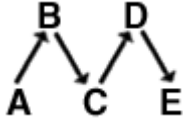
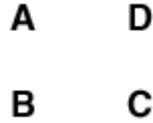


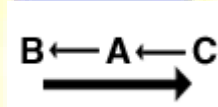
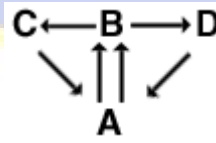
Drills

Four Corners: Set 4 cones 10 yards apart in the shape of a box. Sprint from A to B, Slide from B to C, Backpedal from C to D, and Carioca from D to A.



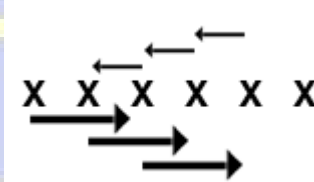
M-Drill: Set up 5 cones 10 yards apart in the shape of an M. Backpedal then sprint from cone to cone. Remember to face the same direction the entire drill and to work on changing directions as quickly as possible.

T-Drill: Set up 4 cones about ten yards apart in the shape of a T. Sprint from cone A to cone B, slide from cone B to cone C, backpedal from cone C to cone A. Repeat going to the other side.



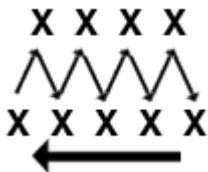
Pro Agility Drill: Set up three cones 5 yards apart. Starting at the middle cone, sprint from cone A to cone B. Touch the ground with your hands then sprint from cone B to cone C. Touch the ground with your hands, then sprint from cone C to cone A. Remember to change directions as quickly as possible.

2 For 1 Drill: Place eight cones 5 yards apart in a straight line. Slide from the first cone to the third cone, then slide back to the second cone. Slide from the second cone to the fourth cone, then back to the third cone. Slide from the third cone to the fifth cone, then slide back to the fourth cone. Continue until you reach the end.



VARIATIONS:

- Sprint - Backpedal
- Slide - Backpedal
- Carioca - Backpedal
- Sprint - Carioca



Drop Sprint Drill: Place 9 cones ten yards apart in two different lines. Sprint from line to line going around each cone and touching the ground with both hands at each change of direction. After the last cone sprint back to the starting point.

BackPedal Sprint Drill: Place 12 cones 7-8 yards apart in two separate lines, which are 15 yards apart. The cones should line up directly across from each other. Backpedal to the cone directly behind you then sprint to the next cone on the first line. Repeat until you reach the last cone and then repeat coming back.

