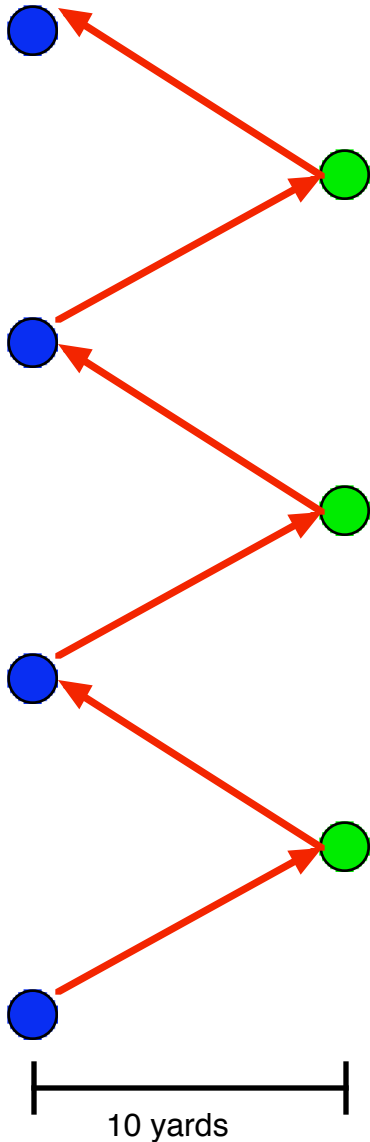
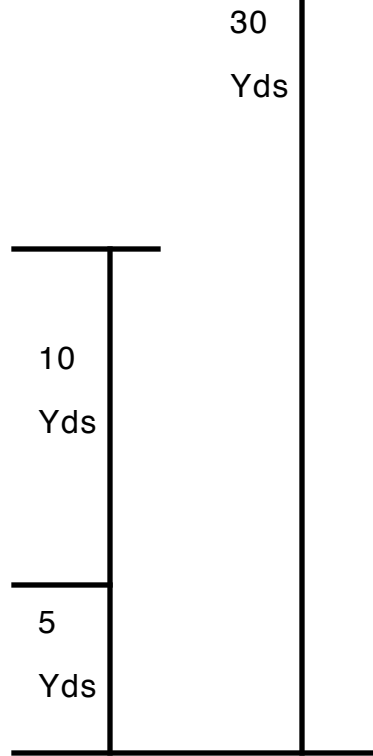


**SPEED, AGILITY & QUICKNESS:  
 Change of Direction Sprints**

**"ZIG ZAG"**



**"TOUCH CONE" RUN**



**"AROUND CONE"**

GRID SETUP: Seven (7) cones, 10 yards wide x 30 yards long  
**"TOUCH CONE" RUN:**  
 > Players make diagonal sprints from cone to cone and must touch cone with hand before proceeding to next cone  
 > COACHING NOTE -- Work on planting of feet, turning of hips/body  
**"AROUND CONE" RUN:**  
 > Players make diagonal sprints to and then "around" each cone  
 > COACHING NOTE -- Work on planting of feet, turning of hips/body