



Instructions:

- 1 Warm up: Pick a area around your house to run that is safe and where you don't have to run in the street. Run for about 5 minutes at a slow jog. You want to get your muscles warm without overworking them.

- 2 Cone Sprints:
4 sets Set up the cones 10 to 15 feet apart in a straight line. Start at the first cone and run by sprinting forwards to the second cone. Go around the second cone and go back to the first cone by running backwards. Repeat this for the other three cones.

- 3 Shuffle Sprints:
4 sets Set up the cones as shown in the diagram. Cones should be 5 feet apart both in length and in width. Start by running past the first cone and shuffle to your left to clear the cone. Once you clear the outside cone, run past the next set of cones and shuffle to your right to get to the outside of that rows cones. Repeat though to the last set of cones. Make sure to keep your shoulders facing forwards at all times. Shuffle sidewaays. Do not turn your body to run through the gates.

- 4 Cone Agility
4 sets of 4 Set up the cones in a square where all the cones are 15 feet apart. As fast as you can, run straight from the first cone to the second. Go outside of the cone and turn to shuffle to your right to the next cone. Go outside of the cone and backpeddle to the next cone. Go outside of the cone and shuffle to the left to the last cone. Repeat.

- 5 Up and backs
4 sets of 4 Set up the cones in a square where all the cones are 15 feet apart. Starting on the inside of cone 1, sprint to cone 2. Go around the cone and backpeddle back to cone 1. Shuffle to cone 3. Go around cone 3 and sprint to cone 4. Go around cone 4 and backpeddle to cone 3. Repeat

- 6 Shuffle Sprints
4 sets of 4 Set up the cones in a square where all the cones are 15 feet apart. Starting on the outside of cone 1, sprint to cone 2. Go around cone 2 and shuffle right to cone 3. Go around cone 3 and backpeddle to cone 4. Go around cone 4 and shuffle left to cone 1. Repeat

As you get better at these drills, they will become easier. Once that happens, try moving the distance by adding another 10 feet to the drill. Try to do them as fast as possible.