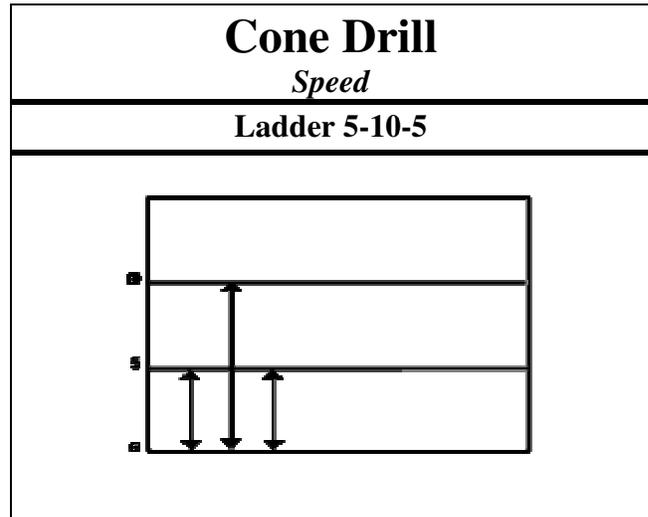


Cone Drills

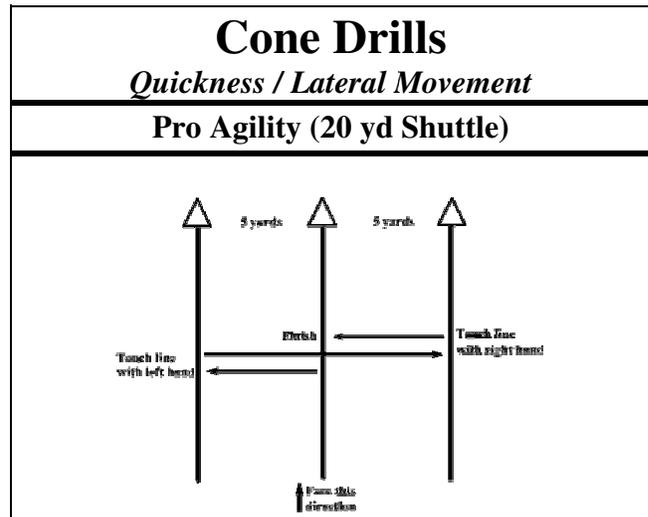
Ladder Drill (5, 10 and 5)

1. Start at goal line facing up field
2. Sprint to 5-yard line and back
3. Sprint to 10-yard line and back
4. Sprint to 5-yard line and back
5. Touch the 5 and 10 yard lines with your left foot and the goal line with your right foot



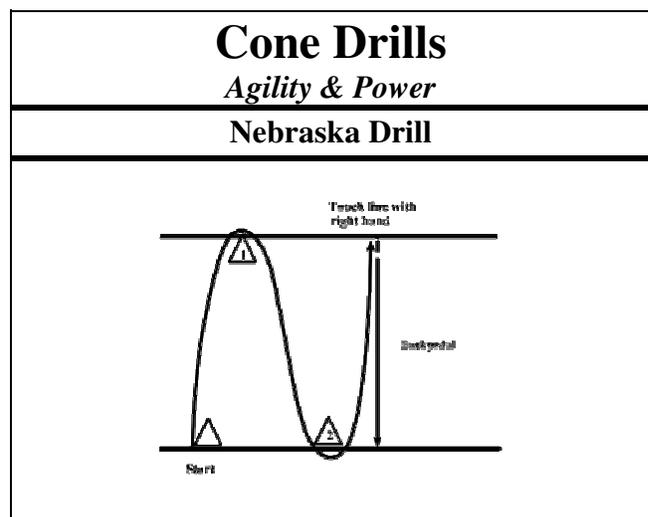
Pro Agility Drill

1. Start in a two- or three-point stance straddling the middle line of a ten-yard space
2. Sprint to the right for 5 yards, touch the line with your right hand and change direction
3. Sprint 10 yards, touch the line with your left hand and change direction
4. Sprint 5 yards back through the middle line



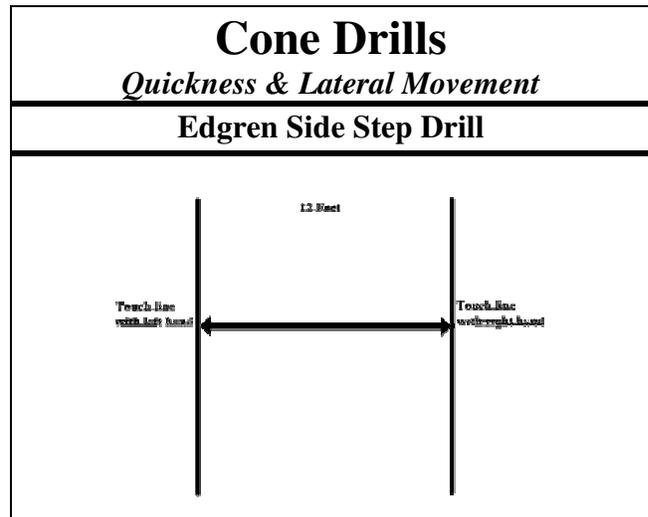
Nebraska Drill

1. Two cones are set up five yards apart and one yard between
2. Start in a three-point stance on the first line
3. Sprint to cone #1 and make a right-hand turn
4. Sprint to cone #2 and make a left-hand turn
5. Sprint five yards and touch line with your hand
6. Backpedal across the starting line



