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.

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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.

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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.

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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.
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.

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Cone Drills

5 Cone Corner cut Drill- 3x’s

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.

5 Cone Drill – 3x’s

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

5 Cone Star Pattern – 2x’s

Directions:
Start at the right of cone (1), run to the left side of the center cone, make a right turn around the center cone and run towards cone (2). Run to the right of cone (2) run around it back to the left side of the center cone, make a right turn around the center cone and run towards cone (3). Follow the same pattern until 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, skips, power skips, or anything else you can think of.
xlathlete.com – Cone Drills

5 Cone Star Pattern II – 2x’s

5 Cone Star Pattern II

Directions:
Start at cone (1). Sprint around the outside of each cone, circling around cone 5 in the middle.
Order of touches: 1-5-2-5-3-5-4-5-1.
Note: Cones 1, 2, 3, and 4 are 5 yards away from cone 5.

5 Cone Star Pattern III – 2x’s

5 Cone Star Pattern III

Directions:
Start in the middle of the cones and sprint to cone (1). Back peddle to the middle. From there, side shuffle to cone (2) and carioca back to the middle cone. Back peddle to cone (3) and sprint back to the middle cone. Carioca to cone (4) and side shuffle back and finish at the middle cone.
Note: Cones 1/3 and cones 2/4 will always be paired with one another. Whatever you do towards the cone, the opposite will be done for its partner cone.

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.

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Cone Drills

Star Pattern – 3x’s

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

5 Yard Figure 8 Drill – 4x’s

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

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.
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).
**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 Peddle and Sprint - 3x’s

Back Peddle – Sprint Drill

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

**Variations:**
Sprint, back peddle, 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 peddle 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 peddle, carioca, shuffle, bounding, high knee carioca, lunges, skips, power skips, or anything else you can think of. Possibilities are endless.
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).
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:
1. 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.

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Y pattern – 3x’s

Team “T” Drill - 2x’s Starting on Right and Left

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.

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 pedal, canter, shuffle, bounding, high knee, caroina, lunges, skips, or anything else you can think of.

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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.

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