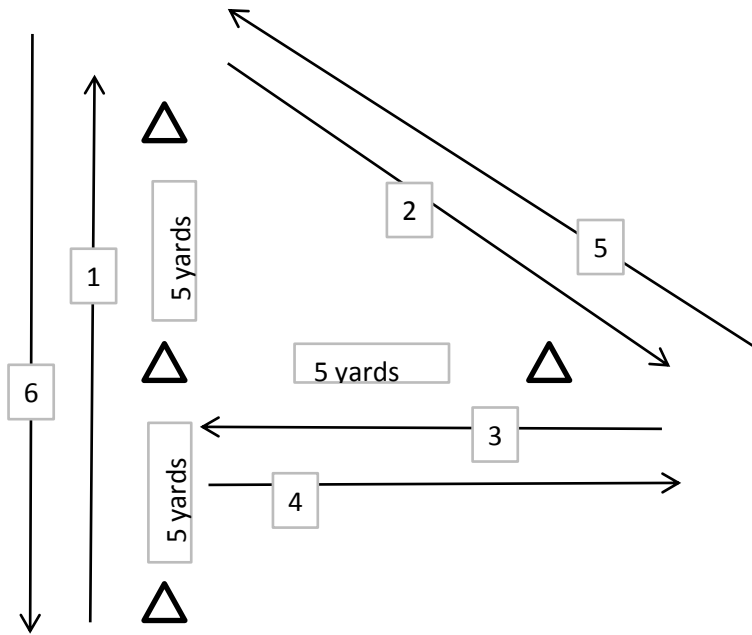
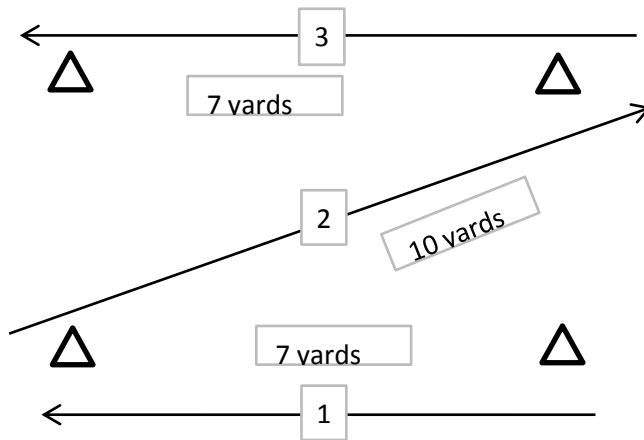


Agility Drills

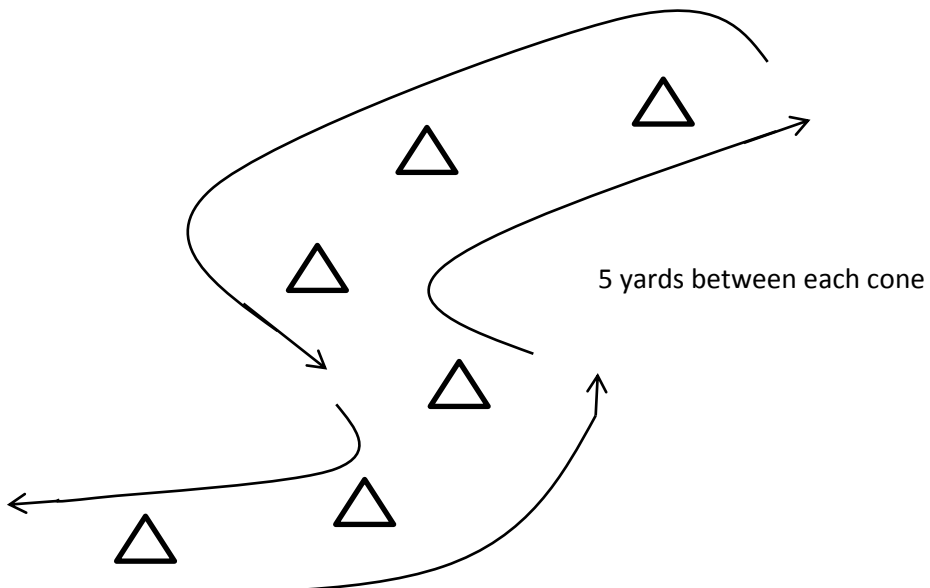
Flag Drill:



Z Drill:



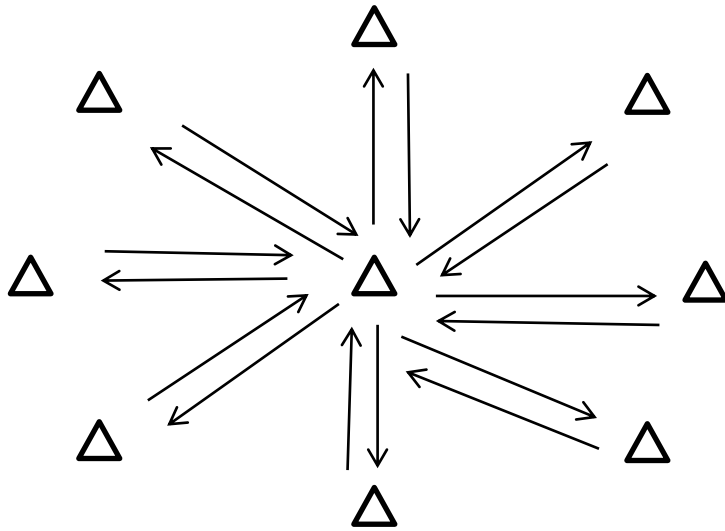
S Drill:



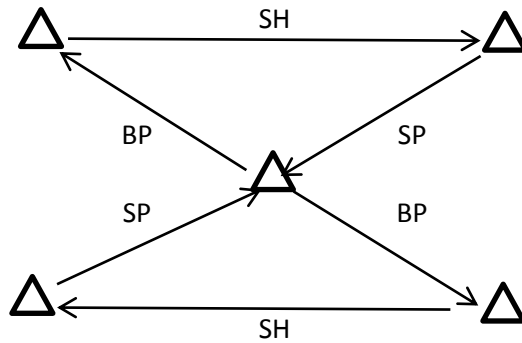
Snow Flake:

5 yards between each cone

Shuffle out/Sprint back to center - Clockwise then Counterclockwise



Hour Glass:



X START

KEY:

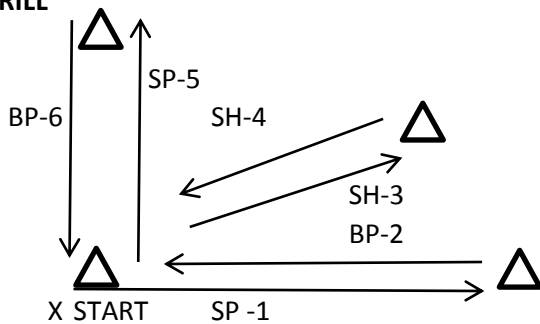
SH: SHUFFLE

BP: BACKPEDAL

SP: SPRINT

CONES ARE SIX YARDS APART

"W" DRILL



KEY:

SH: SHUFFLE

BP: BACKPEDAL

SP: SPRINT

CONES ARE SIX YARDS APART