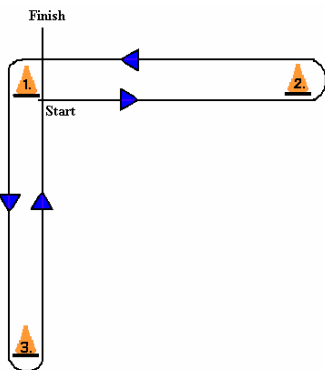


xlathlete.com – Cone Drills

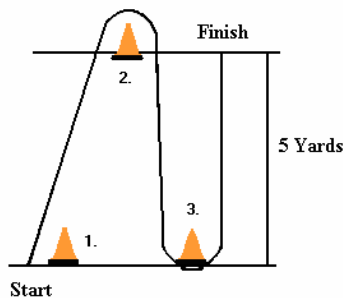
3 Cone Drill- 3x Times



Directions:

Start at cone 1 sprint to cone (2). Round cone 2 sprint back to cone 1, round cone 1, then sprint to cone 3, round cone 3 and sprint back past cone one.

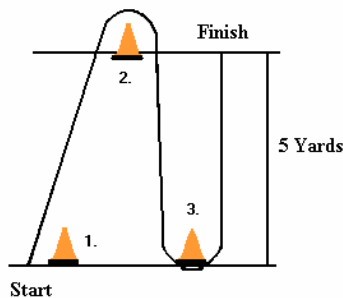
3 cone Sprint Drill - 4x Times



Directions:

Start at cone (1). Sprint to and around cone (2). Sprint to and around cone (3). Sprint to finish line.

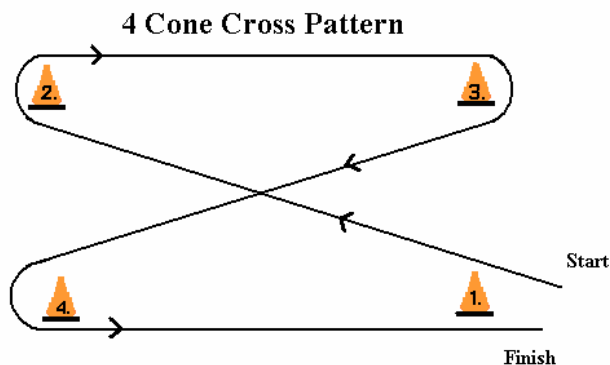
3 cone Sprint Drill - 3x Times -Turn and Sprint Backward at cone 3



Directions:

Start at cone (1). Sprint to and around cone (2). Sprint to and around cone (3). Sprint to finish line.

4 Cone Cross Pattern- 3x Times



Directions:

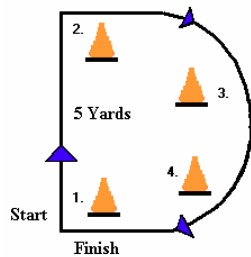
Start at cone number one and follow the arrows and cones in order. Changing the exercise at each turn is possible.

Variations:

Sprint, back peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of. Change exercise at each turn.

xlathlete.com – Cone Drills

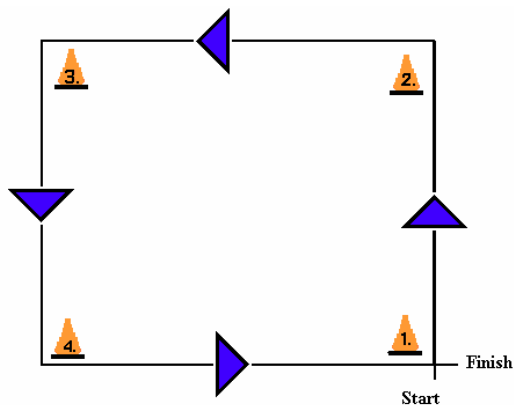
4 Done D Drill – 3x Times



Directions:

Start at cone (1) and sprint to cone (2). From cone (2), shuffle around cones (3) and (4), finishing back at cone (1)

4 Cone Drill – 3x's



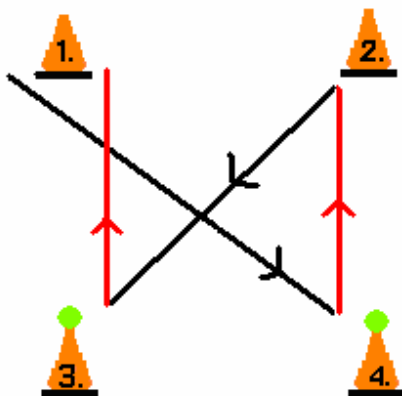
Directions:

Start at cone number one and follow path around cone, sometimes rounding the corner and sometime making the corner a sharp 90 degrees.

