



JUNIOR TRAINING CAMP

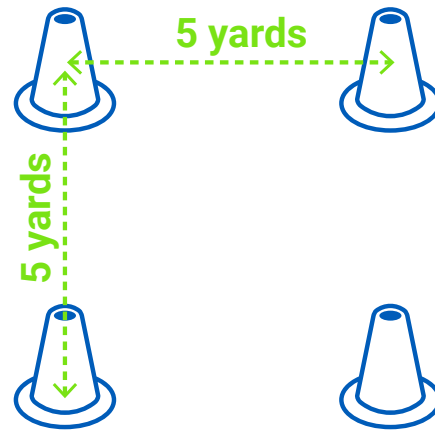
CAMP FOR AGES 7-14

Day 2: 4 CONE DRILLS

SET UP

Set up 4 cones in a square, 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: Sprint, Shuffle, Back Pedal

- Start at the bottom, left side of the box
- Sprint to the top
- Shuffle to the right, keeping your feet apart
- Back pedal through the final cone
- Repeat the drill on the opposite side

Drill 2: Shuffle, Sprint, Shuffle

- Facing the box, start at the bottom, left side
- Shuffle to the left, keeping your feet apart

- Sprint to the next cone
- Shuffle to the right, keeping your feet apart
- Repeat the drill on the opposite side

Drill 3: Back pedal, shuffle, sprint

- Start at the bottom, left side of the box
- Back pedal to the top of the box
- Shuffle to the right, keeping your feet apart
- Sprint to the final cone
- Repeat the drill on the opposite side

ADVANCED

Drill 1: Sprint, Shuffle, Back Pedal, Hard Diagonal Sprint

- Start at the bottom, left side of the box
- Sprint to the top
- Shuffle to the right, keeping your feet apart
- Back pedal through the final cone
- Hard, diagonal sprint to the top, left cone
- Repeat the drill on the opposite side

Drill 2: Full Sprint

- Start at the bottom, left side of the box
- Sprint through all cones

- Hard, diagonal sprint to the top, left cone
- Repeat the drill on the opposite side

Drill 3: Back Pedal, Diagonal Sprint

- Start at the bottom, left side of the box
- Back pedal to the top of the box
- Hard, diagonal sprint to the bottom, right cone
- Back pedal to the top of the box
- Hard, diagonal sprint to the bottom, left cone
- Repeat the drill on the opposite side