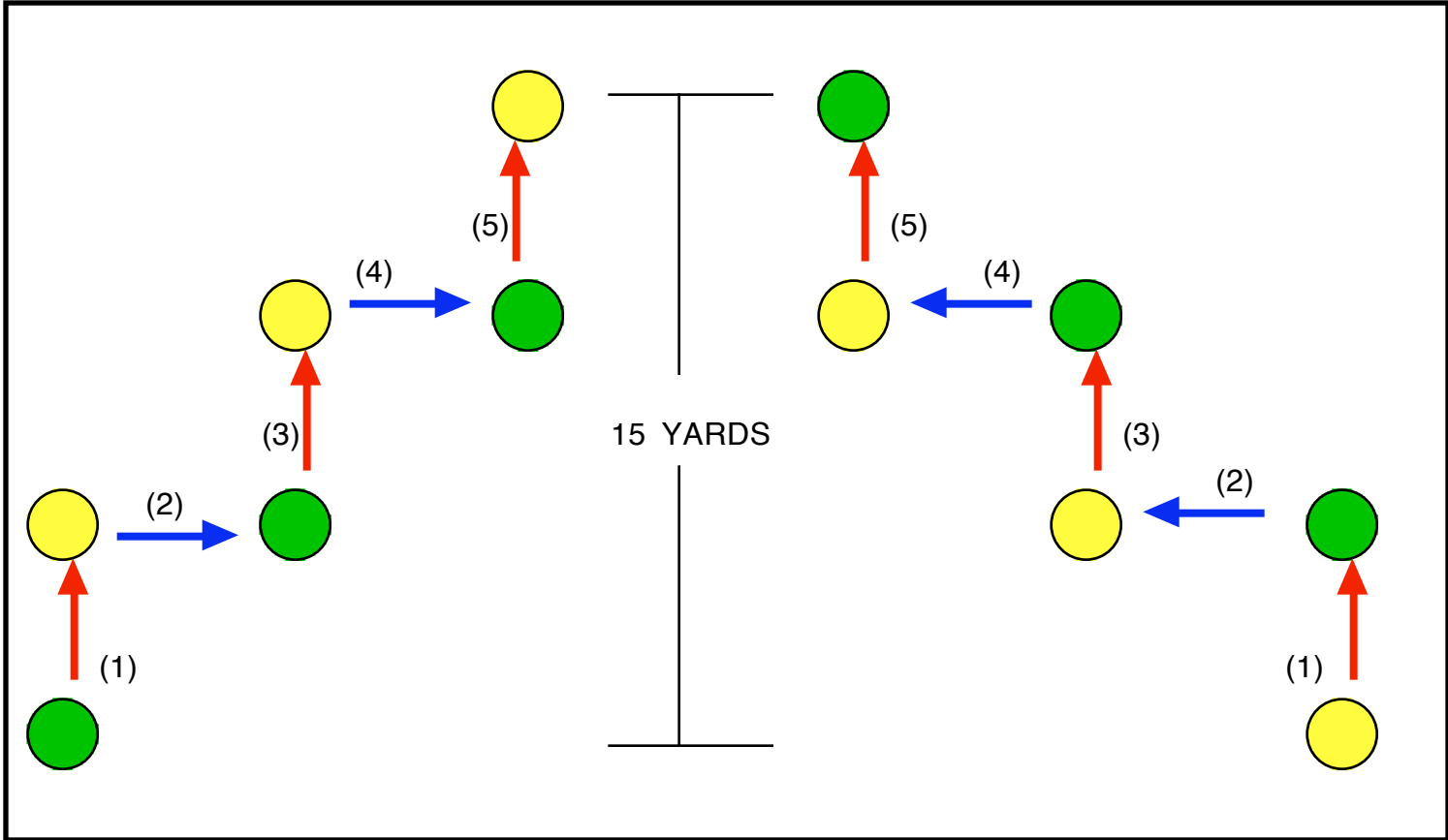


SPEED, AGILITY & QUICKNESS
Quickness Drill: "Up The Staircase"



"UP THE STAIRCASE"

Setup: Cones are all 5 yards apart

- (1) Sprint
 - (2) Slide/Shuffle to Left or Right
 - (3) Sprint
 - (4) Slide/Shuffle to Left or Right
 - (5) Sprint to finish
- Switch sides