



JUNIOR TRAINING CAMP

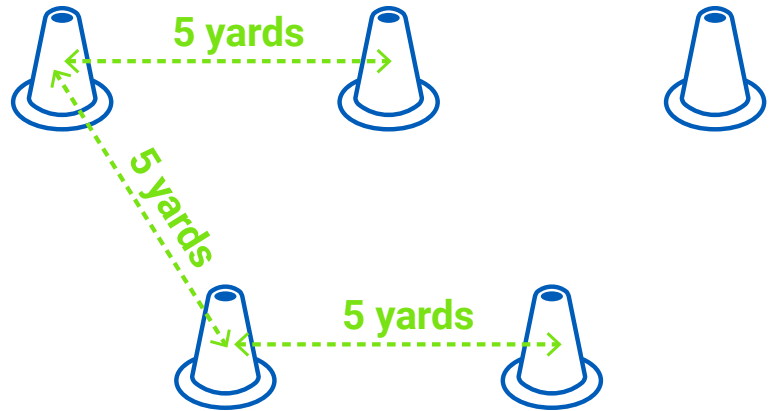
CAMP FOR AGES 7-14

Day 3: W DRILLS

SET UP

Set up 5 cones in the shape of a “W”, approximately 5 yards apart. (if you do not have cones at home you can use water bottles, towels or plastic cups)

Repeat each drill as many times as you prefer and for an extra challenge, try each drill without knocking over any cones. Most importantly, **HAVE FUN!**



BEGINNER

Drill 1: Sprinting Through the W

- Start at the top, left of the W
- Sprint through each cone of the W
- Accelerate through the finish
- Repeat the drill on the opposite side

Drill 2: Shuffle Through the W

- Start at the top, left of the W
- Shuffle to the right, keeping your feet apart, then shuffle to the left

- Continue until you finish the W
- Repeat the drill on the opposite side

Drill 3: Shuffle, Sprint W

- Start at the top, left of the W
- Shuffle to the right, keeping your feet apart
- Sprint to the middle cone
- Shuffle to the right
- Sprint through the finish
- Repeat the drill on the opposite side

ADVANCED

Drill 1: Back Pedal, Plant and Break

- Start at the top, left of the W
- Back pedal to the bottom cone
- Plant and sprint to the middle cone
- Back pedal to the bottom cone
- Plant and sprint to the final cone
- Repeat the drill on the opposite side

Drill 2: Repeat Beginner Drills with Added Objects

- Add towels (or any other object) to the middle three cones
- Repeat beginner drills 1-3
- Pick up towels as you sprint or shuffle through each drill