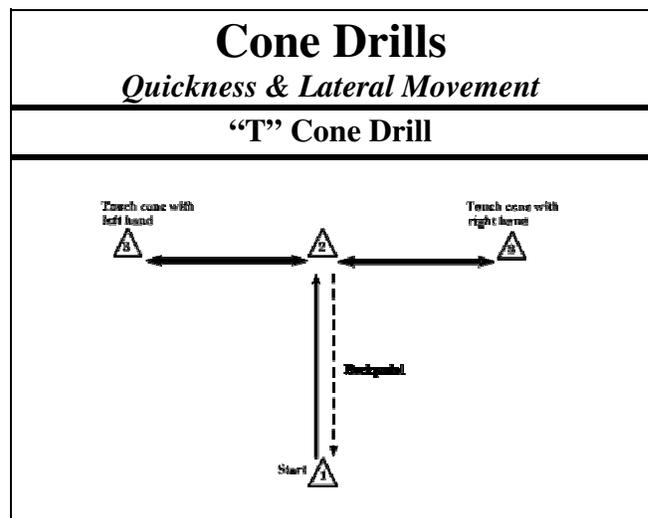
Edgren Side Step Drill

1. Assume a power stance half way between two lines that are 12 feet apart
2. Shuffle slide laterally touching each line with the near hand, count one for each line touched
3. Repeat for 15 to 30 seconds



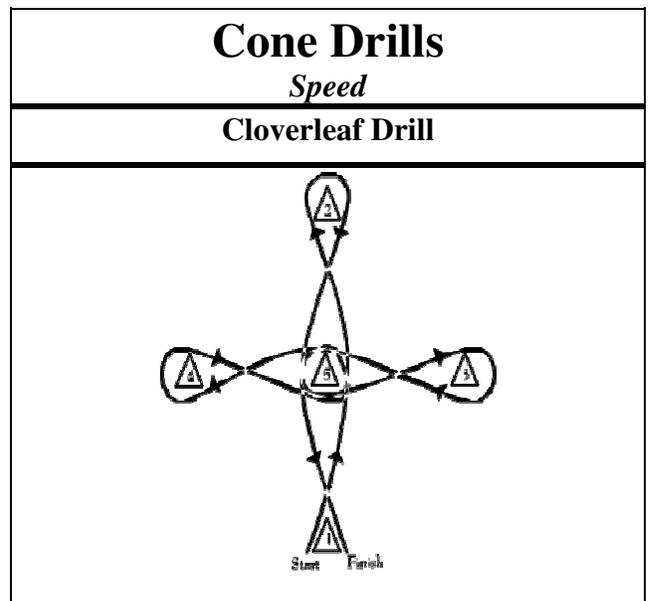
“T” Cone Drill

1. Four cones are arranged as shown
2. Sprint from cone #1 to cone #2 and touch base of cone with right hand
3. Shuffle slide five yards to cone #3 and touch base of cone with left hand
4. Shuffle side ten yards to cone #4 and touch base of cone with right hand
5. Shuffle slide five yards to cone #2 and touch base of cone with left hand
6. Backpedal past cone #1



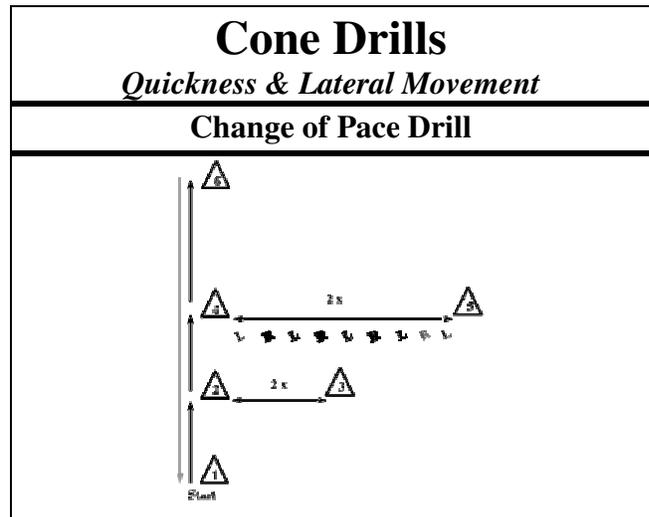
Clover Drill

1. Five Cones are set up as shown
2. Start on left side of cone #1
3. Turn with left shoulder to middle cone (#5) and right shoulder to outer cones
4. Cone progression is 1-5-2-5-3-5-4-5-1 (see diagram)



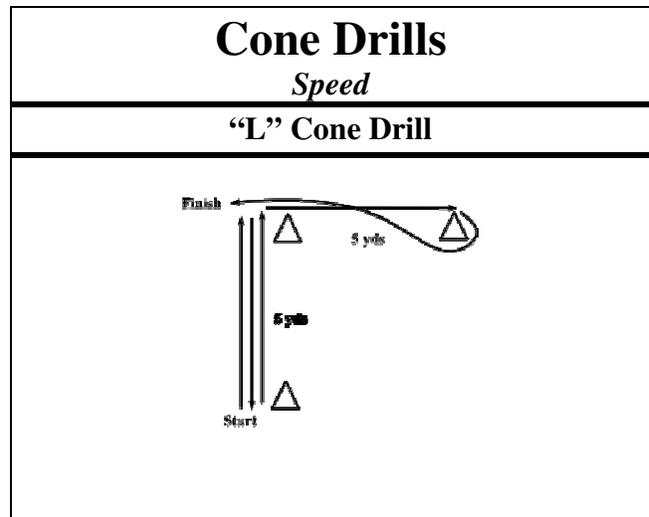
Change of Pace Drill

1. Six cones are set up as shown
2. The athlete starts at cone #1, sprints to cone #2, shuffles slides between cones #2 and #3 twice, sprints to cone #4, uses a cross-over run between cones #4 and #5 twice, sprints to cone #6 and sprints back to cone #1
3. Emphasis is on quick change of direction and maintaining low body position.



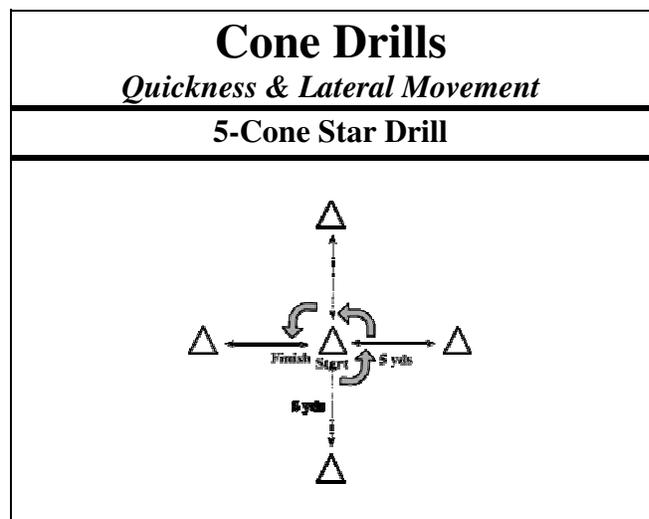
“L” Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, sprint back to cone #1, sprint around cone #2 and around cone #3, then sprint past cone #2
3. Emphasis is placed on quick change of direction and maintaining low body position



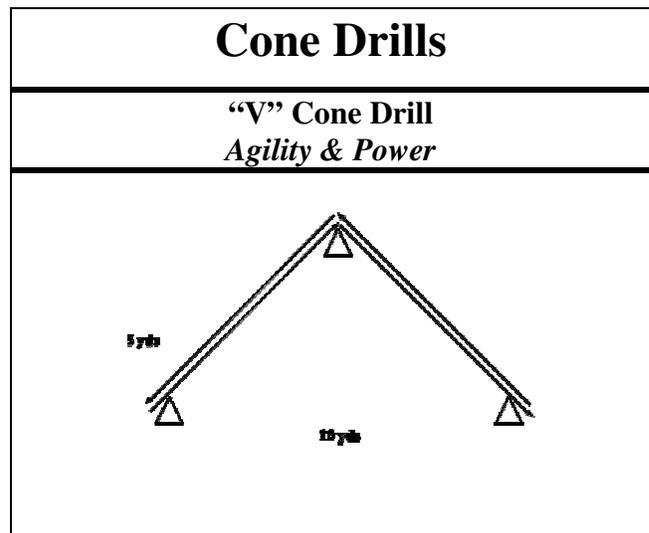
5-Cone Star Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle laterally to cone #2, perform drop step and shuffle to cone #3, and continue in the same manner through all four of the outside cones
3. Emphasis is placed on quick change of direction and maintaining low body position



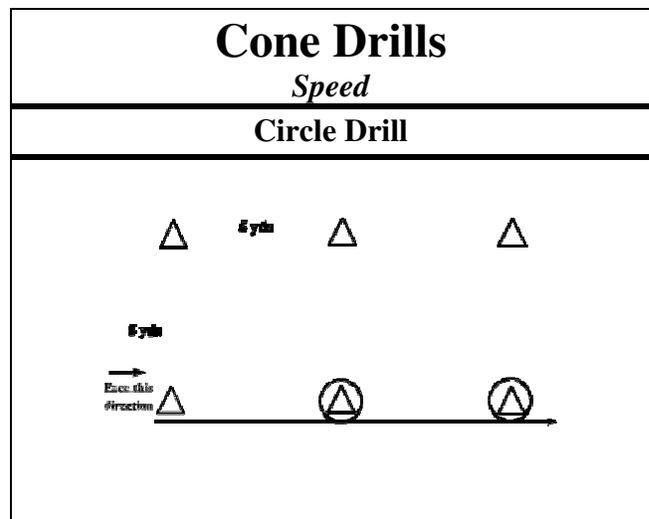
“V” Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint around cone #2 to cone #3, then back around cone #2 to cone #1
3. Emphasis is placed on quick change of direction and maintaining low body position



