

AGILITY

TFHZ

L - DRILL

CATEGORY:

PERFORMANCE
AGILITY
CONE DRILL

EQUIPMENT:

3 CONES

SET UP:

5 YARDS BETWEEN CONES A & B. 5 YARDS BETWEEN CONES B & C.

DIRECTIONS:

START AT A
RUN TO CONE B (TOUCH IT)
RUN BACK TO CONE A (TOUCH IT)
RUN TO CONE B (GO AROUND IT ON OUTSIDE)
RUN TO CONE C (FIGURE 8 GO AROUND IT)
RUN TO CONE B (GO AROUND IT ON OUTSIDE)
RUN TO CONE A (PASS IT)

IMPORTANT POINTS:

START IN 3 POINT STANCE
USE INSIDE FOOT ON TURNS
REPEAT IN BOTH DIRECTIONS

