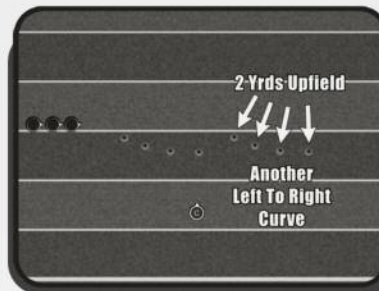


Double Curve Sprint



01 ★

Place 4 cones in left to right curve for the first 4 yards.



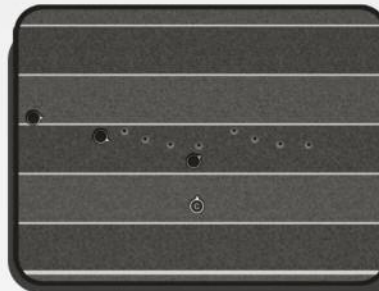
02 ★

The next 4 cones about 2 yards up field and to the left in another left to right curve



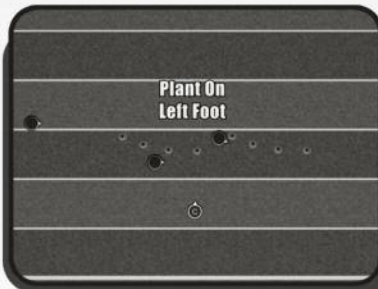
03 ★

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



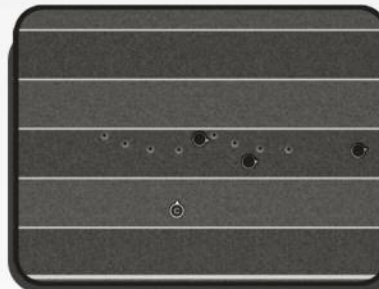
04 ★

They run 1st curve with arms at full movement, elbows in.



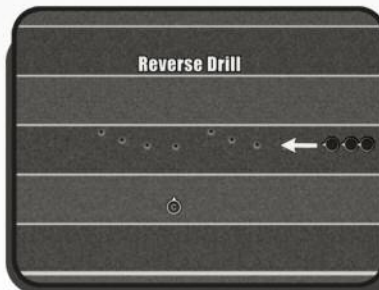
05 ★

They approach 2nd curve with strong foot plant and efficient change of direction.



06 ★

Athletes run second curve in same manner



07 ★

Repeat drill back across the field to original starting point.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.