



ACTION:

The first player, on the coach's whistle, to and around the second cone, runs backwards to and around the first cone, sprints forward to and around the third cone and sprints back to his group and tags the next player.

TIPS:

Have players start from different positions:

- Facing backwards and turning
- On knees
- Hands up
- Laying down
- Hands behind head

This will all help with agility, acceleration and recovery speed.



SPEED

SET UP:

20 x 30yd long lanes spaced 5yds apart.
Groups of no more than five players.
One group per lane.