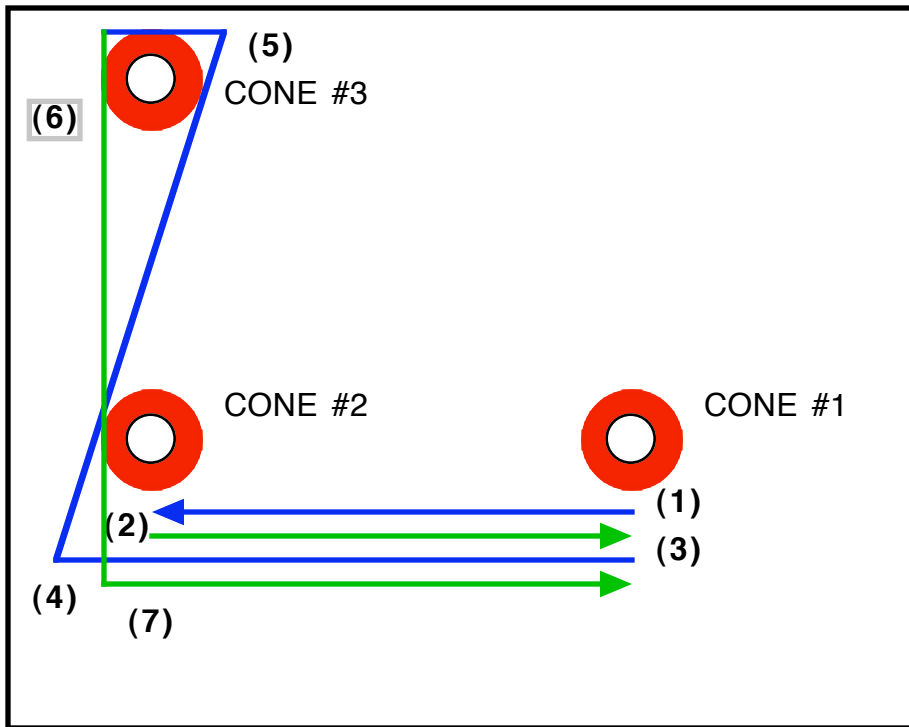


# Speed, Agility & Quickness



# “3 CONE” Agility Drills



## “NFL Combine” Drill

### Distance Between Cones:

Cone 1 to Cone 2 = 10 yards  
Cone 2 to Cone 3 = 10 yards

START at Cone #1

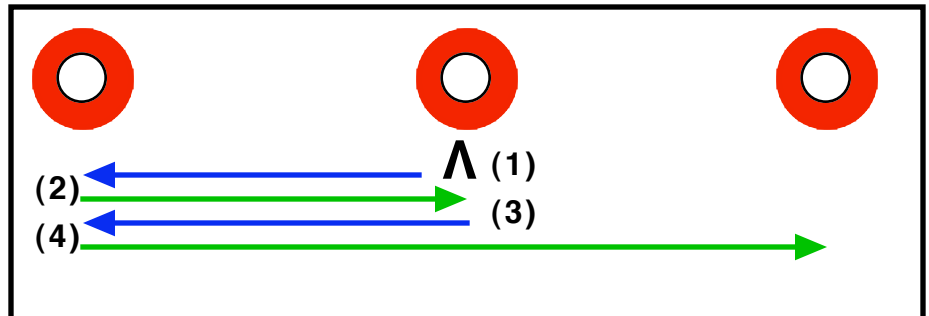
- (1) Sprint 10 yards to Cone #2
- (2) Turn, Sprint 10 yards back to Cone #1
- (3) Turn Sprint 10 yards, to and around Cone #2
- (4) Sprint 10 yards to Cone #3
- (5) Turn around Cone #3
- (6) Sprint 10 yards to Cone #2, turning to left
- (7) Sprint 10 yards to finish at Cone #1

## 3 Cone “25: 5-5-5-10”

Distance Between Cones = 10 yards

START by facing Middle Cone

- (1) Turn to Left and Sprint 5 yards
  - (2) Turn and Sprint 5 yards
  - (3) Turn and Sprint 5 yards
  - (4) Turn and Sprint 10 yards
- Without rest, Repeat, but start by turning Right. This equals one [1] Repetition.

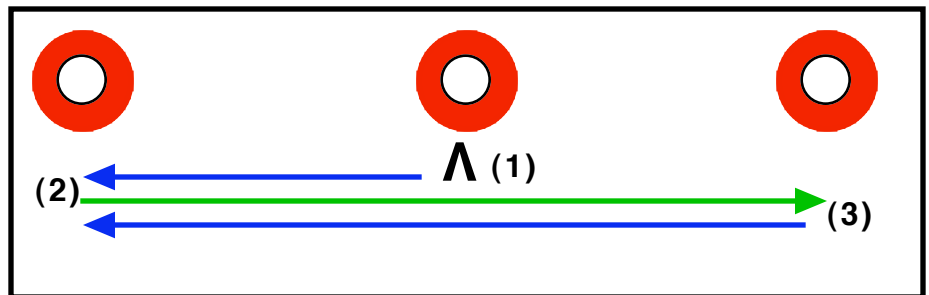


## 3 Cone “25: 5-10-10”

Distance Between Cones = 10 yards

START by facing Middle Cone

- (1) Turn to Left and Sprint 5 yards
  - (2) Turn and Sprint 5 yards
  - (3) Turn and Sprint 10 yards
- Without rest, Repeat, but start by turning Right. This equals 1 Rep.



## COACHING POINTS:

> The above drills are used by the National Football League (NFL) to test the agility levels of players who attend the annual Scouting Combine. Agility is the ability to change direction.

> To make these drills even more soccer-specific, add a ball and have the players dribble in the same sequence as the sprints, using a pull-back or “step-over” when reaching an end cone.