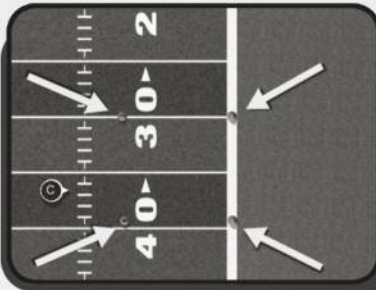
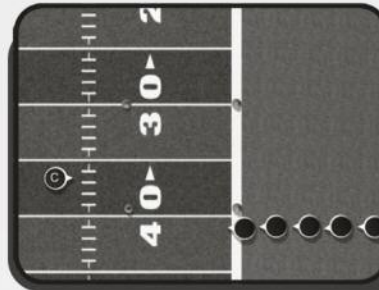


## Four Corners



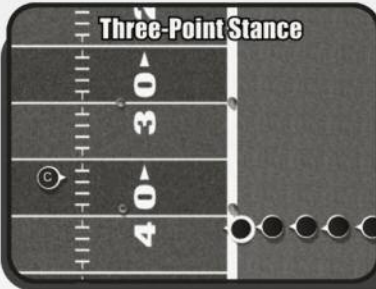
**01** ★

Coach creates a 10-foot square area, using 4 cones.



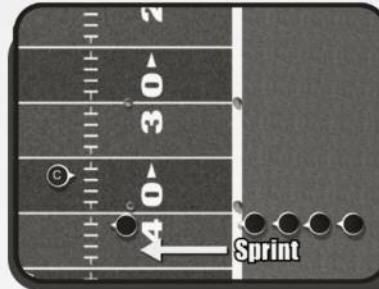
**02** ★

Form lines of equal-numbered players.



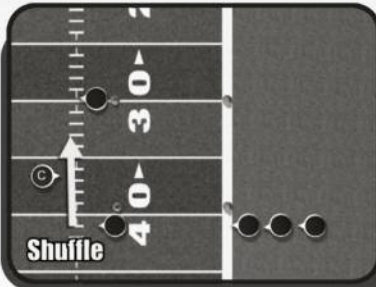
**03** ★

Start in a balanced 3-point stance at 1st cone.



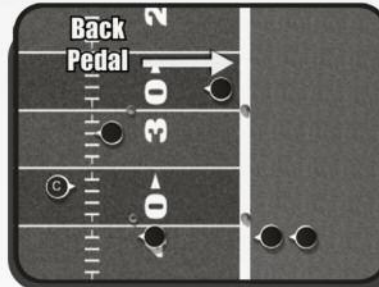
**04** ★

On whistle, sprint to the 2nd cone.



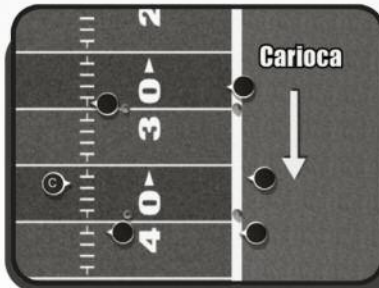
**05** ★

Shuffle sideways to the 3rd cone.



**06** ★

Backpedal to the 4th cone.



**07** ★

Carioca back to the 1st cone.

### Notes:

Blank area for notes.