Variations:

Sprint, back peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of.

4 Cone X pattern – 3x's



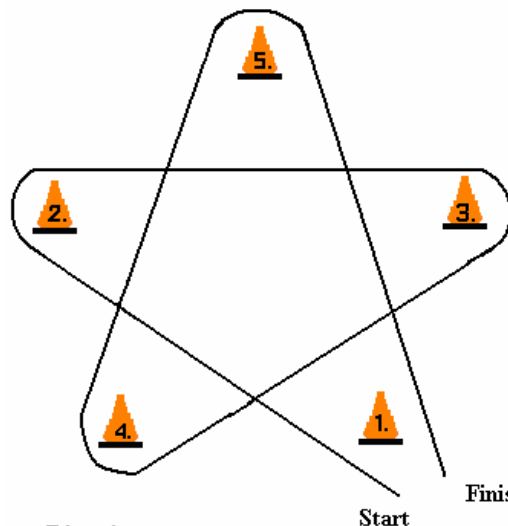
Directions:

Have the athlete start at cone (1) sprinting towards cone (4), once at cone 4 grab the tennis ball on the top and sprint to cone (2) placing the tennis ball from Cone (4) on Cone (2). Then sprint to cone (3), once at cone 3 grab the tennis ball on the top and sprint to cone (1), placing the tennis ball from cone (3) to Cone (1). When sprinting on the red line directions you should be carrying the tennis ball.

xlathlete.com – Cone Drills

Star Pattern – 3x's

5 Cone Star Pattern IV



Directions

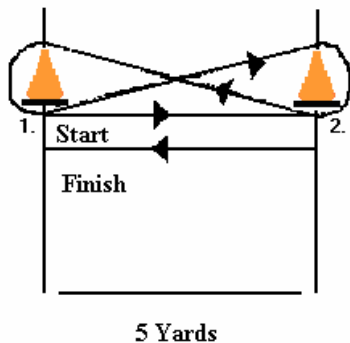
Start at cone(1) and Sprint to each cone in chronological order, finishing the drill at the point of origin.

Variations

Change the distance of the cones. Make sharp corners sometimes and rounded corners sometimes. You can change the method of execution, such as sprint, back peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of.

5 Yard Figure 8 Drill – 4x's

5 Yard Figure 8 - Sprint

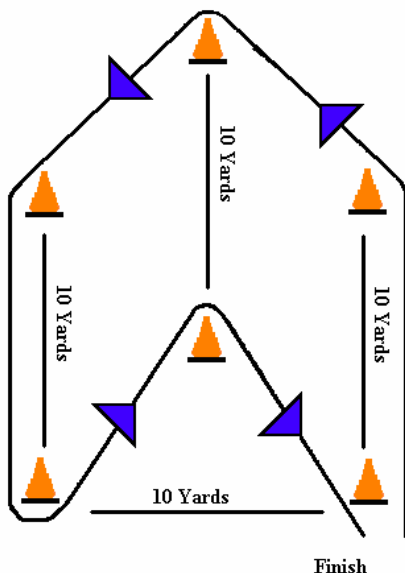


Directions:

Start at cone (1). Sprint to and around cone (2), then back to and around the first cone. Finally, sprint 5 yards, touch the line, and sprint back

6 Cone Drill – 3x's

6 Cone Drill



Directions:

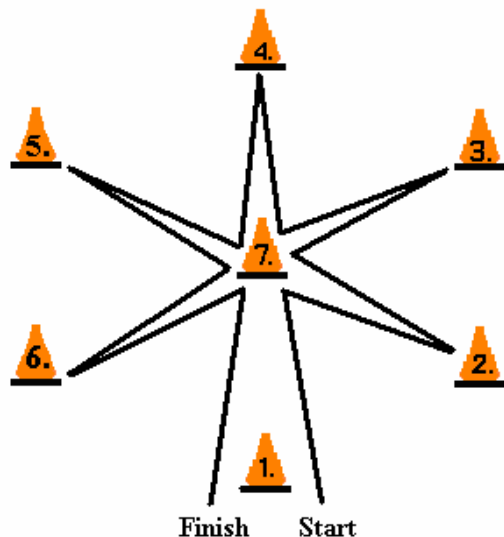
Start at the bottom right cone. Follow the path of arrows around the cones, making sharp cuts at each corner. Change the exercise after each turn.

Variations:

Sprint, back peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of. Possibilities are endless.

xlathlete.com – Cone Drills

7 Cone Star Drill – 3x's 7 Cone Star Drill

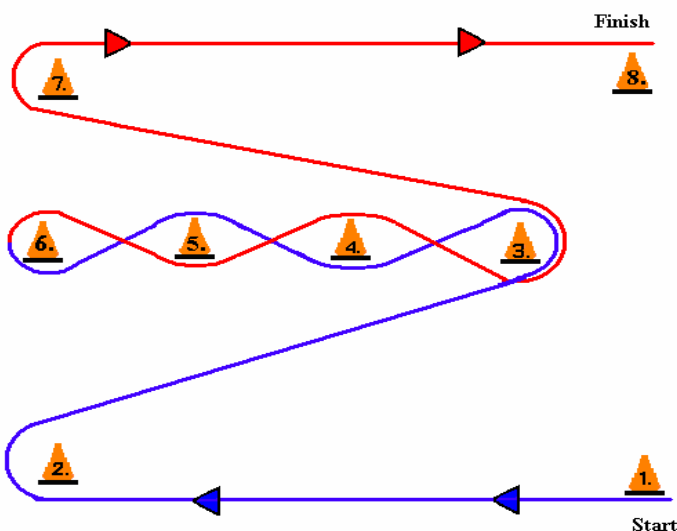


Directions:

Start at cone (1), and sprint to cone (7). From cone (7), sprint to cone (2) and back to cone (7). Continue this order until a full circle is completed and you finish at cone (1).

Note: Touch each cone with your hand

8 Cone Agility Drill – 3x's 8 Cone Agility Test



Directions:

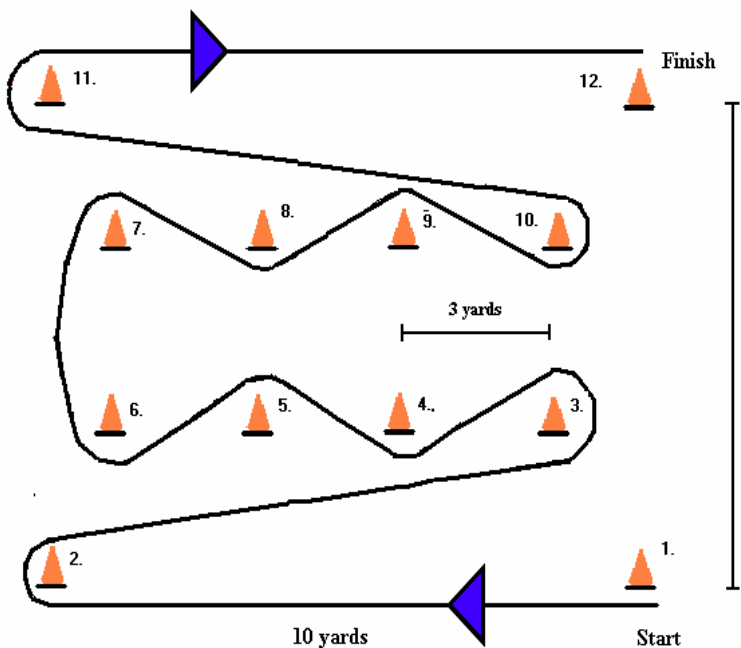
Start at cone (1). Sprint around cone(2) to cone (3). Weave through cones (4) and (5), and around cone (6). Weave back through cones (5)and (4). Sprint around cone (3) to cone (7), and finish by sprinting to cone (8).

© Copyright 2004 All materials contained in this pamphlet are protected by copyright laws, and may not be reproduced, republished, distributed, transmitted or otherwise exploited in any manner without the express prior written permission from Cal Dietz. www.xlathlete.com

xlathlete.com – Cone Drills

12 Cone Agility – 3x's

12 Cone Drill

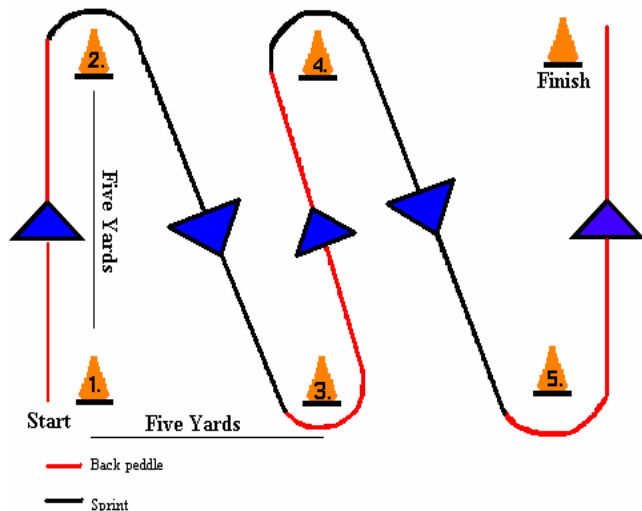


Directions:

Start at the bottom right cone (1). Sprint down around cone (2) up to cone (3). Weave through cones (4), (5), and (6). Go around cone (6) and up to cone (7). Weave back through cones (8), (9), and (10). Sprint from cone (10) to and around cone (11). Finally, sprint to the end at cone (12).

Cone Back Paddle and Sprint - 3x's

Back Paddle – Sprint Drill



Directions:

Start by facing backwards at cone (1), and back paddle to cone (2). Sprint to cone (3). Back paddle to cone (4). Sprint to cone (5), and finish by back peddling to cone (6).

Variations:

Sprint, back paddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of. Possibilities are endless.

Mighty Minnesota – 3x's

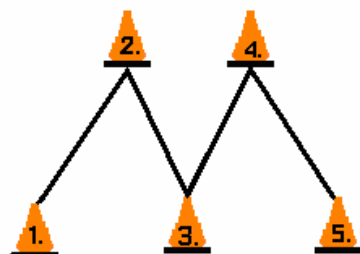
Mighty Minnesota

Directions:

Start at cone (1). Sprint to cone(2). Back paddle from cone (2) to cone (3). Cross run from cone (3) to cone (4). Cross run the opposite way from cone (4) to finish at cone (5).

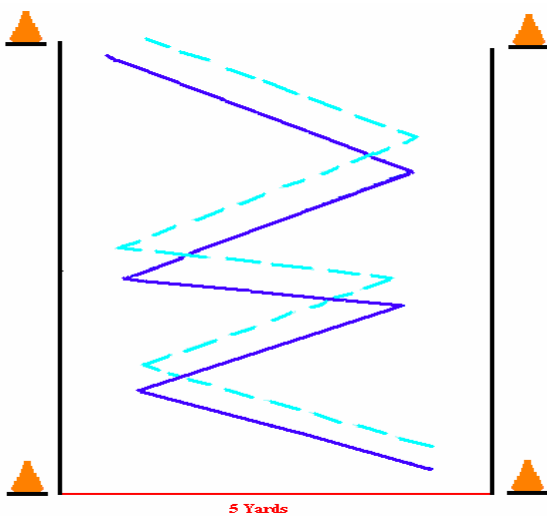
Variations:

Sprint, back paddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of. Possibilities are endless.



xlathlete.com – Cone Drills

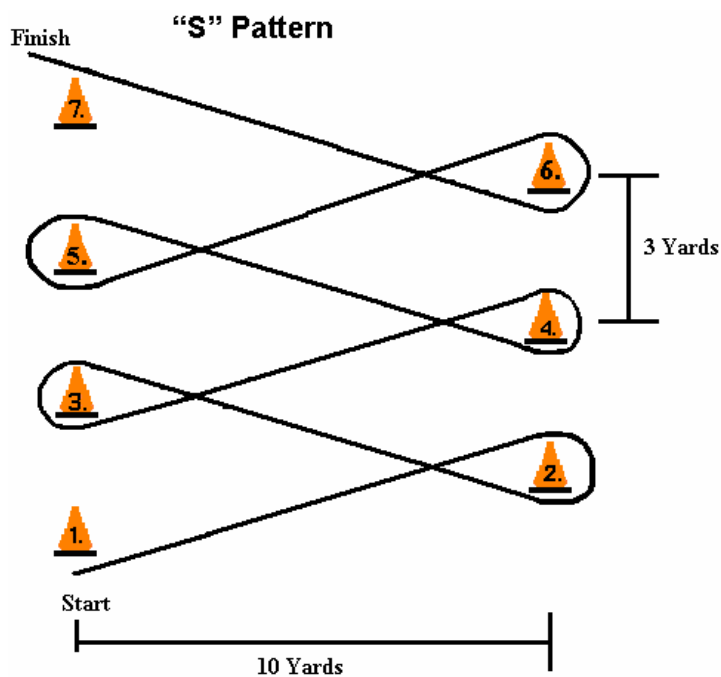
Mirror Drill – 2x's both ways



Directions:

This drill takes 2 people. There is an offensive player and a defensive player. To begin, players face one another. The goal of the offensive player is to make it from start to finish by trying to juke the defensive player. The offensive player will run laterally and the defensive player will sprint and be allowed to catch up.

S Pattern Drill – 3x's

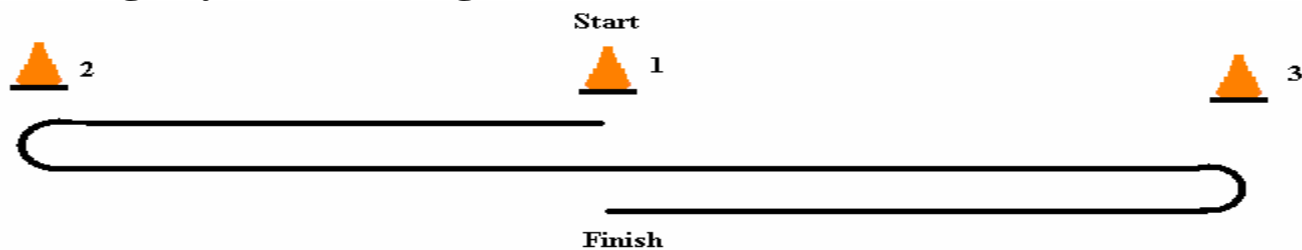


Directions:

Start at cone (1). Sprint to the far side of cone (2). Go around cone (2) and sprint to the far side of cone (3). Continue doing this until all of the cones have been rounded and you finish at cone (7).

xlathlete.com – Cone Drills

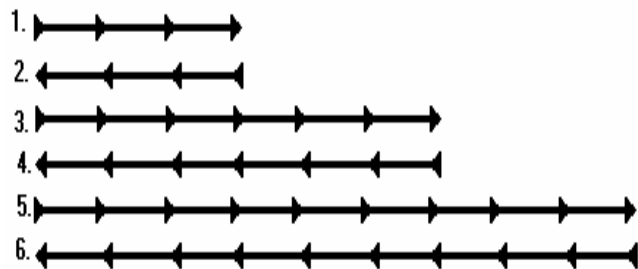
Pro Agility – 2x's to right and Left



Directions:

Start at middle cone. Sprint to the end of cone (2) and touch ground. Sprint to the other end past cone (1) to cone (3) and touch ground. Sprint to the finish at cone (1).

Shuttle Drill – 3x's

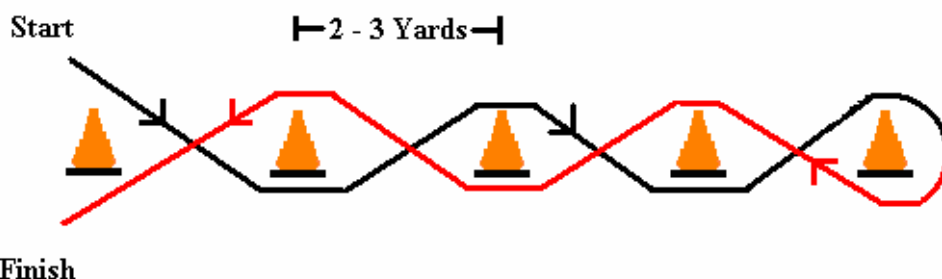


Directions:

Start at cone (1). Sprint 5 yards to cone (2) and back. Sprint 10 yards to cone (3) and back. Finally, Sprint 15 yards to cone (4) and finish at cone (1).

Note: Touch each cone with your hand

Snake – 3x's

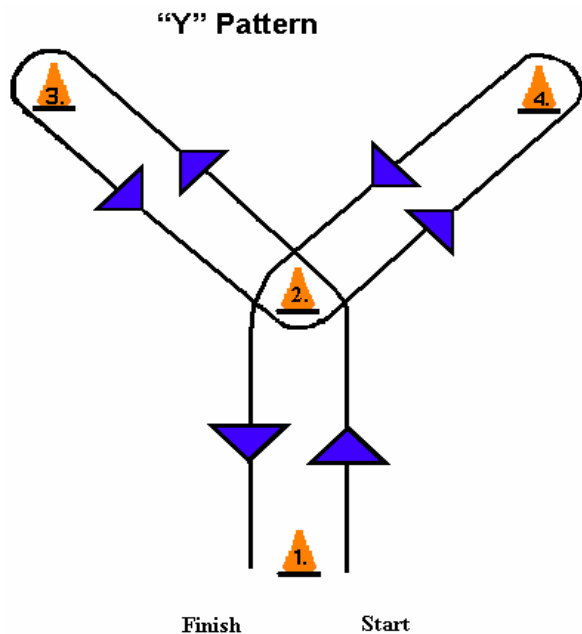


Directions:

