

SPEED CONES



TRAINING CARDS

If you can't test it, you can't train it. Measuring your performance is the only way to ensure you are getting better.

This is why we recommend that all of the following drills be done using the Jawku Speed Timing System in addition to the Speed Cones to measure and maximize your results.

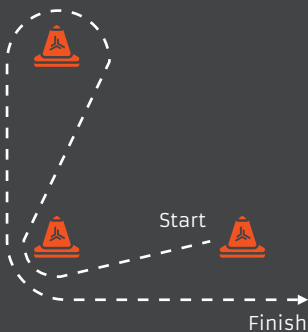
- 1 Set up in an open area with room to run.
- 2 Attach Speed Band to your wrist.
- 3 Open the Jawku App and connect to your Speed Band.
- 4 Select Build-A-Drill, and name your drill after your cone-drill.
- 5 Then select MOVEMENT or *AUDIBLE start.
- 6 Set your Jawku device up at the finish line. The finish-line can be however far away you choose. There really is no limit. Press the Ready button on your device.
- 7 Go to the starting line and set up. When you are in the ready position press the button on your Speed Band once.
- 8 If you selected Movement start, you will remain still for 2 seconds and then begin the drill at full speed.
- 9 If you selected Audible start: you will wait until the 3rd beep and then begin the drill at full speed.

*Use the Audible setting to measure reaction time



5-10-5 [PRO AGILITY DRILL]

- 1 Set up 3 cones in a straight line, at 5-yard intervals.
- 2 Stand in a 3-pt stance in front of the middle cone.
- 3 Sprint 5 yards to your right or left side, touching the end cone with your hand.
- 4 Immediately turn and sprint 10 yards and touch the opposite cone with your other hand.
- 5 Immediately turn and sprint 5 yards back through the middle cone.



L-DRILL (3-CONE DRILL)

- 1 Set up 3 cones in an "L" shape, at 5-yard intervals.
- 2 Start in a 3-pt stance to the outside of the first cone.
- 3 Sprint 5 yards around the outside of the middle cone.
- 4 Immediately sprint around the inside of the end cone.
- 5 Immediately sprint around the outside of the middle cone and back through the starting cone.



T-DRILL

- 1 Set up 3 cones in a straight line, at 5-yard intervals. Add one cone 3-yards off the center cone, which is where you will start.
- 2 Start in a 2-pt stance and backpedal until you pass the center cone.
- 3 Immediately open right or left and sprint 5 yards touching the end cone with your hand.
- 4 Immediately turn and sprint 10 yards and touch the opposite cone with your other hand.
- 5 Immediately turn and sprint 5 yards back around the middle cone and through the starting cone.



SPRINT-SHUFFLE DRILL

1

Set up 3 cones in a straight line, at 5 yard and 4 yard intervals.

2

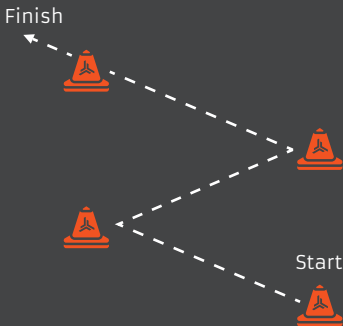
Begin in a 2-pt stance sprinting to the center cone.

3

Then lateral shuffle the next 4 yards, cut and lateral shuffle back to the center cone.

4

Immediately sprint through the starting cone.



ZIG-ZAG DRILL

1

Set up several cones 5 yards apart in a zig-zag pattern.

2

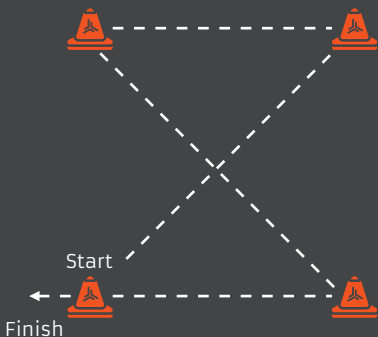
Start to the side of the first cone in a 2-pt stance and sprint to the first cone.

3

At the first cone, quickly change directions and sprint to the next cone.

4

Continue this process until you pass the last cone.



X-DRILL

- 1 Set up 4 cones to make a 5-yard box.
- 2 Start at one cone and sprint diagonally to the opposite cone.
- 3 Shuffle laterally to the adjacent cone and then drop-step and cross-over diagonally to the opposite cone.
- 4 Immediately turn and sprint through the original cone.



SUICIDE DRILL

1

Set up 8 cones in a straight line, with 5 yards between the first and second cone and 2 yards between all other cones.

2

Start in a 2-pt stance to the side of the first cone.

3

Sprint around the next cone and then figure 8 around the starting cone.

4

Continue this process until you round the last cone.



SPRINT PROGRESSION

- 1 Set up 5 cones in a straight line, at 5, 10, 15 and 20-yard intervals.
- 2 Begin in a 2-pt stance and march 5-yards to the next cone.
- 3 Immediately skip 10-yards to the next cone.
- 4 Immediately bound 15-yards to the next cone.
- 5 Finally sprint 20-yards through the last cone.