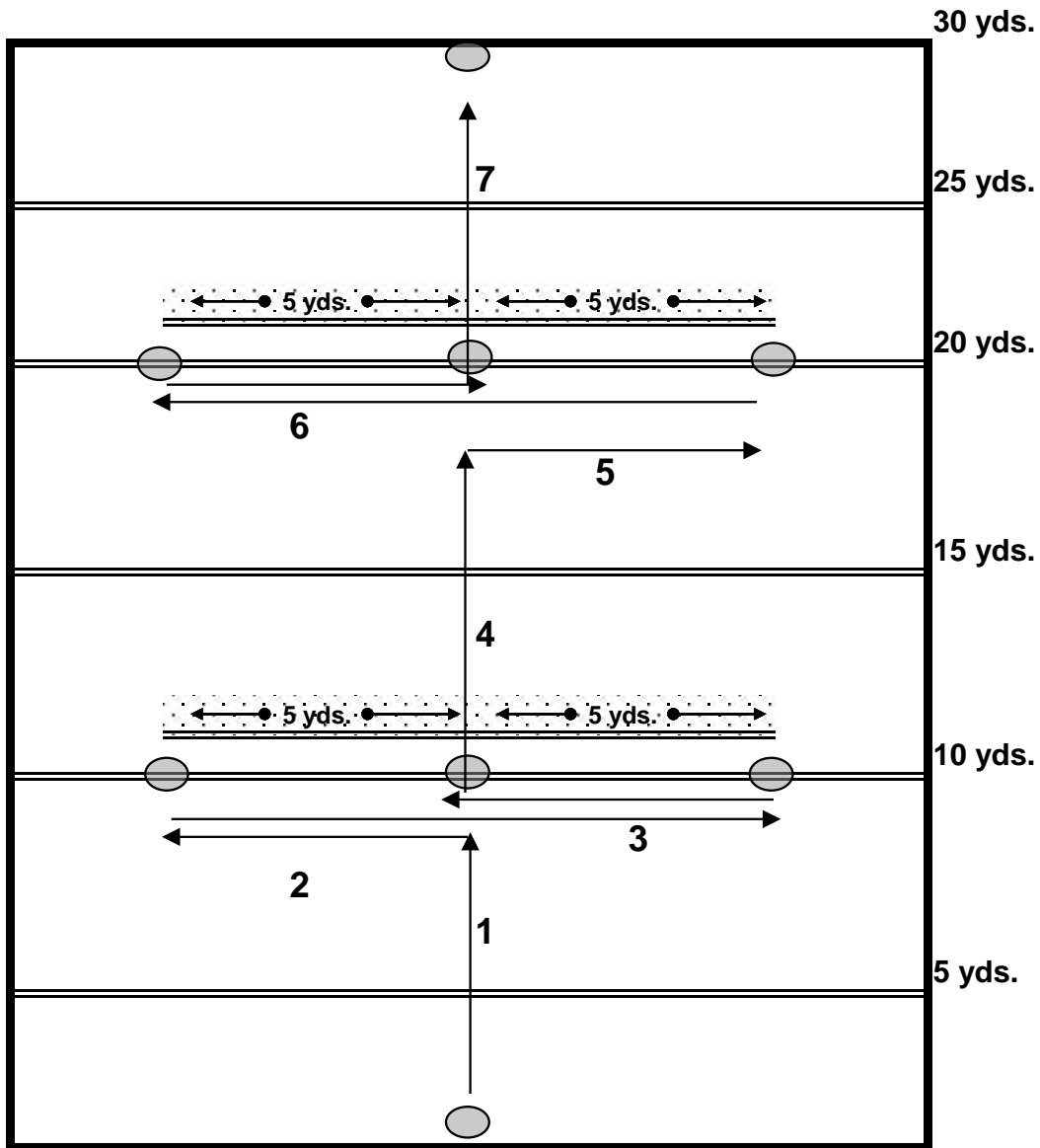


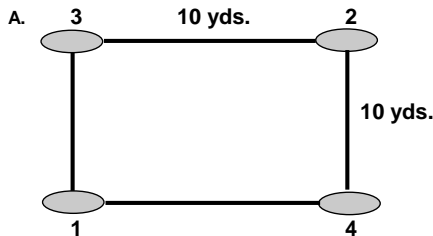
T- Drill



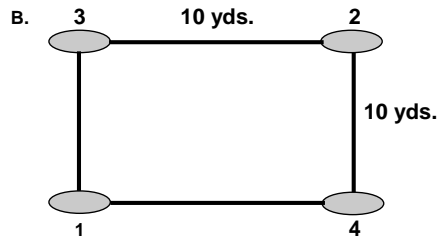
Always start from base-stealing stance.

