
5 Seconds.

The distance between cones is
3 Yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.



The duration of this drill is 5 seconds.

The distance between cones is 3 yards.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com

www.xlathlete.com

These drill are designed to last 5 seconds, adjust distance between cones to get desired time, you can also make drills turn in opposite directions.

Drills are © Copyrighted 2013, you must receive written permission to publish contact cal.dietz@gmail.com