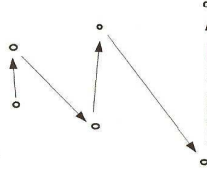


Cone Drills

1.

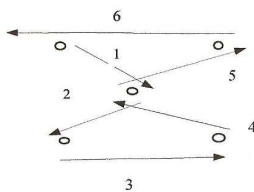


Funnel:

Basic funnel shape: first 2 cones are 2 yards apart. Cones 3 and 4 are 3 yards from cones 1 and 2 and 4 yards apart. Cones 5 and 6 are 3 yards away from cones 3 and 4 and 6 yards apart.

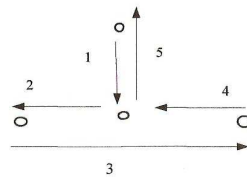
Change direction on each new rep.
Focus on quick change of direction.

2. Bow tie



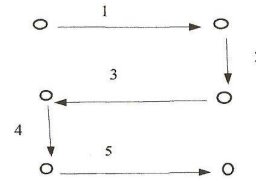
Grid is 8 x 8 or 10 x 10. Follow numbers through grid. Concentrate on quick cuts.

3. T-Drill



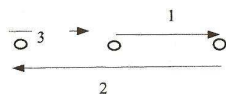
All cones are 5 yards apart. Always face the same direction. Backpedal (1) sidestep left 5 yards, sidestep right 10 yards, sidestep left 5 yards, sprint out.

4. Transition drill



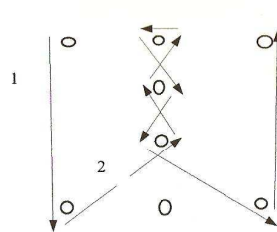
Long arrow cones are 8 yards apart, short arrows are 4 yards apart. Always face the same direction. 1,3&5 are sidesteps, 2,4 are sprints. Quick transitions.

5. 5 - 10 - 5



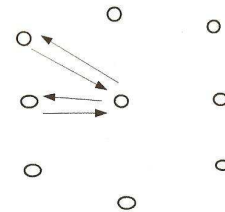
Cones are 5 yards apart. Start at center cone. Sprint to outer cone, sprint end to end, back to center. Key: quick cuts.

6. Illinois agility test



Follow the arrows. Start laying down. Face the same direction. use drop steps through inner cones. Length of grid is 10 yds. Width is 12

7. Clock drill



Good partner drill (mirror). Cones are 4-5 yds apart. Start at center cone. Always face forward and go to each cone in turn. Focus on quick cuts and transitions as well as balance.

8. Speed Ladder

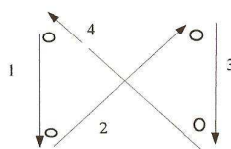


Each cone is 5 yards from the last. This is a simple suicide. Go 5 yds then back, 10 yds back, etc. Quick cuts and acceleration

9. Double T-drill

2 t-drills set up on top of each other. Do T-drill and instead of sprinting out of grid (number 5 - see T-diag.) immediately back pedal into second T. Continue as in first T then sprint out of both.

10. X - factor



Cones are 8 - 10 yards apart. Focus on hard cuts, acceleration, balance.