1. Sprint 10 yds.
2. Plant w/ Rt. Foot and sprint Lt. 5 yds. And touch the cone.
3. Back Pedal 10 yds. to cone
4. Sprint to the next set of cones
5. Plant w/ Lt. Foot and sprint Rt. 5 yds. And touch the cone.
6. Sprint Lt. 10 yds. To cone.
7. Sprint through the finish.

Four Cone Drills

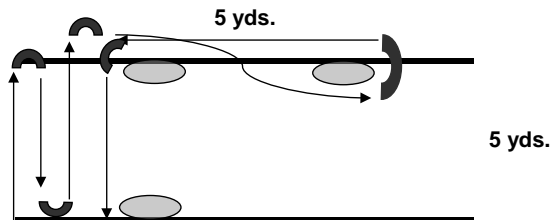


1. Start in 2 point stance at cone 1.
2. Sprint to Cone 2.
3. At cone 2 Plant w/ Rt. Foot and Cariaca to Cone 3. Always facing in.
4. At cone 3 Plant w/ Rt. Foot and Sprint to Cone 4.
5. At Cone 4 Plant w/ Lt. Foot and Carioca through cone 1. Always facing in.



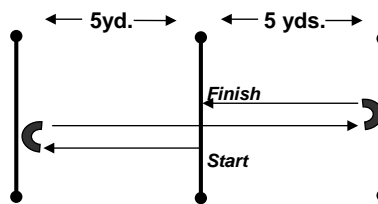
1. Start in Prone Position at cone 1.
2. Sprint to cone 3.
3. At cone 3 reverse pivot and shuffle to cone 2. Always facing in.
4. At cone 2 reverse pivot and back pedal to cone 4.
5. At cone 4 carioca through cone 1. Always facing in.

3 Cone Drill



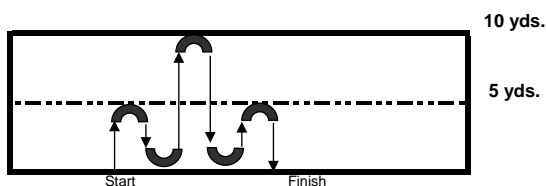
1. Start in base-stealing stance sprint 5 yds. Touch the line w/ your Rt. Or Lt. Hand.
2. Sprint back 5 yds. and touch the start line w/ same hand.
3. Sprint to the first cone and make a right turn over the top of the cone.
4. Proceed to the next cone and make a Lt. Turn.
5. Sprint back to cone 2 and make a Lt. Turn, finishing through the start line.

I Test



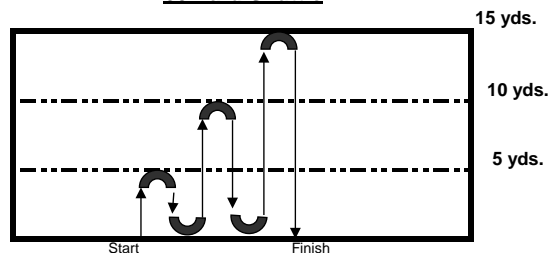
1. Start in a two point stance facing forward
2. Start either to your Rt. Or Lt. Sprint 5 yds. and touch the line w/ same hand in the direction you are sprinting.
3. After touching the line sprint 10 yds. And touch the opposite line w/ the other hand.
4. Sprint 5 yds. Through the finish.