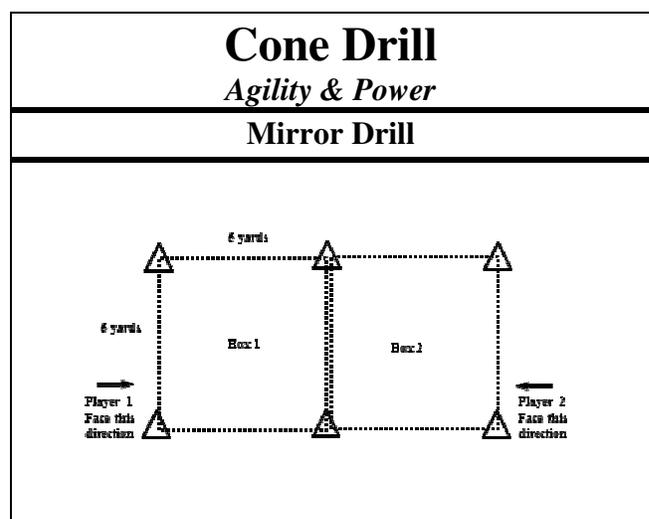
Circle Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2 and circle around it using quick, choppy steps, then repeat this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



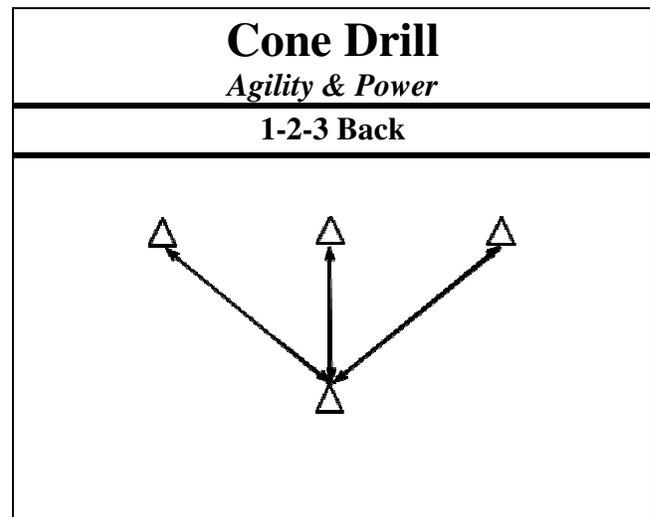
Mirror Drill

1. Cones are set up 5 yards apart as shown making two boxes; cones 1,2,3,4 are one box; 3,4,5,6 are a second box
2. One player start at cone #1, second player starts at cone #6.
3. Player one must move and touch 3-5 cones in their box; Player two must mirror player one's movement.
4. Emphasis is placed on quick change of direction and maintaining low body position



1-2-3 Drill

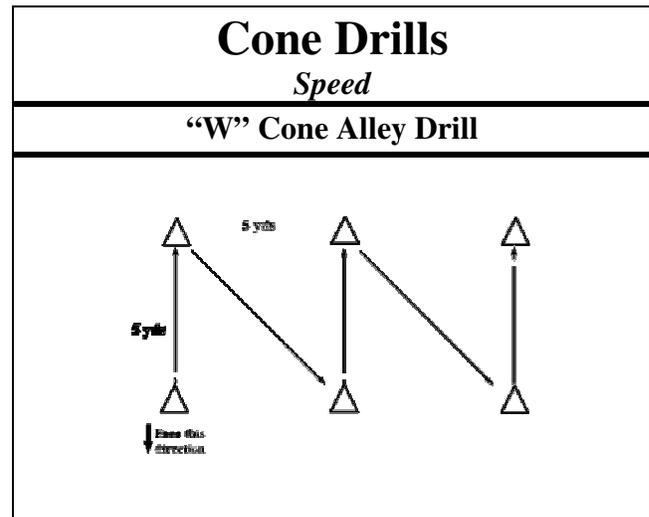
1. Cones are set up 5 yards apart as shown
2. Start at cone #1, move to cones #1, #2 and #3 as called out by coach and recover to cone #1
3. Emphasis is placed on quick change of direction and maintaining low body position



Cone Alley Drills

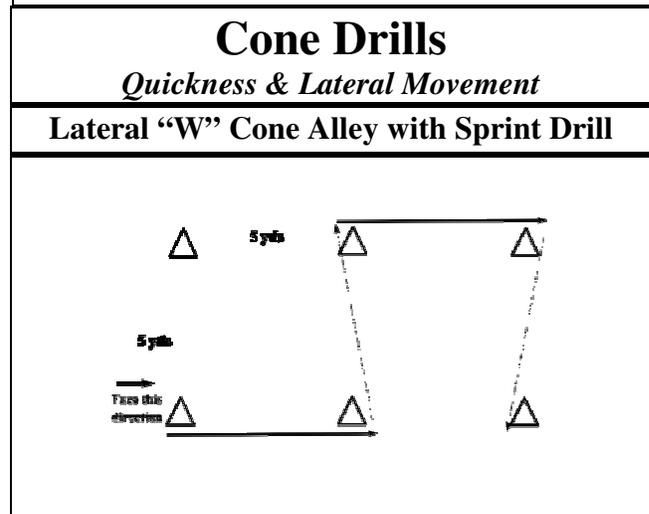
“W” Cone Alley Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, backpedal to cone #3, sprint to cone #4, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position and forward lean



