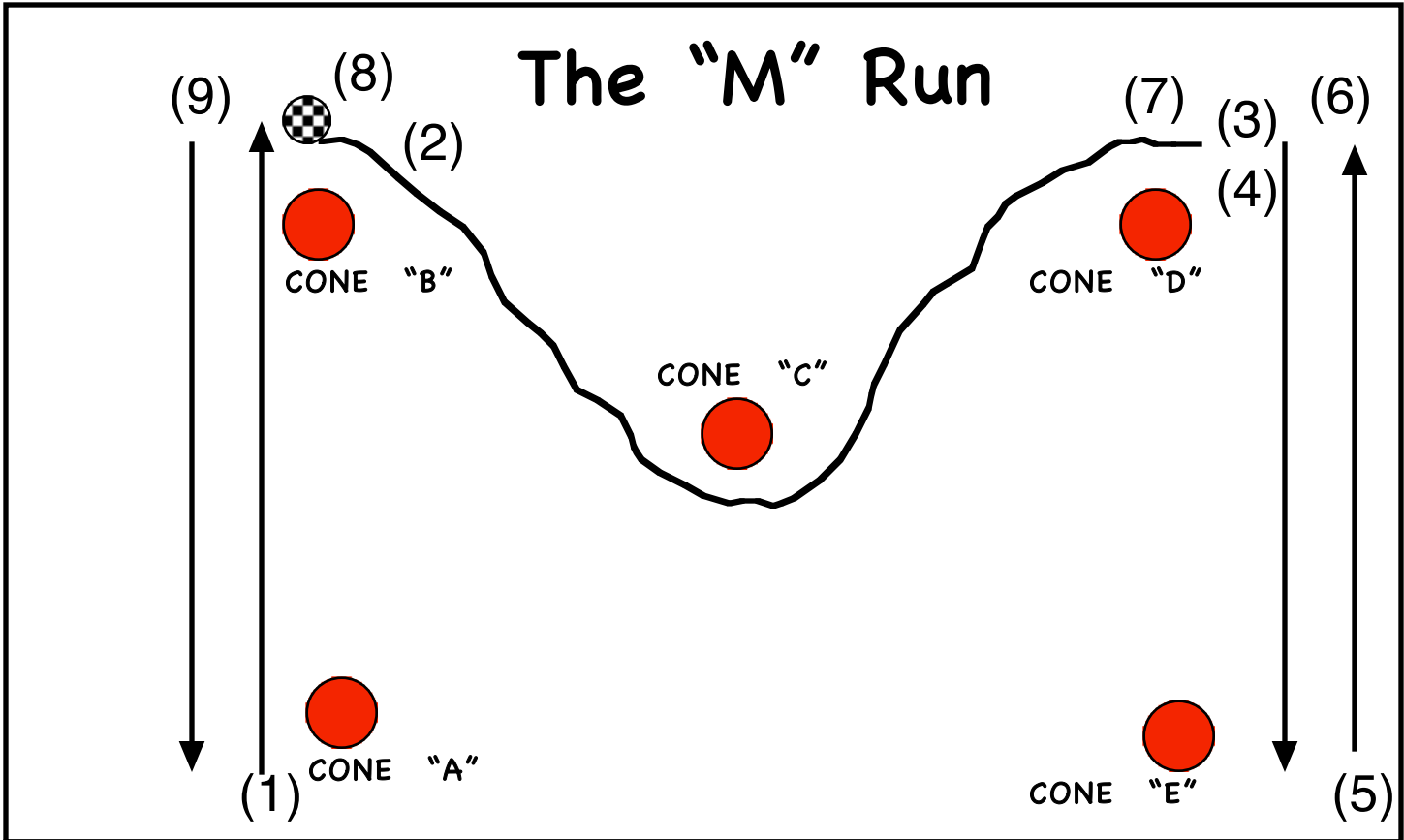


**SPEED, AGILITY & QUICKNESS:  
 Sprinting & Dribbling**



**SETUP:** Five (5) cones in an “M” formation, all 10 yards apart  
 Distance from Cone “A” to Cone “B” = 10 yards  
 Cone “B” to Cone “D” = 20 yards  
 Cone “D” to Cone “E” = 10 yards  
 Cone “C” is in middle of 20x10 grid

**THE “M” RUN:**

- (1) Starting at Cone “A”, sprint 10 yards to Cone “B”
- (2) Collect ball at Cone “B”, speed dribble diagonally toward and around Cone “C” to Cone “D”
- (3) Leave ball at cone “D”
- (4) Sprint 10 yards to cone “E”
- (5) Turn around quickly and sprint back to Cone “D”
- (6) Collect ball
- (7) Speed dribble toward and around Cone “C” to Cone “B”
- (8) Leave ball at Cone “B”
- (9) Sprint 10 yards to finish

Repetitions and Sets depend on age and athletic level of players  
 Work/Rest Ratio should be at least 3:1 between each run