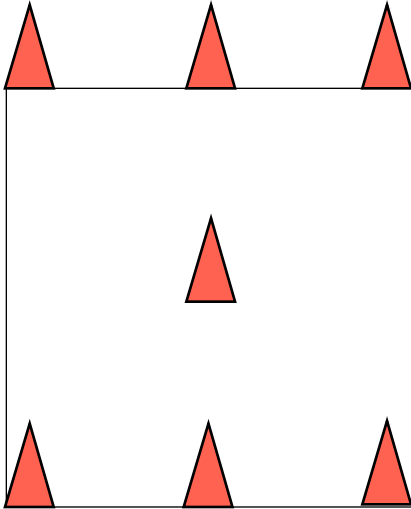


## CUTTING & TURNING: "LETTER" RUNS



### GRID SETUP

- Place four (4) cones in a square 10-15 yards x 10-15 yards
- Place one (1) cone in the center of the square

### COACHING POINTS

- The "M", "W" and "Z" drills emphasize cutting while the "S" run teaches turning; however, the "M" or "W" can be used for turning instead of cutting

### DRILL SEQUENCE

- The best idea is to use two of the drills, one to coach "cutting", the other to coach "turning". For example: Use the "M" drill for cutting and the "W" drill for turning, so instead of the athlete cutting off each of the cones, he or she would run around (turning) each cone of the "W".
- Set up several grids and place 3-4 players per grid.
- One player runs, the others rest.