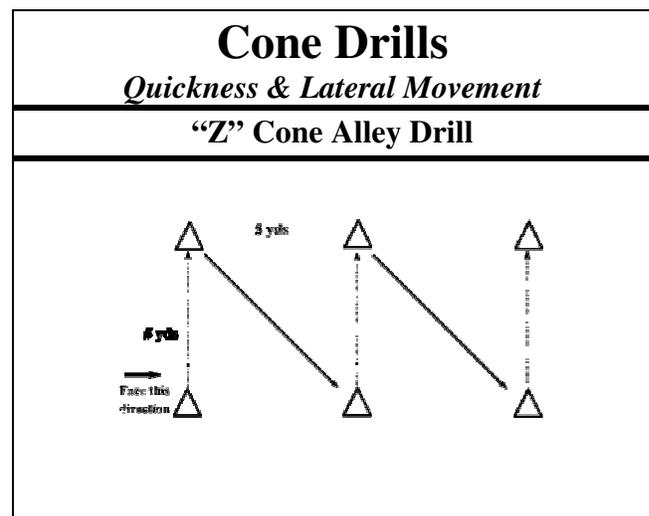
Lateral “W” Cone Alley with Sprint Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint past cone #2, then change direction and shuffle slide to cone #3, repeating this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



“Z” Cone Alley Drill

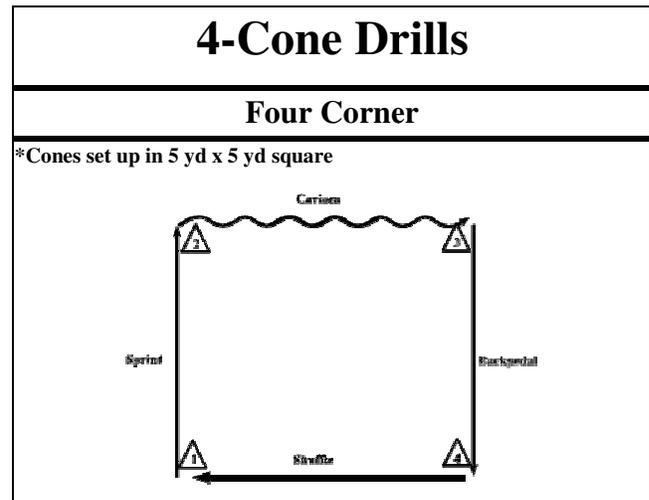
1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle slide to cone #2, use a drop step to change direction and slide to cone #3, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



4 Cone Drills

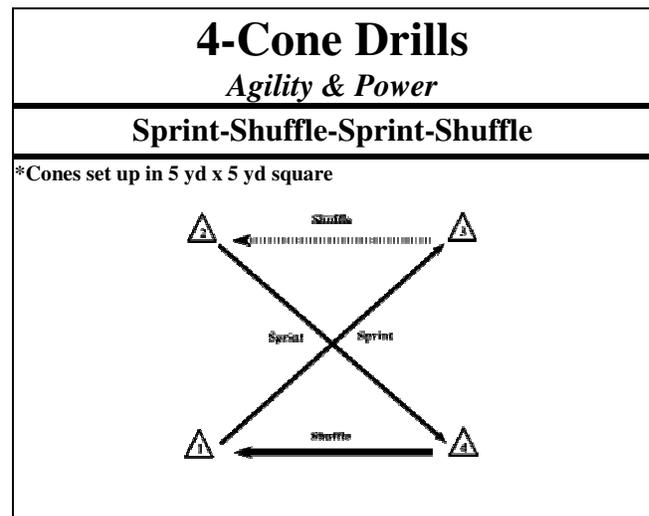
Four Corner Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



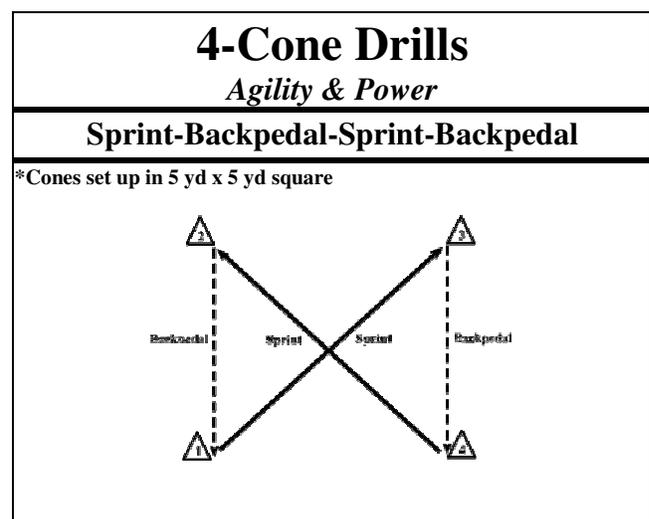
Sprint Shuffle Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, shuffle slide to cone #2, drop-step and sprint to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



