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**Speed
Agility
& Quickness
Cone Drills**

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Dynamic Warm Up

These cone drills should be performed at high intensity, just like in actual game situations.

For this reason, it is absolutely critical that you start with a dynamic warm up to activate your muscles, get your blood pumping, and prepare your body for your workout.

A proper dynamic warm up will activate your muscles, letting your body know it's time to start training.

These drills are designed to push your body to it's limits. So we recommend performing the following drills when your body is fresh. These will not be as effective after any kind of physical activity, practice, or strength training.



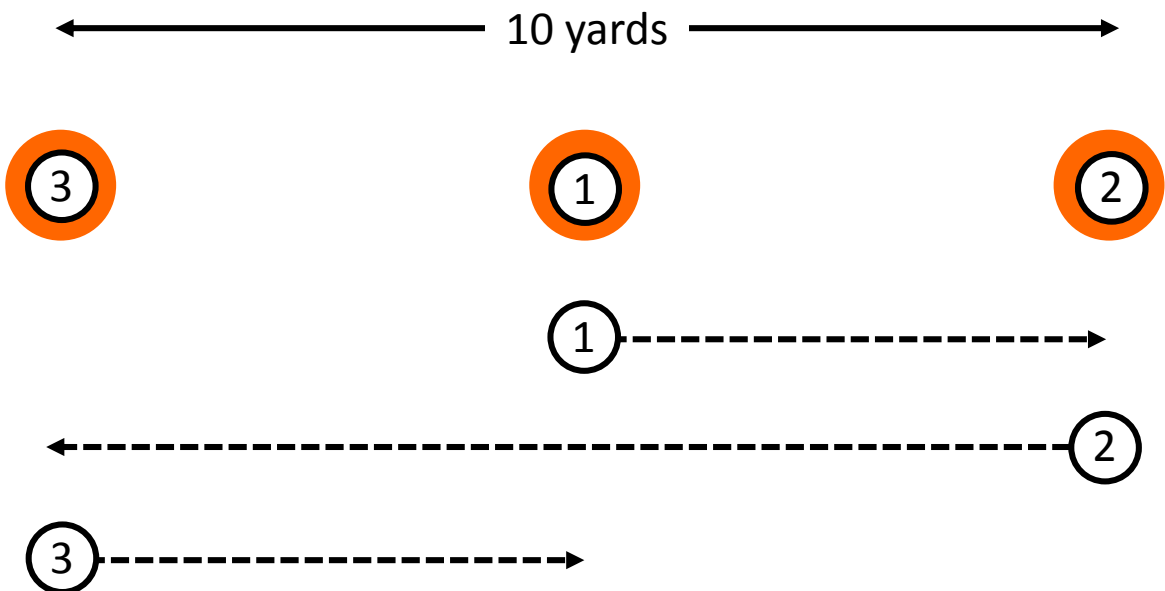
Short Drills (Less than 10 Seconds)

5-10-5 Pro Agility Shuttle Drill

Also called the 20 yard shuttle, this is one of the most popular drills to measure quickness and agility.

Set Up: 3 Cones, 5 yards apart in a straight line

1. Start by straddling Cone #1 with one hand touching the cone.
2. Sprint to the Cone #2. Touch the cone with your right hand.
3. Change direction and sprint to Cone #3. Touch that cone with your left hand.
4. Sprint back through the starting Cone #1.
5. Repeat in opposite direction.

