L-Drill—Start next to first cone. Sprint straight forward. Cut around cone, sprint to third cone and tight curl. Sprint back to second cone, cut and sprint to finish. Mirror “L” and repeat.

5 yard Figure 8—Start behind first cone. Sprint to and tight curl around second cone. Sprint to and tight curl. Mirror and repeat.

8 yard cone “X” - Sprint from first cone, tight curl around next cones and sprint finish. Mirror and repeat.

M Drill—Start at first cone. Sprint forward, backpedal, sprint, backpedal, and sprint out 15 yard finish. Mirror and repeat.


Weave drill—Cones separated by 1 yard. Sprint / weave as fast as possible with tight curl. Mirror and repeat. Repeat with cones separated by 2 yards (and mirror).
Attack and retreat—Cones 3 yards apart. Start at center cone. Sprint forward. Backpedal. Slide out and back. Backpedal and sprint forward. Slide out and back. Repeat. Can also be repeated with an 8 yard span and sprint from and to with a cut at each cone.

Y drill—Cones 5-10 yards apart. Start at center cone. Sprint and curl around center cone. Sprint and curl around top of “Y”, curl around center, sprint around other top of “Y”, curl around center and sprint finish. Repeat.

Pro agility (5-10-5) - Cones 5 yards apart. Sprint from center cone. Touch outside cone. Sprint to outside cone and touch. Turn and sprint past center cone. Alternate directions and repeat.

Changeover drill—Sprint to first cone. Slide out and back 2X. Sprint to next cone. Carioca out and back 2X. Sprint and curl and sprint to finish. Mirror and repeat.

“N” agility drill—Cones are 5 yards apart and 1 yard between. Sprint to first cone and tight curl. Sprint to next and tight curl again. Sprint to final cone and touch with hand. Backpedal to finish. Mirror and repeat.