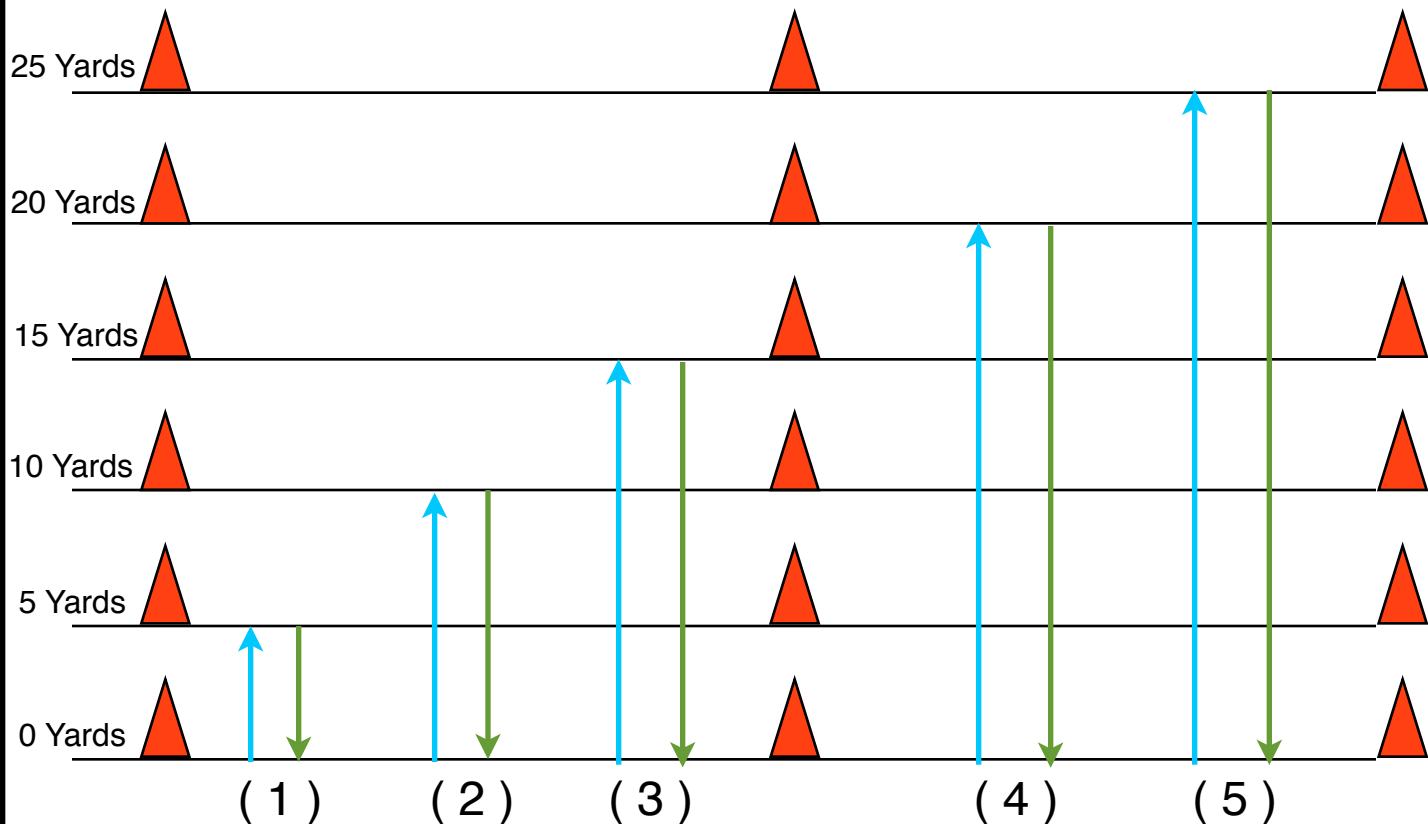


SAQ > SPEED ENDURANCE: "CONES"



GRID SETUP: Six (6) cones in a line, each cone 5 yards apart so length of grid is 25 yards

"CONES"

• **Four (4) Runs make up the basic single set**

1st Run : Sprint 5 yards and back, 10 yards and back, 15 yards and back, 20 yards and back, 25 yards and back, touching each line with one foot

2nd Run: Sprint 5 yards and back, 10 yards and back, 15 yards and back, 20 yards and back, 25 yards and back, touching each line with one hand

3rd Run: Sprint 5 yards and back, 10 yards and back, 15 yards and back, 20 yards and back, 25 yards and back, touching each line with both hands

4th Run: Sprint 5 yards and backpedal back, sprint 10 yards and backpedal back, sprint 15 yards and backpedal back, sprint 20 yards and backpedal back, sprint 25 yards and backpedal back

LESS INTENSE: For younger players, conduct three (3) runs, all three with the players touching the lines with one foot

PROGRESSION

• For more advanced players conduct the basic four (4) runs, rest 1-2 minutes, repeat. This equals 1 set