

# Regular crosshair sprints



## How it works

Place your first cone down in the middle, then place a cone 5 yards away from the center cone to the north, south, east, and west.

This will create a star-type pattern.

You can start this agility drill from any cone on the outside. The player will begin by sprinting to the cone in the middle, they will then turn 90 degrees to sprint to the next cone on the outside.

They will then turn 180 degrees around that cone and back towards the middle.

The player will repeat this process until they are back where they started.

Make sure that players alternate the direction in which they travel around the star.

Clockwise (rotating around the cones to the left) and Anti-clockwise (rotating around the cones to their right).

## Coaching points

- Combine a low center of gravity with small quick steps while traveling around the cones
- Accelerate after you have rotated past a cone with your body position leaning forward

## Questions

- What type of steps should you take through the cones?
- When accelerating what should your body position be like?
- What should you do when you exit the cones?

## Purpose

The purpose of this drill is to help players improve the speed at which they can turn and accelerate out of 90-degree turns.

## Set up

- 5 cones

Intermediate

