



# Cone Drill Circuit

Change of speed, change of direction, quick turns,

**Always Warm-Up first!**

[Warm-Up](#)

Taylor Cummings Video Example ([https://youtu.be/BhP4\\_UsIcoo](https://youtu.be/BhP4_UsIcoo))

## 1. Triangle Drill

**Cones:** approx 7 steps apart

**Point of emphasis** - change of speed and change of direction

**Pattern Ideas:**

1. Sprint-Shuffle-back peddle
2. Side Shuffle
3. Back Peddle - Sprint - Shuffle

Repeat 4 times

## 2. Shuttle

**Cones:** Set up on the 5-10-15

**Point of emphasis** - change of speed and change of direction

**Pattern:** Go through 3 times different pattern each time

15-10-5 or 5-10-15 or 10-5-15 the change of direction and speed what's important!

1. Sprint
2. Forward - backward
3. side shuffle

## 3. Pizza Drill

**Cones:** Zig-Zag cone patterned 7 yards apart

**Point of emphasis** - Quick Turns - 3 point turns: plant, plant, hips around

zig-zag through the cones jog or sprint back go through your zig-zag

Repeat 4 times

## 4. Channel Drill/Ladder Drill

**Cones:** start cone - 2 cones set up on 0-5-10-15-20-end cone

**Point of emphasis** - Quick lateral steps

**Pattern:** Sprint - side shuffle - sprint - side shuffle - continue to end cone

Repeat 4 times