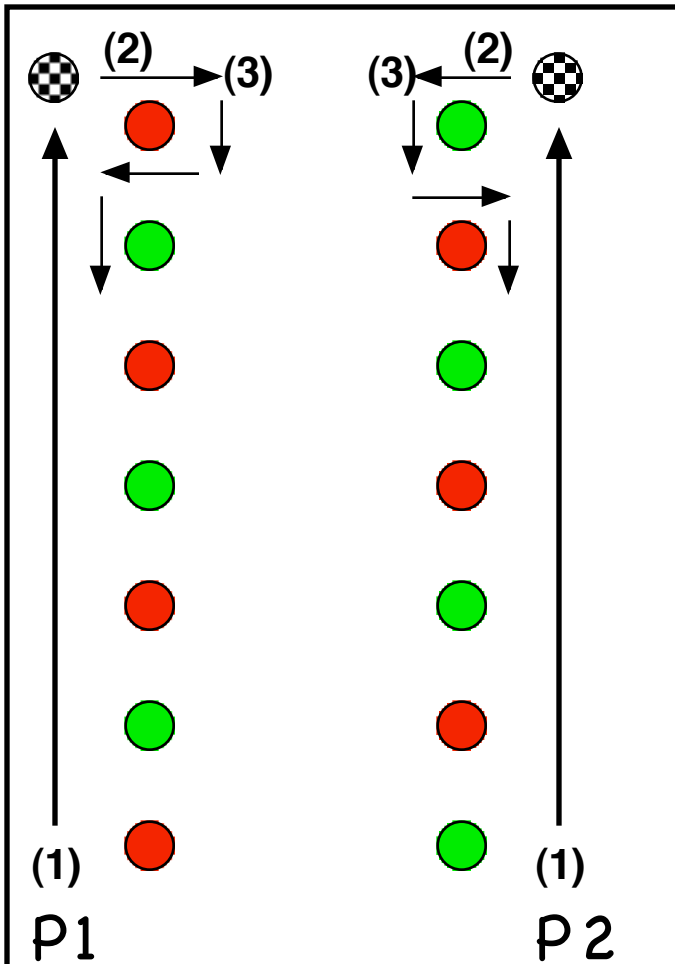


# SPEED, AGILITY & QUICKNESS: Sprinting and Speed Dribbling

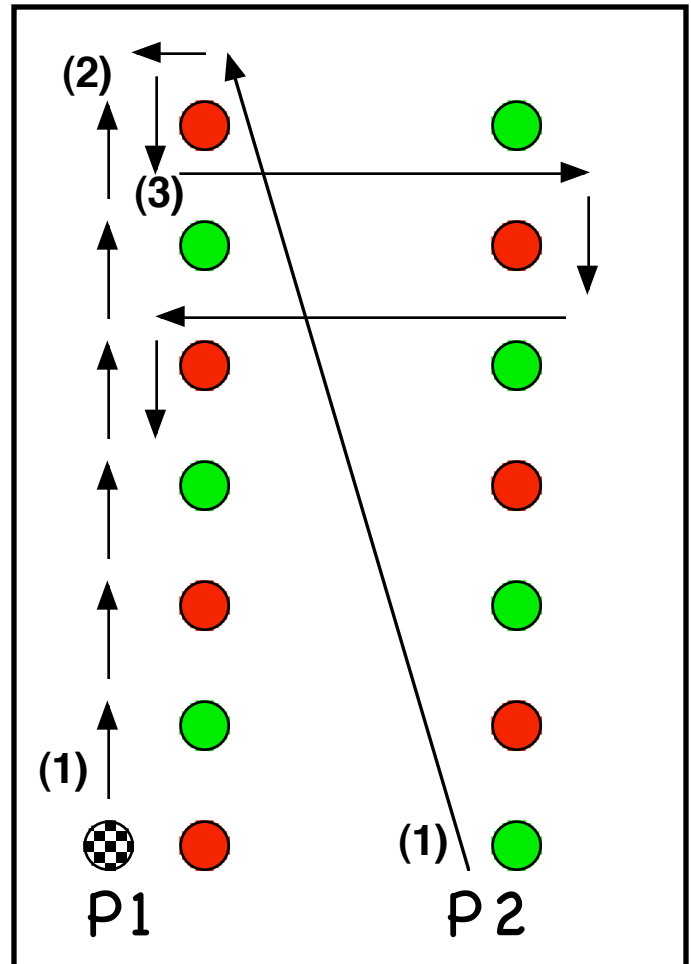
GRID SIZE: 30 Yards long by 10 Yards wide (7 cones in lines are 5 yards apart in



- (1) Player 1 [P1] and Player 2 [P2] sprint 30 yards to ball
- (2) Players collect ball
- (3) Players slalom dribble 30 yards in and out of cones

**Notes:**

- > Players should switch lines after completing course
- > Players on left set of cones, after reaching ball, should cut ball with outside of right foot to begin slalom dribbling
- > Players on right set of cones cut ball with outside of left foot



- (1) Player 1 [P1] passes ball 30 yards up the grid while Player 2 [P2] sprints diagonally across grid
  - (2) Player 2 collects ball
  - (3) Player 2 now slalom dribbles diagonally across the grid back to starting spot
- > Players then switch roles