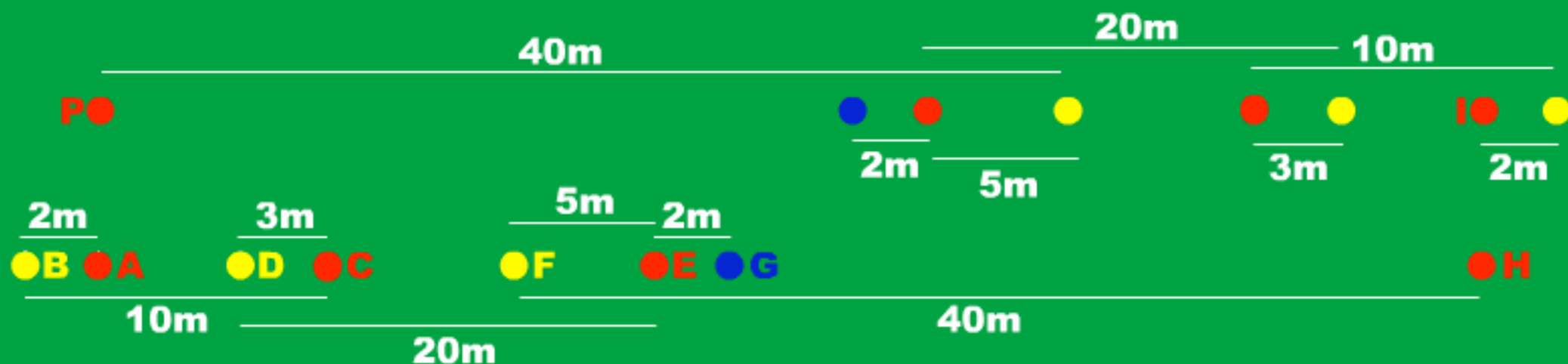


Sideline Speed Specific Drill 1



Starting at cone A, face down field to cone H, turn and shuffle sideways 2m to cone B. Once at cone B turn and sprint to cone C. At cone C turn and shuffle sideways 3m to cone D. At cone D turn and sprint to cone E. At cone E turn and shuffle sideways 5m to cone F. At cone F turn down field and walk 5m to cone E. Jog 2m to cone G at which upon reaching explode and spring to cone H. Upon reaching cone H move to cone I and recommence drill in exact same sequence, but note heading upfield in opposite direction, working to finish at cone P.