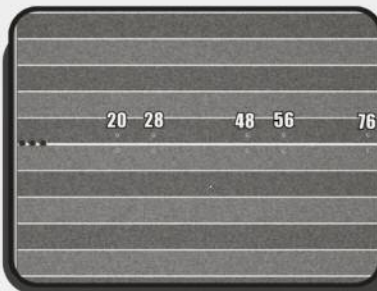




# DRILLS

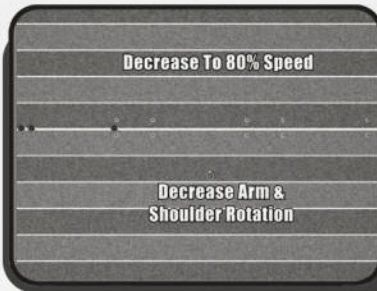
## Accelerate Drill



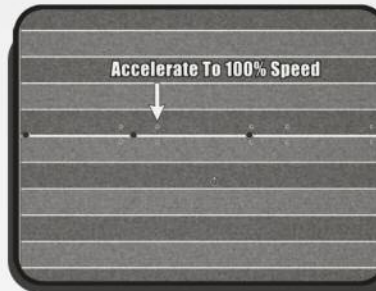
**01** ★  
Place 2 saucer cones at 20 yards, 28 yards, 48 yards, 56 yards and 76 yards.



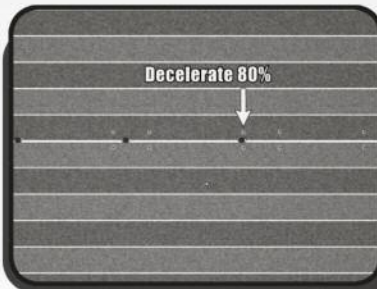
**02** ★  
Athletes begin running at 100% speed, incorporating excellent form.



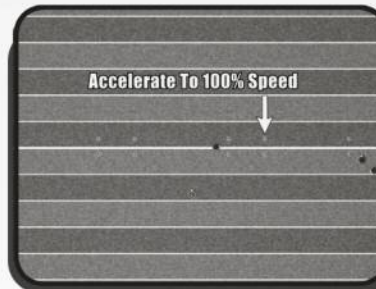
**03** ★  
At first set of cones, decrease to 80% speed.



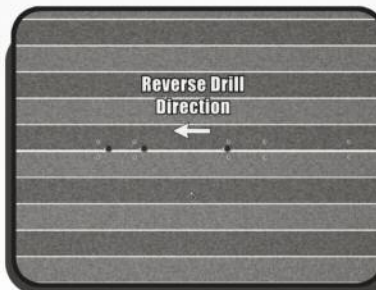
**04** ★  
At 2nd set of cones (28 yards), athletes accelerate to 100%.



**05** ★  
Athletes accelerate to 100% and repeat the 80% deceleration for next 2 cones.



**06** ★  
At 4th set of cones, athletes increase again to 100% speed and finish the drill.



**07** ★  
Repeat the drill back across the field to original starting point.

### Notes:

Blank area for notes.

For more useful tips on coaching youth football, log on to [www.usafootball.com](http://www.usafootball.com).