40 yard Shuttle



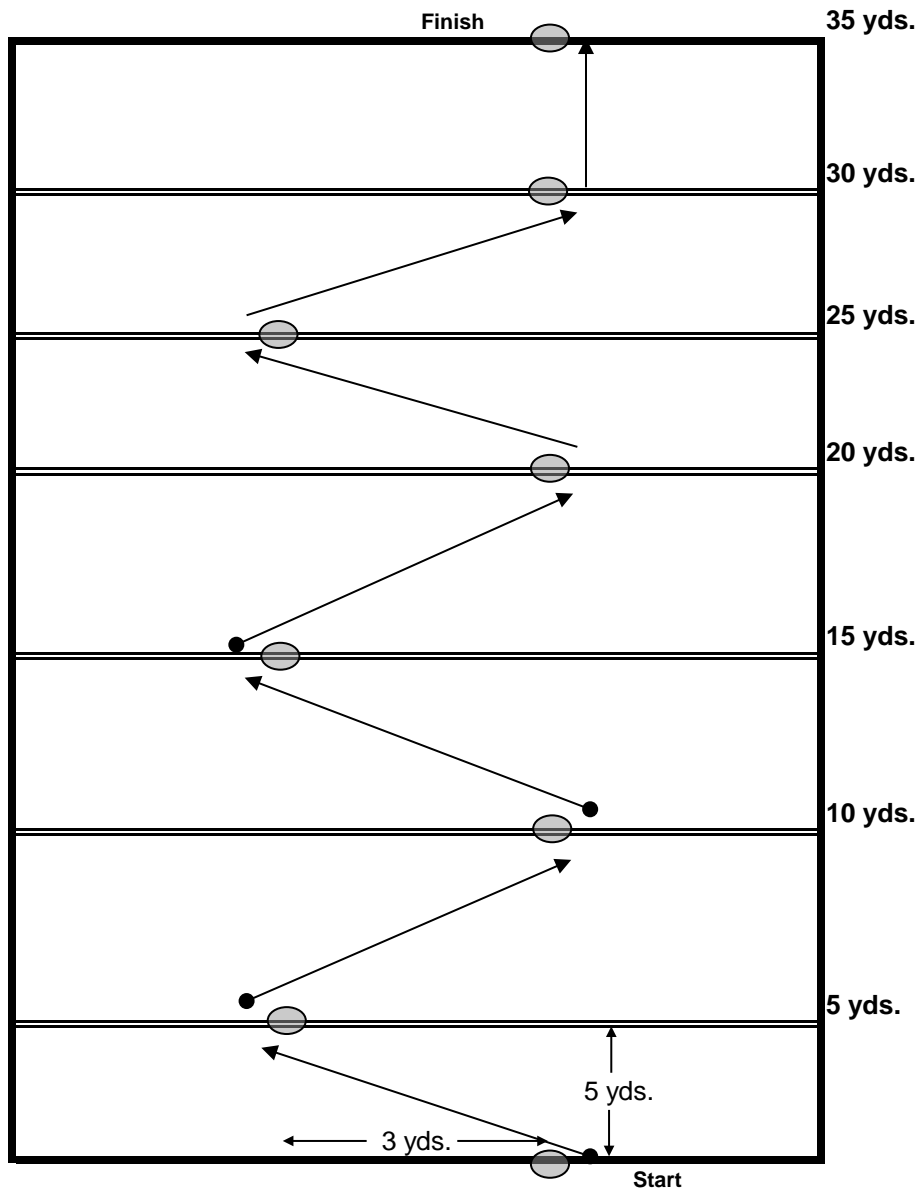
1. Start in a base-stealing stance sprint 5 yds. Touch line w/ either hand.
2. Sprint back 5 yds. And touch line w/ same hand.
3. Sprint 10 yds. And touch line w/ same hand.
4. Sprint back 10 yds. Touch line w/ same hand.
5. Sprint 5 yds. Touch with same hand. Sprint through the finish.

60 Yard Shuttle



1. Start in a base-stealing stance sprint 5 yds. Touch line w/ either hand.
2. Sprint back 5 yds. And touch line w/ same hand.
3. Sprint 10 yds. And touch line w/ same hand.
4. Sprint back 10 yds. Touch line w/ same hand.
5. Sprint 15 yds. Touch with same hand. Sprint through the finish.

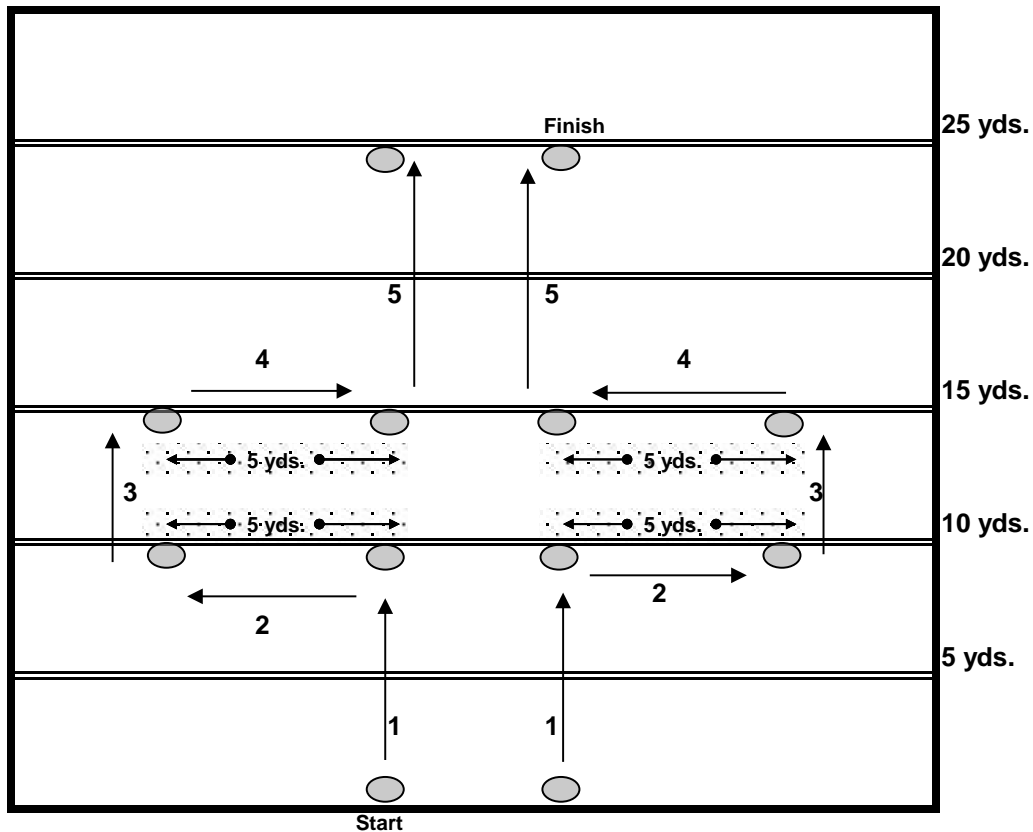
Zig Zag Drill



Start From your base-stealing stance

1. Sprint to each cone, break outside the cone planting on your outside foot and accelerate to next cone Zig Zagging 35 yards.
2. Zig and Zag through the first 4 cones and accelerate straight ahead for 20 yards.
3. Zig and Zag through the first 2 cones, accelerate to the third, run over the top of the third cone (making a Lt. Hand turn), and accelerate to the start.

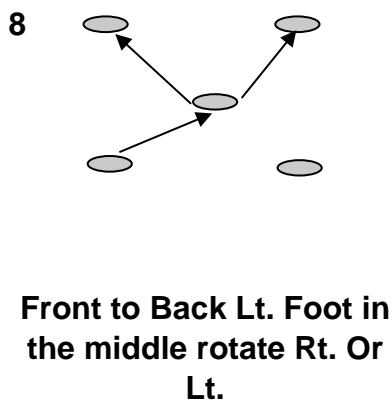
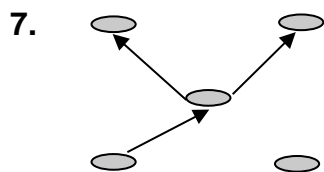
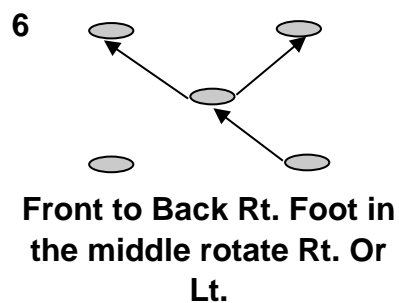
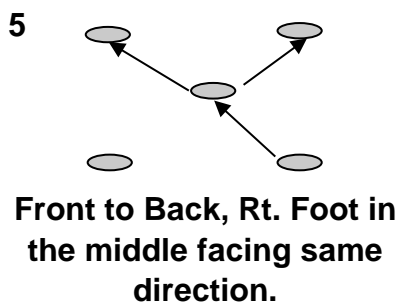
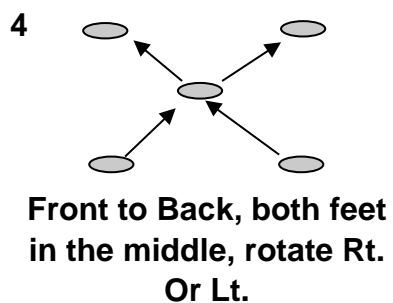
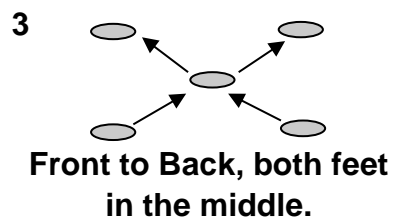
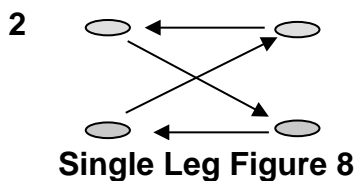
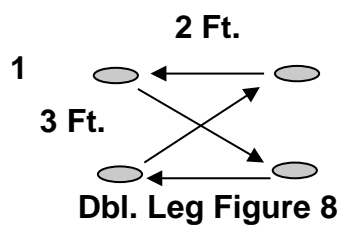
Movement Drills



Always Start in 3 point Stance.