Start at the first cone. Sprint through the remaining cones weaving between each of them. Go around the last cone and sprint back to the first cone, by once again weaving through the cones.

xlathlete.com – Cone Drills

Y pattern – 3x's



Directions:

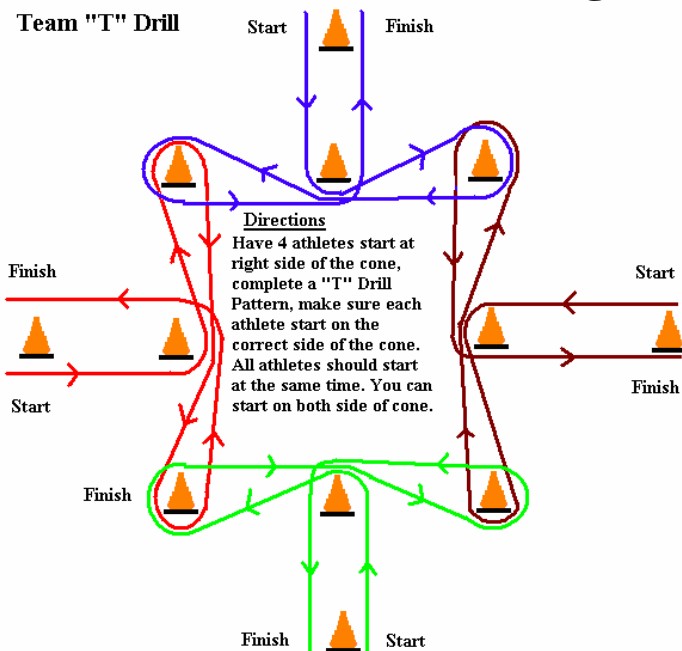
Start at cone (1). Sprint to cone (2) then to cone (3) back to cone (2). Sprint around cone (4) then back around cone (2) back to cone (1).

Variations:

Change the distance of the cones. Make sharp corners sometimes and rounded corners sometimes. You can change the method of execution, such as sprint, back peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of.

Team "T" Drill - 2x's Starting on Right and Left

Team "T" Drill

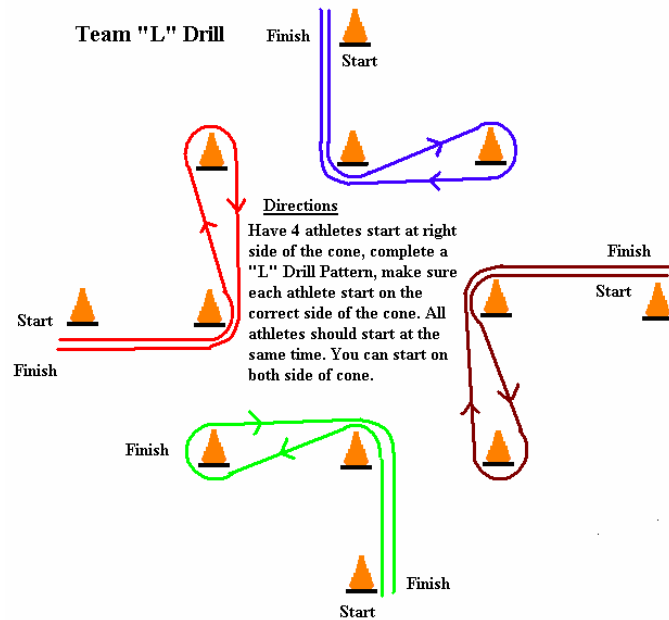


Directions

Have 4 athletes start at right side of the cone, complete a "T" Drill Pattern, make sure each athlete start on the correct side of the cone. All athletes should start at the same time. You can start on both side of cone.

xlathlete.com – Cone Drills

Team “L” Drill - 2x’s Starting on Right and Left



Directions

Have 4 athletes start at right side of the cone, complete a "L" Drill Pattern, make sure each athlete start on the correct side of the cone. All athletes should start at the same time. You can start on both side of cone.

© Copyright 2004 All materials contained in this pamphlet are protected by copyright laws, and may not be reproduced, republished, distributed, transmitted or otherwise exploited in any manner without the express prior written permission from Cal Dietz. www.xlathlete.com