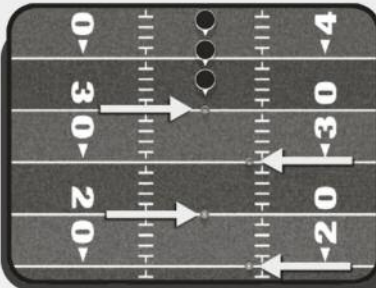
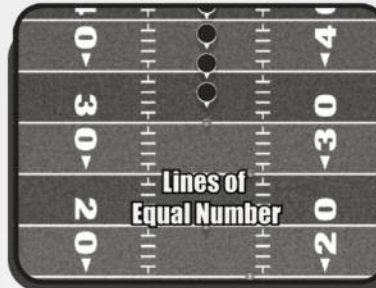


First Step



01 ★

Coach places cones in a zig-zag pattern, 5 yards apart.



02 ★

Form lines of equal-numbered players.



2 or 3 - Point Stance

03 ★

Start at the 1st cone in a 2 or 3-point stance.



Start with Closest Foot

04 ★

On whistle, take quick first step to next cone with lead foot.



05 ★

Wait at that cone until the 2nd whistle and then move to the 3rd cone and so on.



06 ★

Repeat, moving more quickly and chopping cones with hands.

Notes: