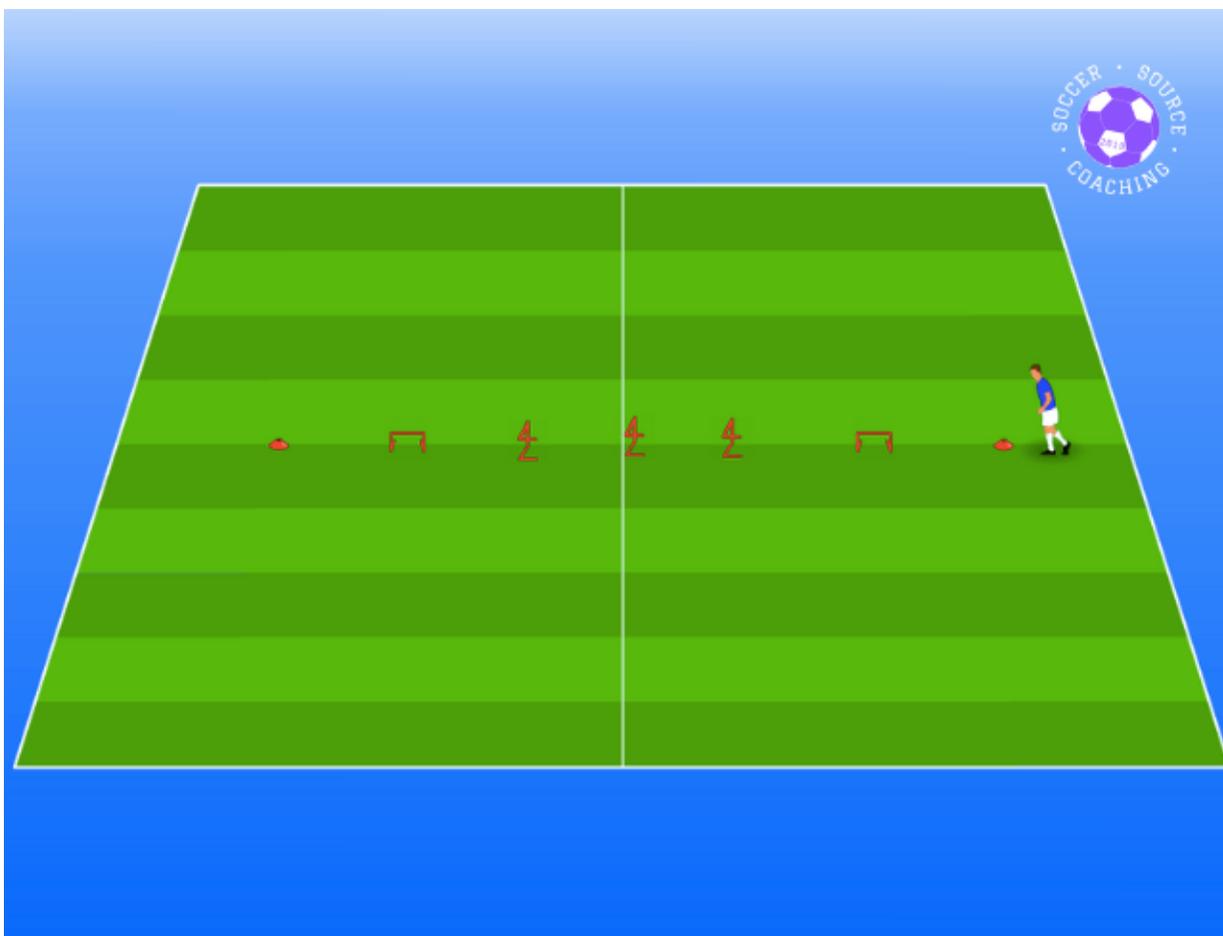


# Hurdle relay soccer agility drill



## How it works

Start the drill on the first cone and sprint towards the first hurdle where you will move over it laterally, moving over it 4 times with both feet touching on one side before moving to the other.

Move through the next 3 horizontal hurdles, making sure both feet go between each space.

Repeat the same movement over the last vertical hurdle then sprint 10 yards to the final cone.

## Coaching points

- Stay on your toes to increase the speed of your steps
- Use your arms to help drive your legs
- Raise your knees to generate more power in your steps

## Purpose

The purpose of this will drill is to work on balance and foot coordination for sprinting

## Set up

- 2 cones
- 5 hurdles

## Questions

- How can you increase the speed of your steps?
- What can you use to drive your legs?
- What does raising your knees help you do?

**Advanced**