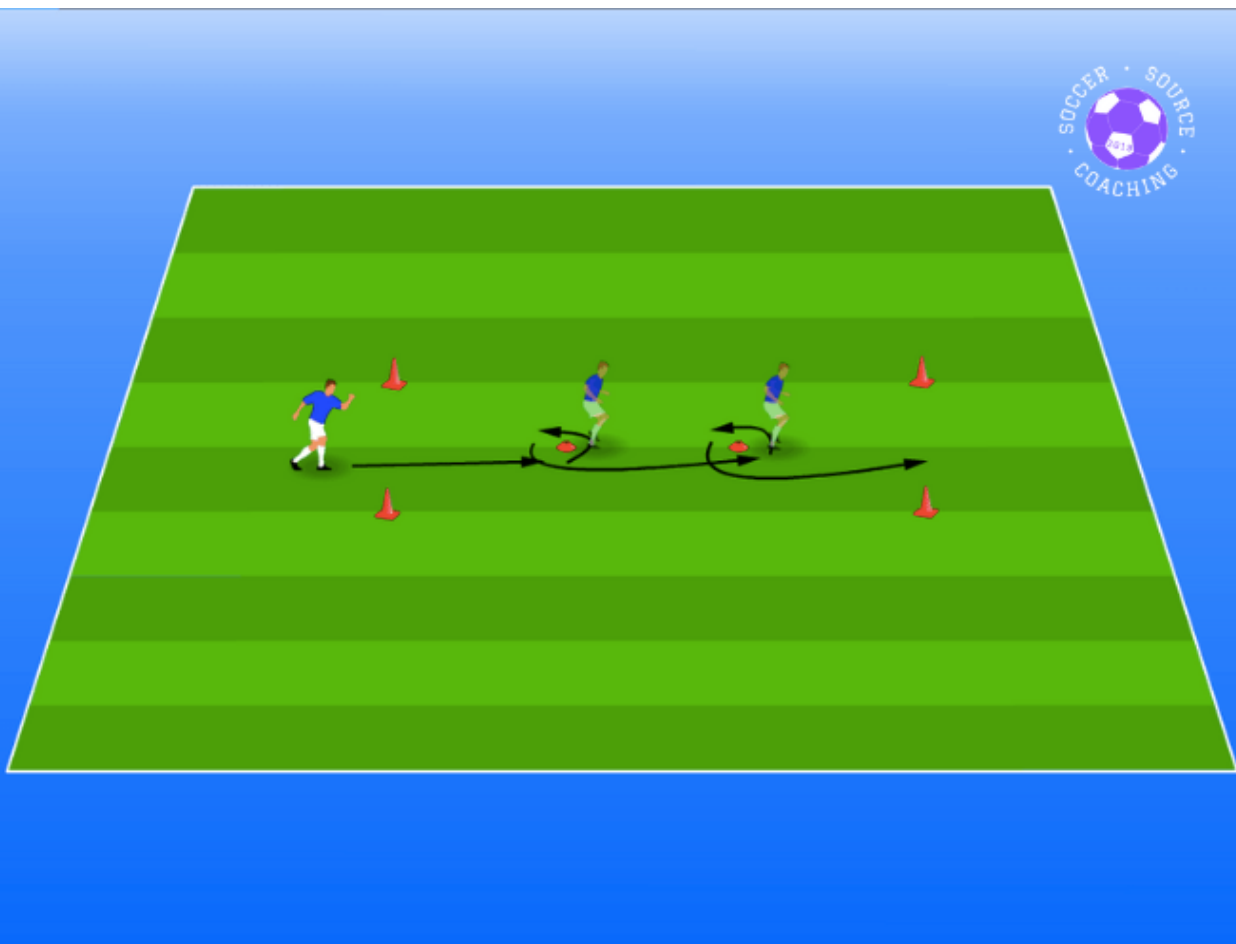




Deceleration agility shuttle run



How it works

Set up 2 cones next to each other to create a gate 1 yard wide with the other gate 15 yards away directly opposite. Place 2 single cones in between the 2 gates at 5-yard intervals.

Start from one of the gates and sprint to the first cone, as you approach the cone rotate around the cone in a clockwise direction while facing the same way.

Sprint to the second cone and repeat the same rotation around the cone, then sprint through the gate. Rest for 10 seconds then repeat for a total of 6 times.

Make sure you alternate between going around the cones clockwise and anti-clockwise.

You can also choose to do this soccer agility drill with a soccer ball too.

Coaching points

- Focus on small quick steps when moving around the cones.
- Accelerate away from the cones
- Use small steps to help you decelerate when approaching cones

Questions

- What type of steps should you take through the cones?
- How should you exit the cones?
- What should you do when you approach the cones?

Purpose

The purpose of this agility drill is to help you slow down from top speed to quickly stop, change direction and accelerate again

Set up

- 6 cones
- 1 soccer ball (optional)

Intermediate