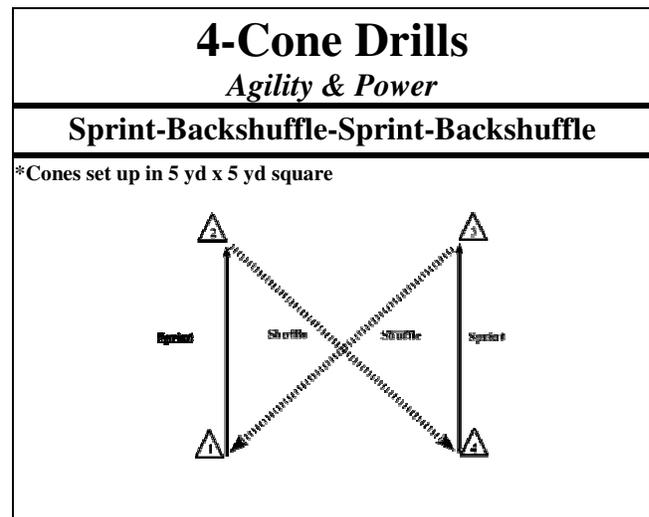
Sprint-Backpedal Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, backpedal to cone #4, sprint to cone #2, and backpedal back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

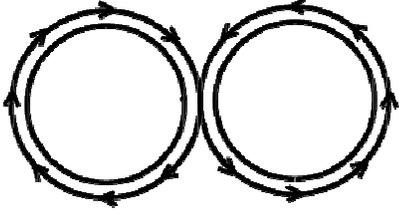


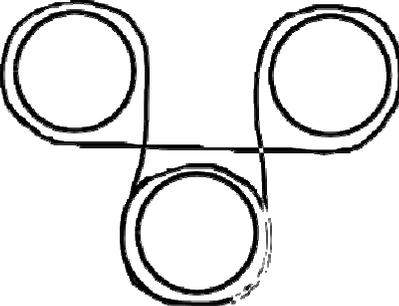
Sprint Back Shuffle Drill

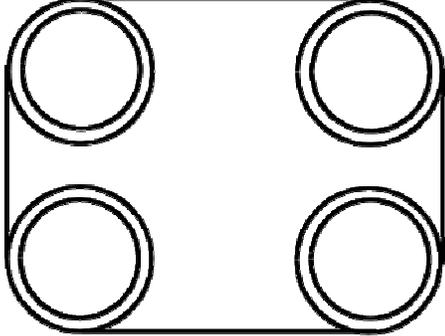
1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, back shuffle to cone #4, sprint to cone #3, and back shuffle back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



Hoop Drills

Hoop Drills <i>Speed</i>
Figure 8 Tag
 A diagram showing two circles side-by-side. Each circle has two arrows on its circumference, one pointing clockwise and one pointing counter-clockwise, indicating the direction of movement for the drill.

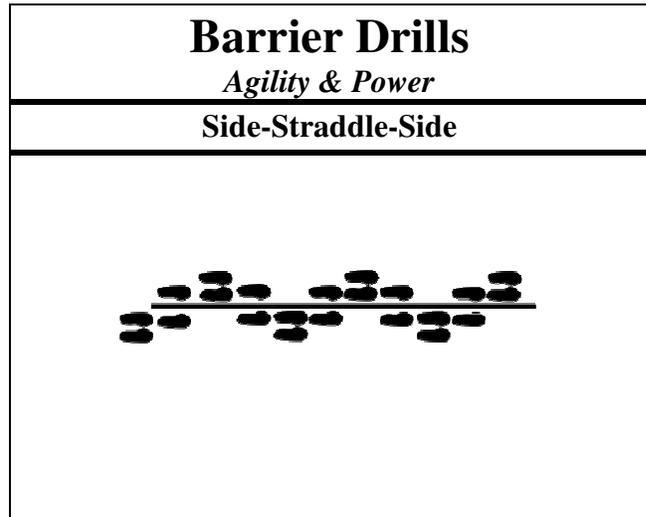
Hoop Drills <i>Speed</i>
Double Figure 8
 A diagram showing a figure-eight shape formed by three circles. Two circles are at the top, and one is at the bottom, connected by lines that cross in the middle to form the figure-eight pattern.

Hoop Drills <i>Speed</i>
Four Corner
 A diagram showing four circles arranged in a 2x2 square pattern. Lines connect the circles at the top, bottom, left, and right, forming a square path around the circles.

