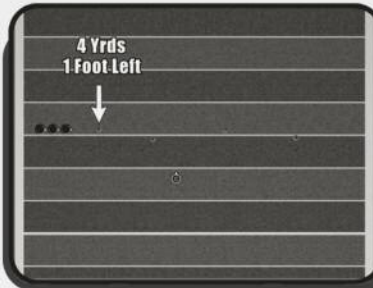
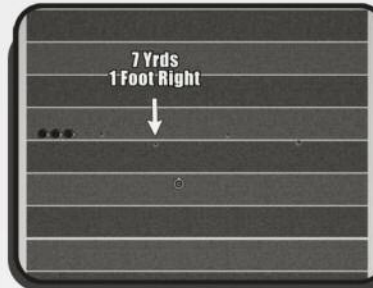


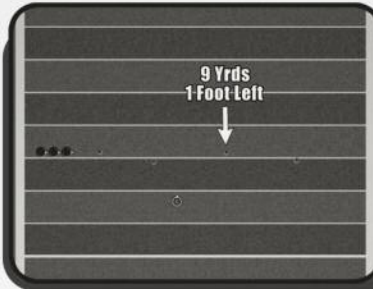
Speed Weave



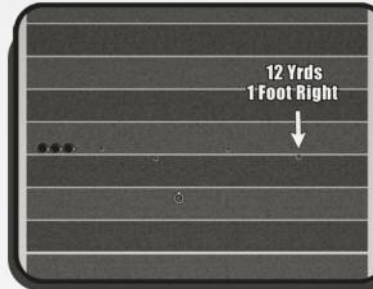
01 ★
Place 1 saucer cone at the 4-yard mark and 1 foot left of the yard line.



02 ★
Place a 2nd cone at 7 yards and 1 foot to the right.



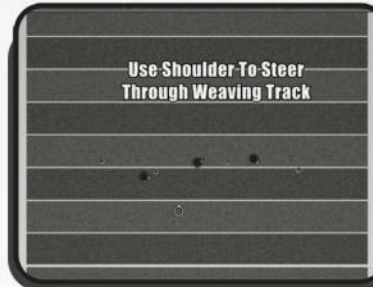
03 ★
A 3rd cone is placed 9 yards up field and 1 foot to the left.



04 ★
The final cone is at 12 yards and 1 foot to the right.



05 ★
Athletes begin running at 100% speed, incorporating excellent form.



06 ★
They use their shoulder to steer efficiently through the weaving track.



07 ★
Sternum, chest, chin and eyes in line and focused ahead.

Notes:

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