

Agility/Speed Training 3

All exercises are performed with 6 or less cones or cone substitute

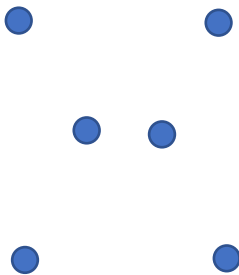
Perform each exercise 4 times, rest after completing all 4 exercises. Repeat 3 times

Coaching Points

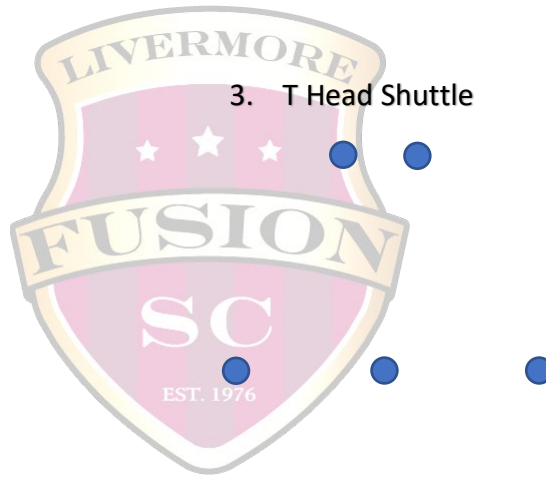
- * Keep low center of gravity moving around cones
- * Push off your standing foot when changing direction/speed
- * Keep on balls of foot

Set up

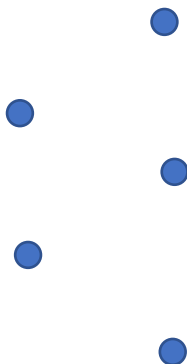
1. H Shape Shuttle



3. T Head Shuttle



2. Diagonal Shuttle



4. Diagonal Square