Barrier Drills

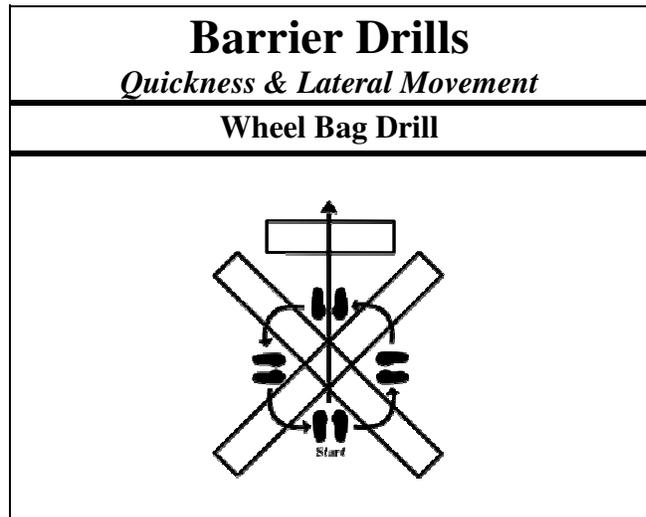
Side-Straddle-Side Drill

1. A row of barriers is set up end to end for a total distance of approximately 10 yards
2. Start with both feet on the right side of the barriers
3. While hopping in a forward direction, first straddle the barriers, then land with both feet on the left side of the barriers, straddle the barriers again and finally land with both feet on the right side of the barriers
4. Sequence is continued over all the barriers, maintaining rhythm, control and body balance



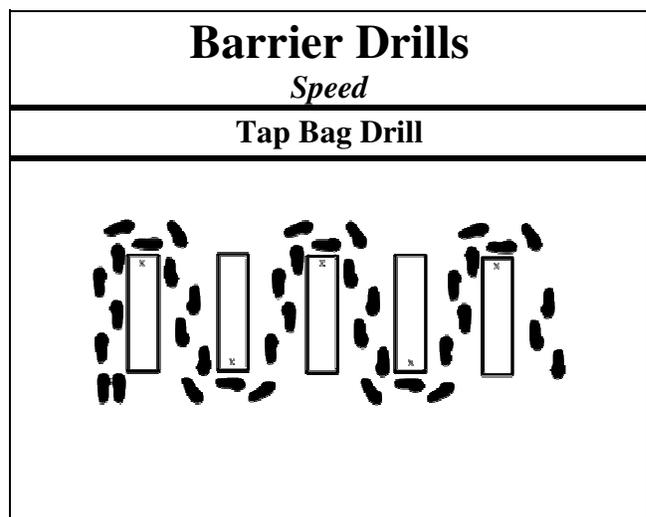
Wheel Bag Drill

1. Four blocking bags are set up at 90° to each other with a fifth bag two yards away as shown
2. Start with hands in the middle of the bags and perform a shuffle step around the wheel
3. When both feet reach the starting point, reverse directions around the wheel
4. When you reach the starting point again, sprint over the intersection of the bags and finally over the fifth bag
5. Finish timing when athlete steps over last bag.



Tap Bag Drill

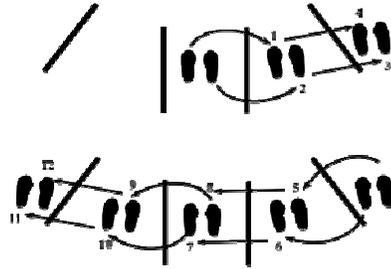
1. Six blocking bags or twelve cones are set up 3-4 yards apart as shown
2. Sprint through the series of barriers, placing the inside hand at the edge of the barrier while changing direction
3. Emphasis is placed on quick change of direction and maintaining low body position



Barrier Drills

Quickness & Lateral Movement

Crossover & Step



Ladder Drills

Ladder Drills
Speed

1-in-the-Hole Forward

Ladder Drills
Speed

2-in-the-Hole Forward

Ladder Drills
Agility & Power

2-Foot Hops

Ladder Drills
Quickness & Lateral Movement

2-in-the-Hole Lateral

Ladder Drills
Quickness & Lateral Movement

In-Out Buzz Saw Shuffle (2-foot)

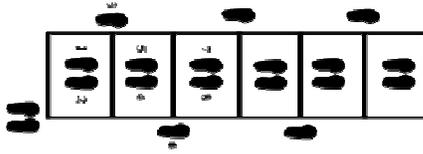
Ladder Drills
Agility & Power

Hop Scotch

Ladder Drills

Quickness & Lateral Movement

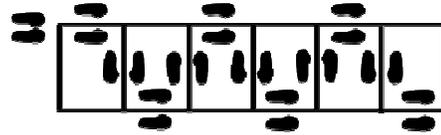
Icky Shuffle



Ladder Drills

Agility & Power

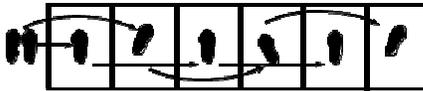
90° Turns



Ladder Drills

Quickness & Lateral Movement

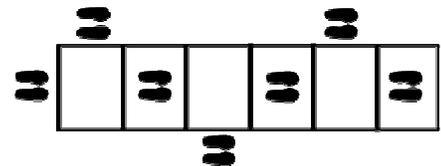
Carioca



Ladder Drills

Agility & Power

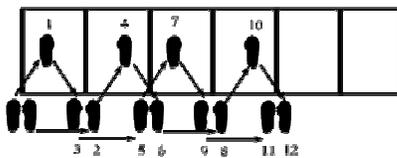
Slalom



Ladder Drills

Quickness & Lateral Movement

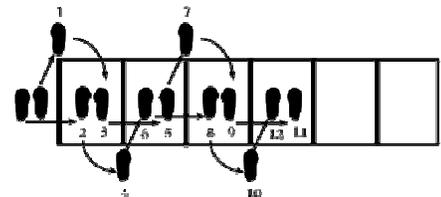
Agility Shuffle



Ladder Drills

Quickness & Lateral Movement

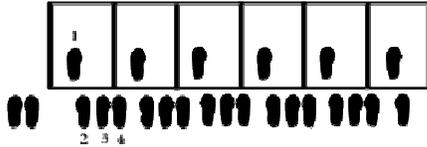
Front-Back Shuffle



Ladder Drills

Quickness & Lateral Movement

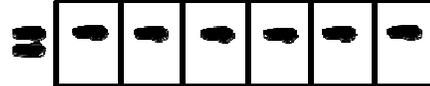
In-Out Shuffle (1 Foot)



