

5 Cone Lunge Drill

Skill Set: Speed and Agility

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Five Cones

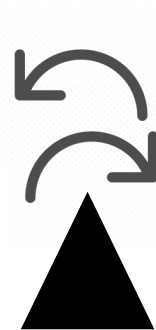
Goal: Master change of direction, balance, and stamina

Description of the Drill:

- The coach will have multiple cones lined up 3 to 4 feet apart in a straight line
- Players will lateral jump cones and should stand with their feet together
- After players have completed 10 jumps, repeat until 3 sets (30 total) are done
- Have as many players jump as you can to conserve time

Coaching Notes: Players should be also encouraged to use their arms to get them to them jump higher.

Layout of Drill:



Bunny Hops

Skill Set: Speed and Agility

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Five Cones

Goal: Jump over five cones in both directions

Description of the Drill:

- The coach will have five cones lined up 3 to 4 feet apart in a straight line
- Players will jump the first cone and should stand with their feet together and jump over the remaining cones
- After players have completed the five cones, jump again in the opposite direction
- Complete (5) times each player

Coaching Notes: Players should be also encouraged to use their arms to get them to them jump higher.

Layout of Drill:



Feet Shuffle Drill

Skill Set: Speed and Agility

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Ladder

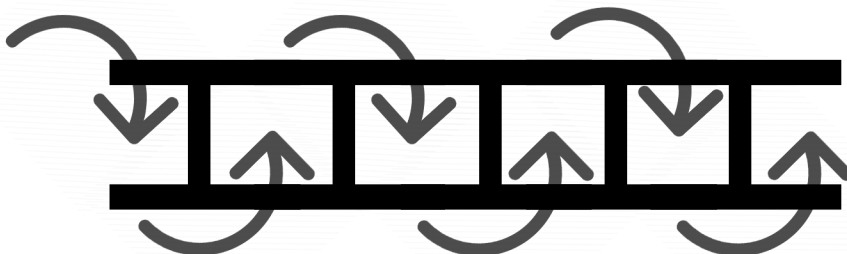
Goal: Shuffle through ladder (both directions).

Description of the Drill:

- With both feet outside the ladder, shuffle both feet in the first box
- Quickly shuffle both feet outside of the opposite end of the box
- Repeat the shuffle until you reach the end of the ladder

Coaching Notes: Players should be encouraged to keep arms up, shuffling feet quickly in and out the boxes, landing on the balls of their feet, generating quick and steady separations.

Layout of Drill:



Side Hops

Skill Set: Speed and Agility

Difficulty Level: Easy

Number of Athletes and Coaches: 1-5 athletes and 1 coach, or 6 athletes as a group

Average Time to Complete: 10 minutes

Equipment Required: Five Cones

Goal: Jump lateral over cone 10x (3 sets)

Description of the Drill:

- The coach will have multiple cones lined up 3 to 4 feet apart in a straight line
- Players will lateral jump cones and should stand with their feet together
- After players have completed 10 jumps, repeat until 3 sets (30 total) are done
- Have as many players jump as you can to conserve time

Coaching Notes: Players should be also encouraged to use their arms to get them to them jump higher.

Layout of Drill:

