



**Drill Name:** Speed-Agility Cones

**Set up :**

1 Cone, 10 Yards, 7 Cones (about 2 feet apart) 10 Yards, 1 Cone

**Instructions:**

Dribble for speed to the cones

Get through the cones

Turn

Dribble back at speed

Dribble for Speed

Turn

Dribble Back at speed

Progression:

Inside-Outside of the R/Left

Inside-Inside with Both

Inside-Outside with Both

**Coaching Points:**

Keep the ball in control

Two touches each direction - One touch will lead to the ball getting further and further away as they attempt to beat the cones

Move your feet quick, don't worry about the ball as much, the player with the quickest feet wins.