Ladder Drills

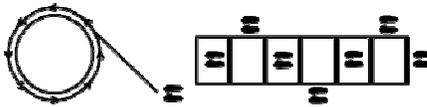
Speed

1-Foot Hops



Combination Drills

e.g., Ladders and Hoops



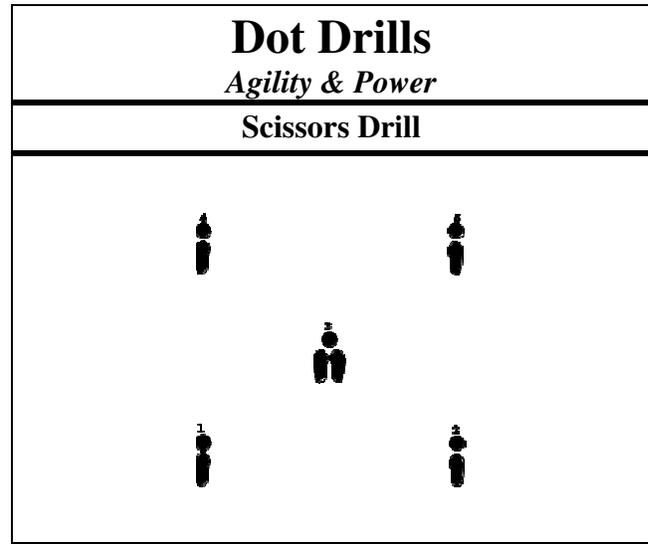
Dot Drills

Paint dots on the floor or put tape marks down as shown (24 in. wide by 24 in. high for women; 24 in. wide by 36 in. high for men, adjust accordingly for youth). Begin each drill in the power position. Exercises should be quick and last no more than 30 seconds.

* For advanced drills try exercises while jumping rope.

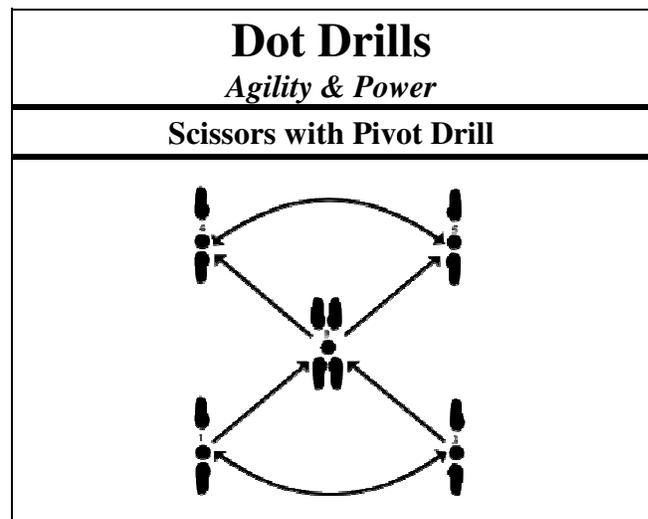
Scissors Drill

1. Begin with both feet on bottom of square; left foot on 1, right foot on 2.
2. Jump both feet to 3, then jump to 4-5(left to 4/right to 5).
3. Repeat backwards, from feet on 4-5 jump to 3, then to 1-2.
4. Repeat steps a-c as quickly as possible.



Four Corner Drill

1. Begin with both feet on 1.
2. Jump in a counterclockwise direction keeping feet together; jump from 1 to 2 to 5 to 4.
3. On coach or partner's command, change direction i.e., from 2 to 1 to 4 to 5.



Four Corner Drill

1. Begin with both feet on 1.
2. Jump in a counterclockwise direction keeping feet together; jump from 1 to 2 to 5 to 4.
3. On coach or partner's command, change direction i.e., from 2 to 1 to 4 to 5.

Four Corner One Foot Drill

1. Same as "Four Corner" Drill except drill is executed on either the left or right foot only.
2. Perform drill with each foot

Figure 8 Drill

1. Begin with both feet on 1.
2. Jump from 1 to 2 to 3 to 4 to 5.
3. Repeat as quickly as possible

Figure 8 One Foot Drill

1. Same as "Figure 8" Drill except drill is executed on either the left or right foot only.
2. Perform drill with each foot

Hexagon Drill

1. Paint numbers on a floor or put tape down as shown
2. Jump to the first corner of the hexagon and back to the center, then proceed around each corner of the hexagon
3. The drill may be done for a specific number of trips around the hexagon or for total time (e.g., 30 sec).