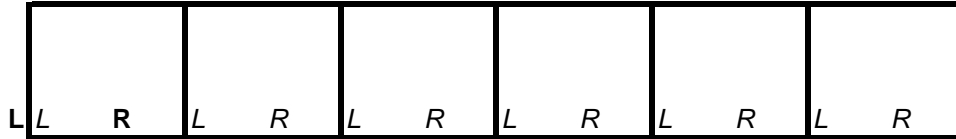
1. Sprint 2. Shuffle 3. Sprint 4. Shuffle 5. Sprint/ Jog back and repeat on Rt. Side.
2. 1. Sprint 2. Cariaco 3. Sprint 4. Cariaco 5. Sprint/ Jog back and repeat on Rt. Side.
3. 1. Sprint 2. Lateral bear crawl 3. Forward bear crawl 4. Lateral bear crawl 5. Sprint/ Jog back and repeat on Rt. Side.
4. 1. Sprint 2. Back pedal 3. Sprint 4. Back Pedal 5. Sprint/Jog back and repeat on Rt. Side
5. 1. Sprint 2. Sprint 3. Sprint 4. Sprint 5. Sprint/ Jog back and repeat on Rt. Side (Always Plant w/ your outside foot)
6. 1. Shuffle 10 yds. Open and sprint 20 yds. Straight ahead/ Jog back and repeat on Rt. Side.
7. 1. Cariaco 10 yds. Open and sprint 20 yds. Straight ahead/ Jog back and repeat on Rt. Side.

Dot Drills



Ladder Drills

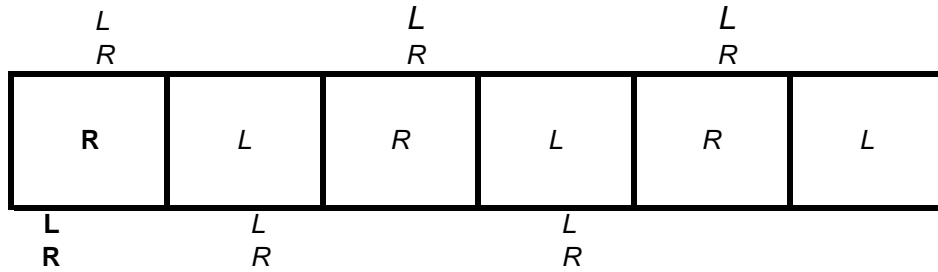
Lateral Shuffle: 1 Foot per Hole. Shuffle laterally down the ladder keeping your shoulders square and eyes straight ahead.



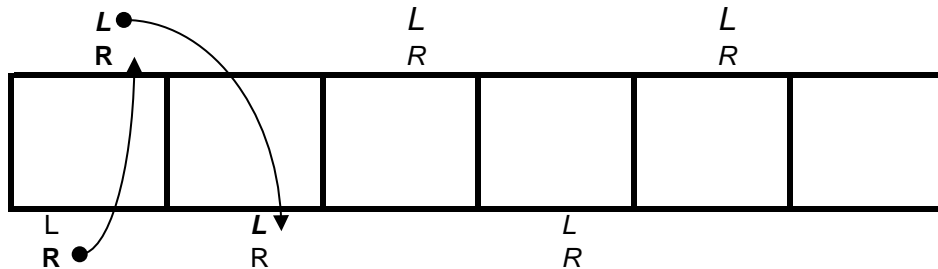
Cross Over Run: 1 Foot per Hole. Crossover run down the ladder keeping your shoulders square and eyes straight ahead.



