



**SETUP:** Six (6) Cones in a Figure-8 formation with another cone in the middle of the 30x10 grid

**NUMBER OF PLAYERS:** 6 -- a player at each of the cones

**THE "FIGURE-8" RUN**

- > Players 1, 2 and 3 begin the drill at the coach's whistle and sprint the course, returning to their starting cones
- > Players 4, 5 & 6 sprint as soon as Players 1, 2 & 3 are back at their cones
- > Drill continues for a specific amount of runs or for a specific amount of time

**VARIATION**

- > Drill can also be done with a ball, with all players dribbling the "Figure-8" course