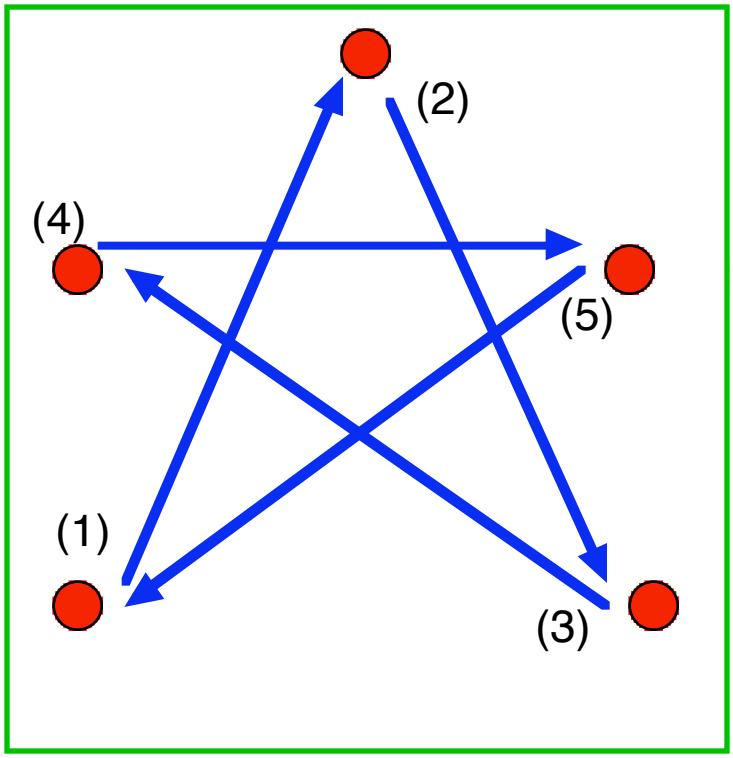
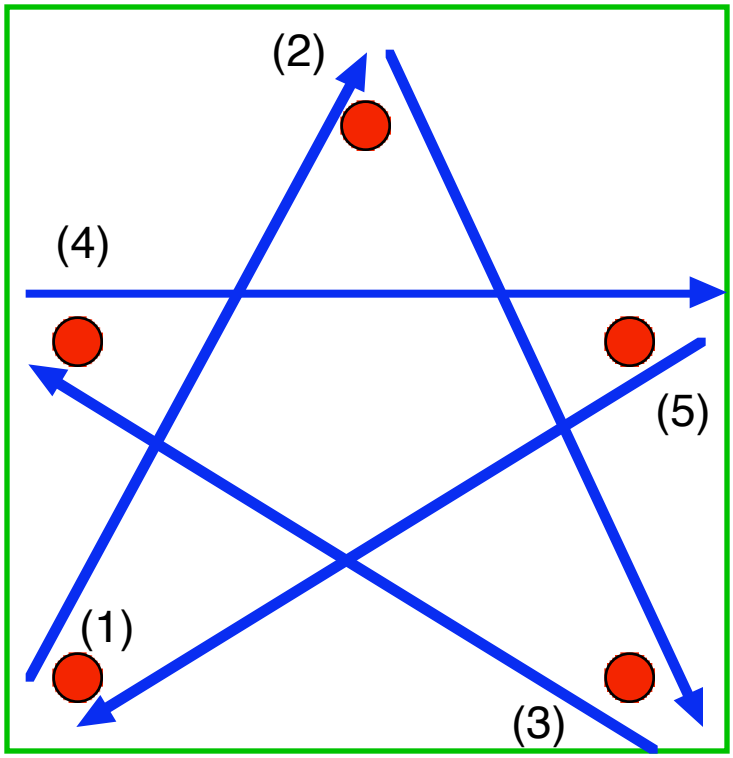
TOTAL SOCCER FITNESS & TRAINING LLC

SPEED, AGILITY & QUICKNESS: "STAR" DRILL



	"STAR" -- Cutting & Sprinting
(1)	Start at bottom left cone and sprint to top cone
(2)	Plant left foot, push off right foot, sprint to bottom right cone
(3)	Same as (2), sprint to middle left cone
(4)	Same as (2) and (3), sprint across to middle right cone
(5)	Same as (2), (3), (4), sprint to bottom left cone
	PROGRESSION: start at bottom right cone

VARIATION: Use soccer ball. Above, use pull-back when arriving at cone. Below, cut ball with outside of the inside foot (right foot when turning right, left foot when turning left).



	"STAR" -- Turning & Sprinting
(1)	Start at bottom left cone and sprint to top cone
(2)	Turn around top cone and sprint to bottom right cone
(3)	Turn around cone and sprint to middle left cone
(4)	Turn and sprint across to middle right cone
(5)	Turn and sprint to bottom left cone
	PROGRESSION: start at bottom right cone

• www.totalsoccerft.com • 732-780-6672 • totalsoccerft@earthlink.net