

Quick Plant

01 ★

1 Foot Right
2 Yrds

Place 1 saucer cone at 2 yards and 1 foot right of the center line.

02 ★

2 Yrds
3 Feet Left

Another cone at 2 yards and 3 feet left of the center line.

03 ★

Another 3 cones off of the 2nd cone to form a curve to the right.

04 ★

10 Yrds
Upfield
3 Yrds Right

The final cone is 10 yards up field about 3 yards right of the center line.

05 ★

Begin Running At
100% Speed

Still Head
Shoulders & Arms Pumping
Knees Up

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

06 ★

Plant Right Foot
Change Direction
To 2nd Cone

At 1st cone, they plant right foot and change direction to 2nd cone.

07 ★

Plant On
Left Foot

Once they hit the 2nd cone they plant on their left foot.

08 ★

Accelerate Through Curve
Leaning Inside Slightly
With Left Shoulder

They accelerate through curve, leaning inside slightly with left shoulder.

Notes: