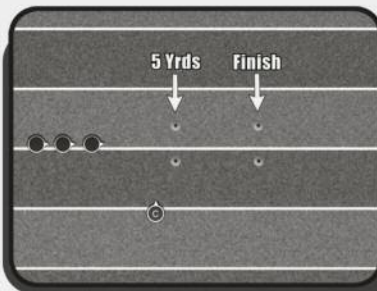
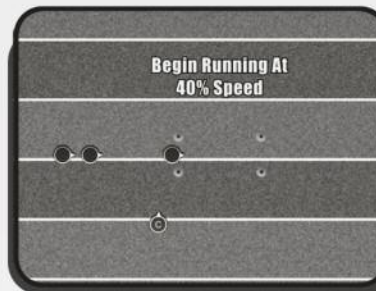


## Burst Drill



**01** ★

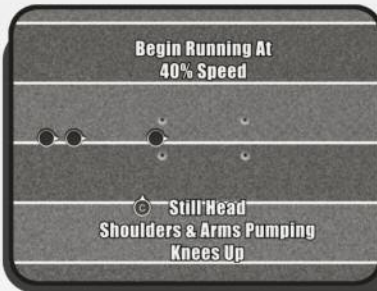
Place 2 saucer cones at half-way mark (5 yards), and 2 more at the finish.



**02** ★

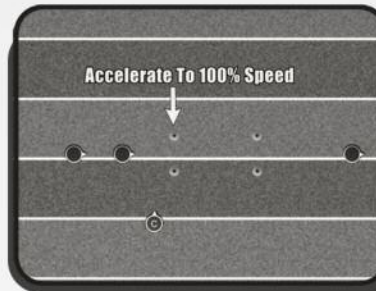
Begin Running At 40% Speed

Athletes begin running at about 40% speed.



**03** ★

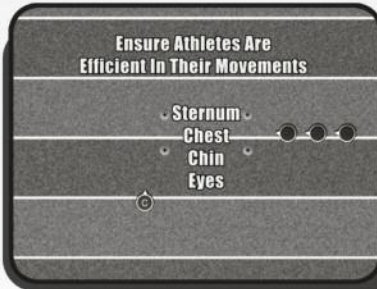
Use good form: still head, shoulders and arms pumping and knees up.



**04** ★

Accelerate To 100% Speed

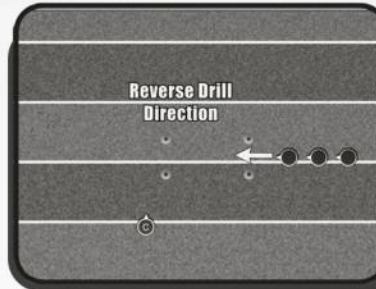
At the first set of cones, they increase to 100% speed.



**05** ★

Ensure Athletes Are Efficient In Their Movements

Ensure the athletes are efficient in their movements.



**06** ★

Reverse Drill Direction

Repeat the drill back across the field to original starting point.

### Notes:

Blank area for notes.