Forward Cariaco: 1 Foot per Hole. Outside Foot always enter the hole. Keep shoulders square and eyes straight ahead

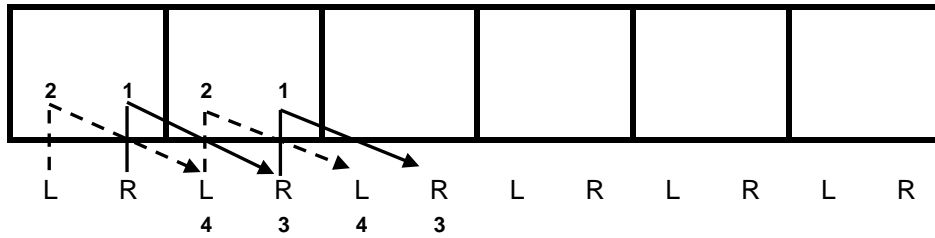


Forward Crossover Skip: Cross Over the just like Forward Cariaco, but now your feet stay out of the holes. Perform the drill with your feet hitting outside of the holes.

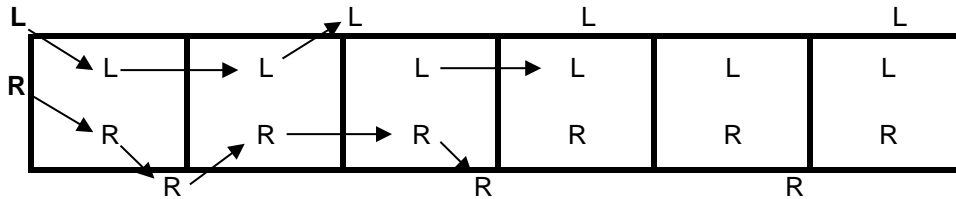


Ladder Drills

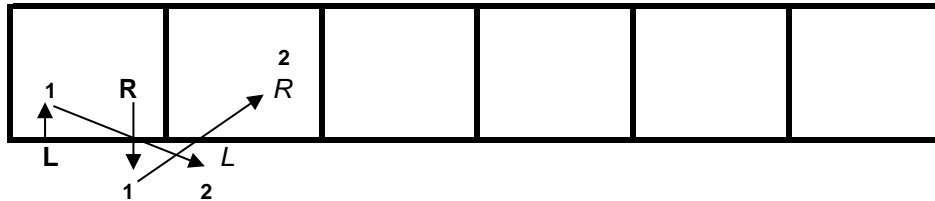
Lateral In and Outs: Start outside the ladder, start with your lead foot (which is the rt. Foot in this diagram). Count 1,2,3,4-1,2,3,4



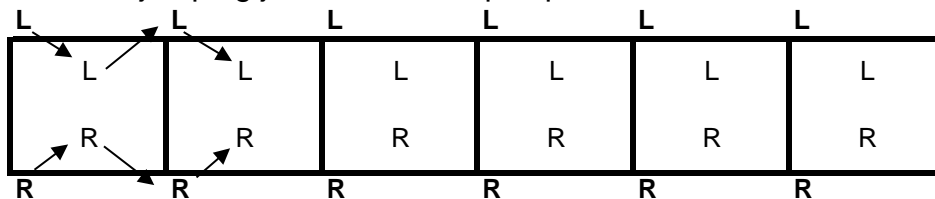
Icky Shuffle: In, out, forward. In, out forward. In, out forward.



Ali Shuffle: Start with one foot in the box and one foot out. Proceed laterally doing the Ali shuffle.



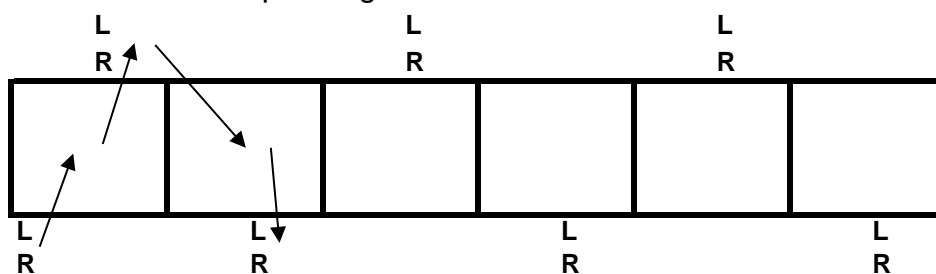
Forward Jumping Jacks: Perform jumping jacks in a 1/4 squat position.



Ladder Drills

Dbl. Leg Ski Hops

Perform Hops in a 1/4 squat position and hit every hole.
Concentrate on spending the least amount of time on the



Dbl. Leg Wide Ski Hops:

Perform Hops in a 1/4 squat position and jump over the ladder.
Concentrate on spending the least amount of time on the
ground.

