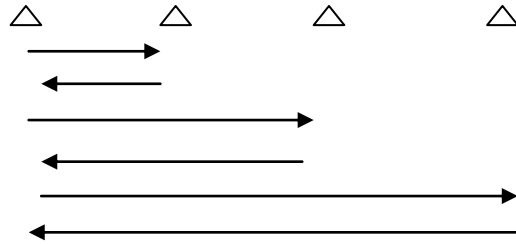
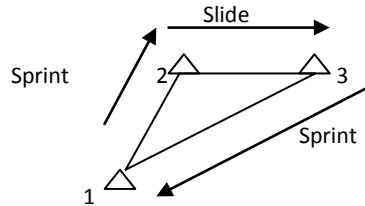


- 60 yard shuttle – Begin at cone 1, sprint to cone 2 and back, then sprint to cone 3 and back, then to cone 4 and back. **All Cones are 5 yards apart.**

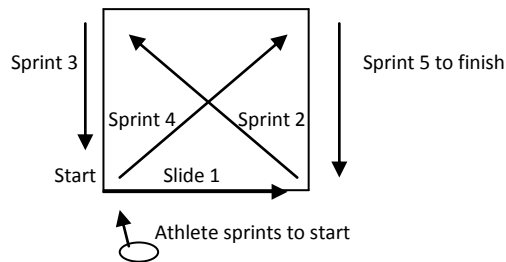


- Reactive 60 yard shuttle – Same as above. Coach or partner will call out the cone that the athlete should sprint to. Always return to cone 1. 3 cones and the athlete is out, next athlete is in.

- Triangle Agility – Athlete will sprint from bottom of triangle to top left, slide to top right and sprint back to the beginning. Should be performed both directions. **Short side cones are 5 yard apart. Long side is 7 yards**



- Gopher Drill



- Clock Agility – Athlete responds to coach's command. Coach will call out a number on the clock, athlete sprints (or slides depending on previously determined skill selection) to the corresponding cone and sprints back to the center. The athlete will always return to the center.

