

4-18

## 5-10-5 Pro Agility Shuttle Drill



### Set Up



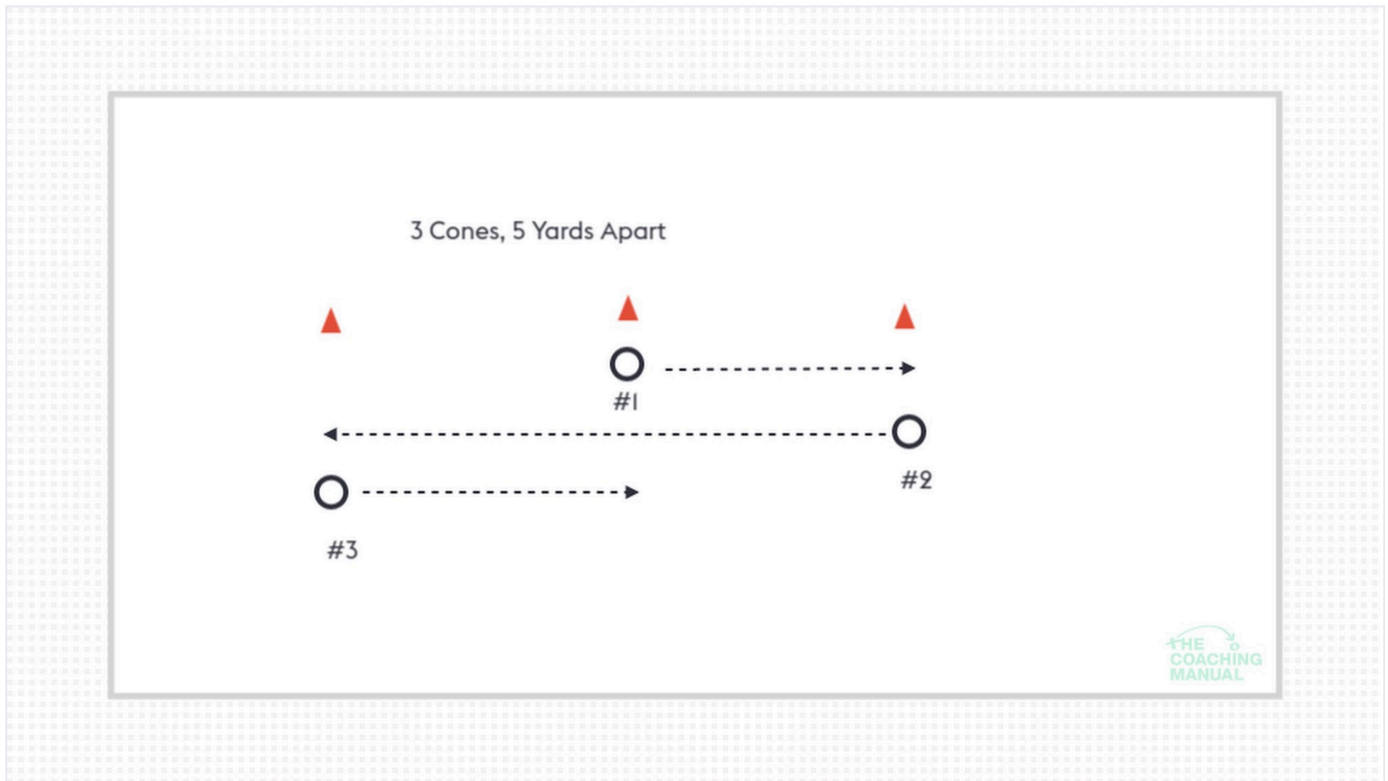
1 player



3 cones



15 Yards of Space area



Set Up: 3 Cones, 5 yards apart in a straight line Start by straddling Cone #1 with one hand touching the cone. Sprint to the Cone #2. Touch the cone with your right hand. Change direction and sprint to Cone #3. Touch that cone with your left hand. Sprint back through the starting Cone #1. Repeat in opposite direction.