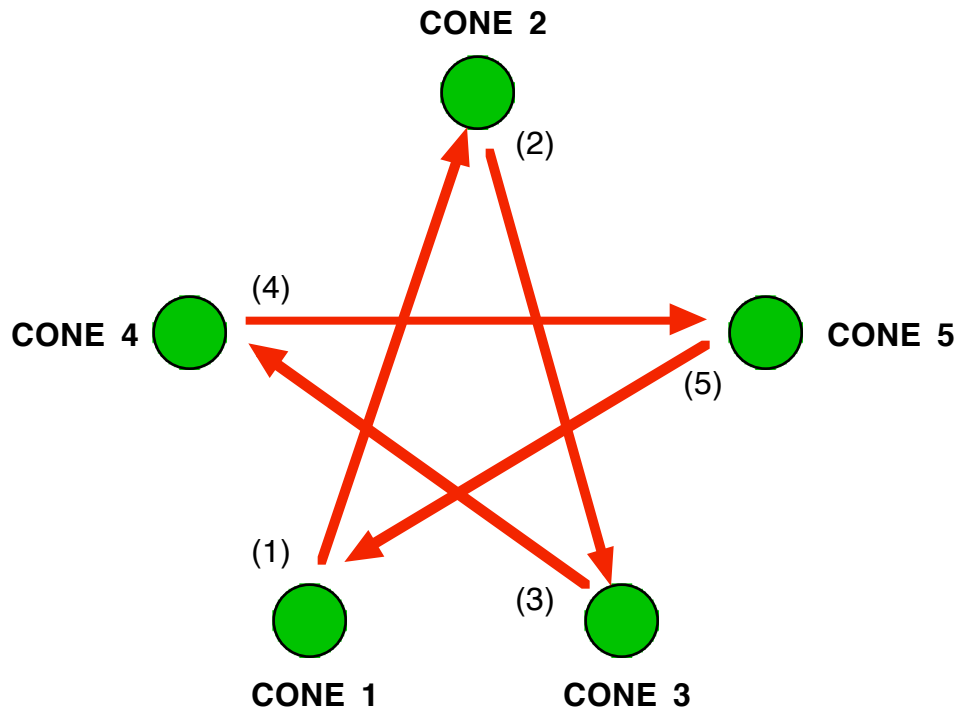


SPEED, AGILITY & QUICKNESS
Agility Drill: "The Star Run"



"THE STAR RUN"

"Star" Setup:

Distance between Cones 1 & 3 and Cone 2 = 10 yards

Distance between Cone 4 and Cone 5 = 10 yards

Distance between Cones 1 & 3 and Cones 4 & 5 = 6 yards

Distance between Cones 4 & 5 and Cone 1 = 4 yards

Distance between Cone 1 and Cone 3 = 6 yards

The Run:

(1) Sprint from Cone 1 to Cone 2

(2) Touch Cone 2 with hand, sprint to Cone 3

(3) Touch Cone 3, sprint to Cone 4

(4) Touch Cone 4, sprint to Cone 5

(5) Touch Cone 5, sprint to finish at Cone 1

VARIATION: Instead of running at & touching cones, run around each cone