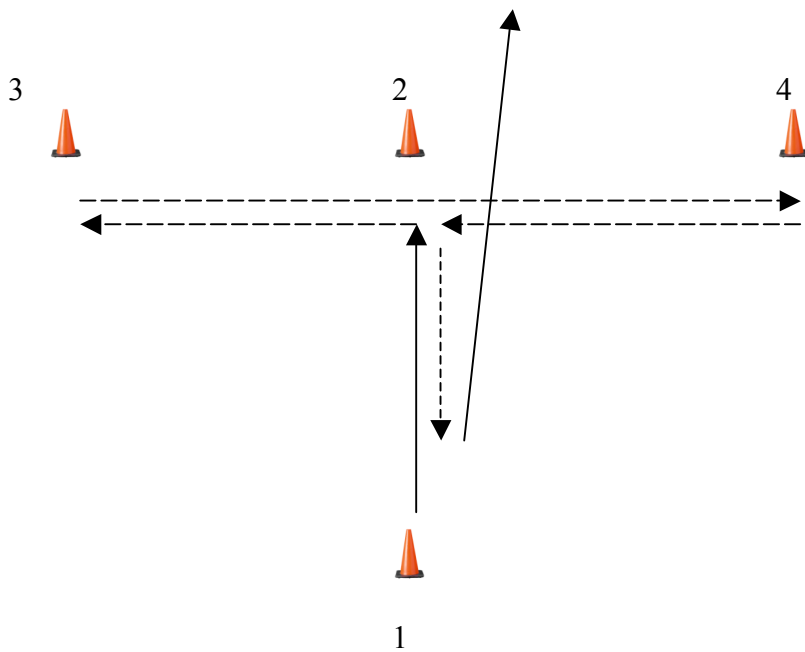


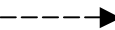
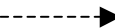


T-Drill

1. start at cone 1
2. sprint to cone 2, use breakdown steps to stop
3. side shuffle to either cone 3 or 4, stay in low athletic stance
4. side shuffle across to other side (cone 3 or 4)
5. side shuffle to cone 2
6. stay low and back pedal four to five steps
7. sprint 10 yards



Key

-  = cone
-  = sprint
-  = side shuffle
-  = back pedal

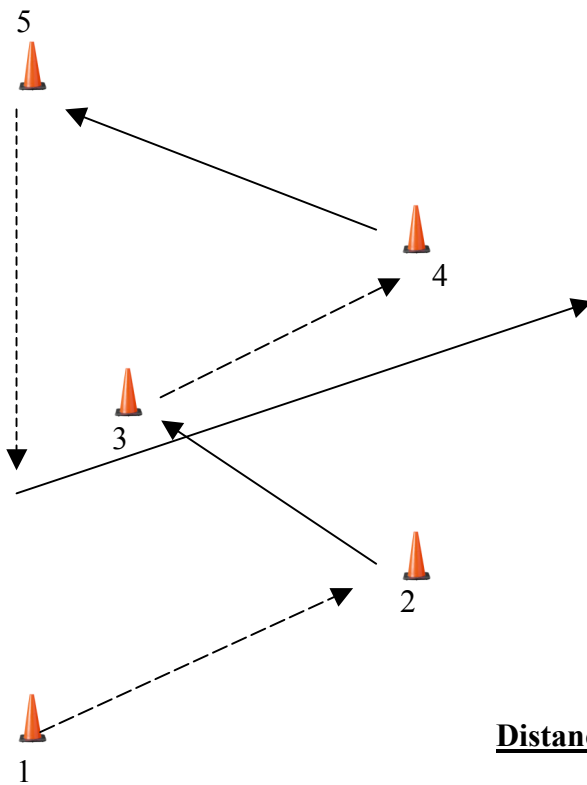
Distances

1 to 2 = 5 yards

2 to 3 & 2 to 4 = 3 to 5 yards

Diamond Drill

1. start at cone 1
2. side shuffle to cone 2, stay in low athletic stance
3. sprint to cone 3, use breakdown steps to stop
4. side shuffle to cone 4, stay in low athletic stance
5. sprint to cone 5, use breakdown steps to stop
6. stay low and back pedal until cone 3 appears in peripheral vision
7. sprint beyond cone 4
8. repeat, but start at cone 5


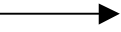
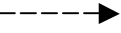
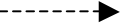


Distances

set 1, 3, & 5 in a line 5 yards apart each
move 1 and 5 out further by two to three feet

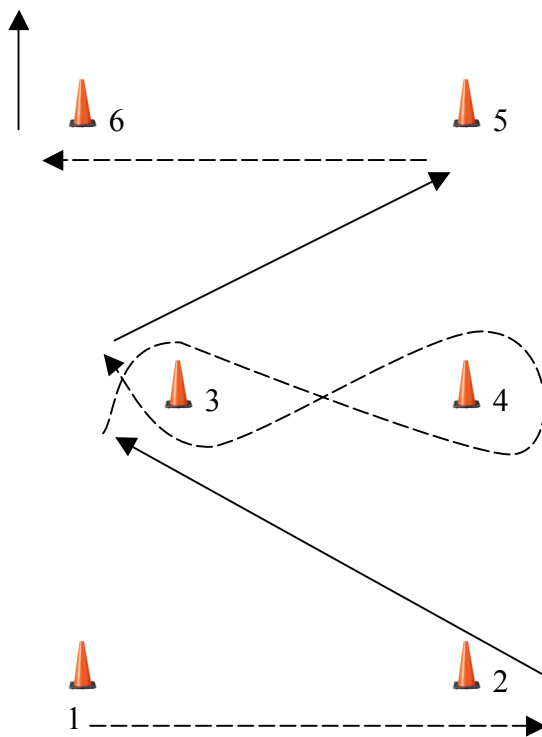
2 & 4 will 5 yards out from 1, 3, & 5 line
and equidistant between 1 & 3 and 3 & 5

Key

-  = cone
-  = sprint
-  = side shuffle
-  = back pedal

Chase-the-Rabbit

1. side shuffle from cone 1 to just beyond cone 2
2. sprint to cone 3, use breakdown steps to stop
3. side shuffle a figure-8 around cones 3 and 4
4. sprint to cone 5, use breakdown steps to stop
5. side shuffle just beyond cone 6
6. sprint 10 yards
7. repeat, but start at cone 6



Distances

1 to 2 = 5 yards


2 to 4 = 4 yards

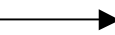
3 to 4 = 3 yards

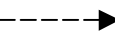
4 to 5 = 4 yards

5 to 6 = 5 yards

Key

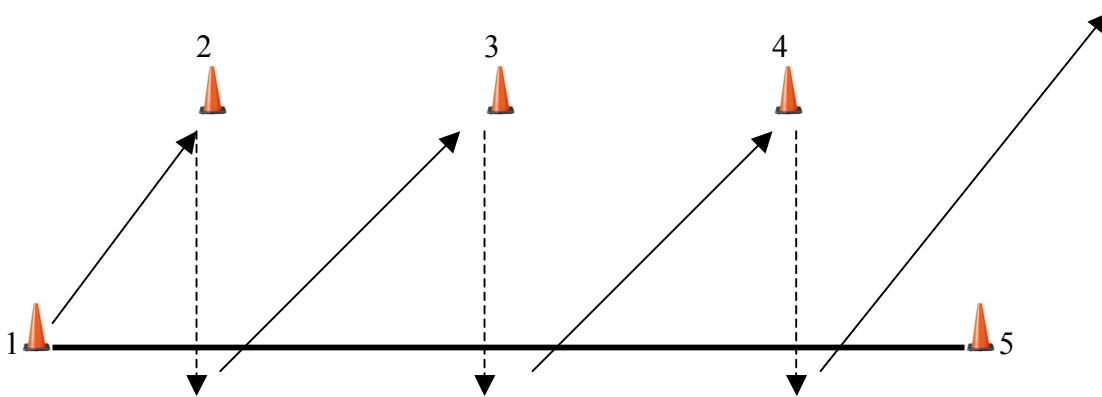
 = cone

 = sprint


 = side shuffle

Acceleration Drill

1. sprint to cone 2, use breakdown steps to stop
2. back pedal until line comes into peripheral vision
3. sprint to cone 3, use breakdown steps to stop
4. back pedal until line comes into peripheral vision
5. sprint to cone 4, use breakdown steps to stop
6. back pedal until line comes into peripheral vision
7. sprint 10 yards
8. repeat, but start at cone 5



Key

-  = cone
———▶ = sprint
-----▶ = back pedal

Distances

2 to line = 5 yards

2 to 3 = 5 yards

3 to 4 = 5 yards

1 to below 2 = 5 yards