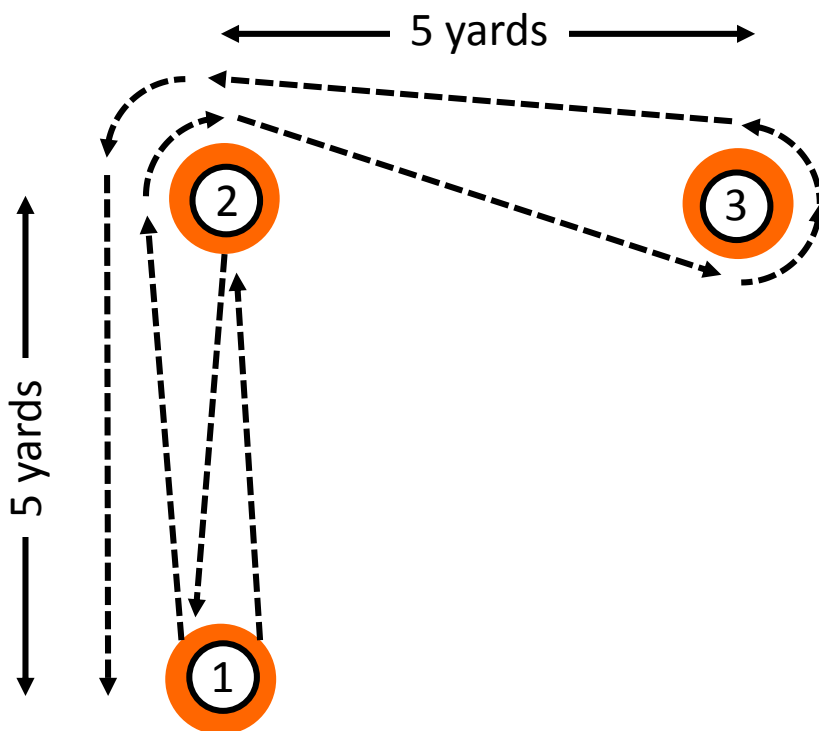


3 Cone / L Drill

The 3 cone L drill is another popular agility test used in the NFL combine to assess agility, balance, and change of direction.

Set Up: 3 Cones, 5 yards apart in L shape

1. Start in a three point stance. Sprint to and touch Cone #2.
2. Sprint back to and touch Cone #1.
3. Sprint up and around Cone #2 toward the inside of Cone #3.
4. Turn around Cone #3, back around Cone #2 and passed Cone #1.
5. Switch starting cone and repeat in opposite direction.

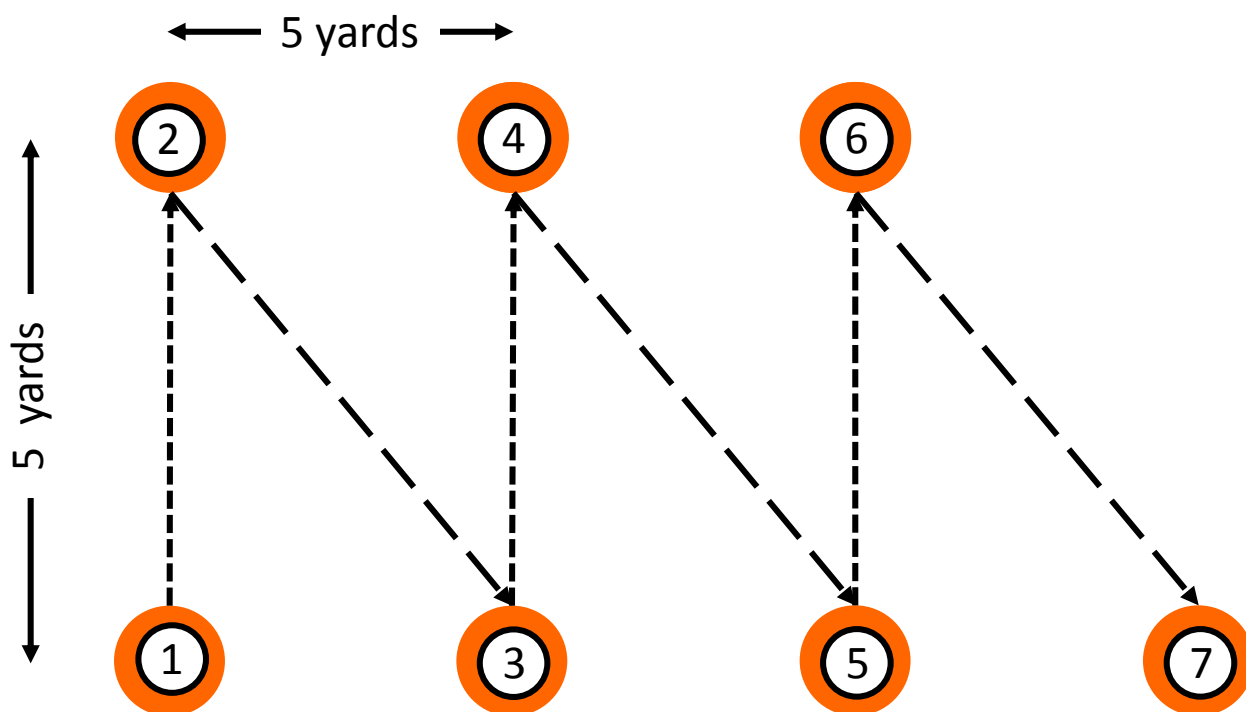


W Drill

A great drill to develop acceleration, change of direction, and forward to backward movements. This drill can also be performed side to side with diagonal sprints and lateral shuffles using the same cone positioning.

Set Up: 7 Cones, 5 yards apart in zig-zag pattern

1. Start at Cone #1. Sprint to Cone #2.
2. Plant with the outside foot. Backpedal to Cone #3.
3. Sprint to Cone #4. Repeat until finished with all cones.
4. Switch starting cone and repeat in opposite direction.

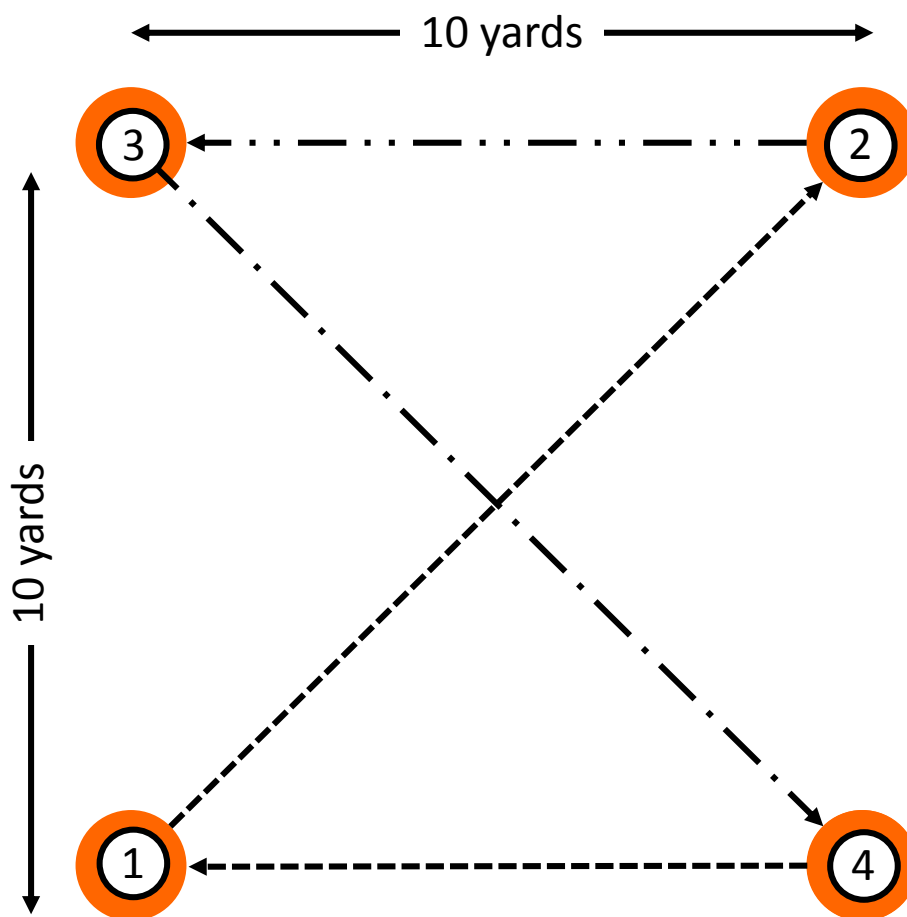


X Drill

The X Drill is excellent for developing change of direction, quick feet, and running at different angles.

Set Up: 4 Cones, 5 yards apart in a square

1. Start at Cone #1. Sprint to Cone #2.
2. Lateral shuffle across to Cone #3.
3. Pivot 45 degrees and cross over backwards to Cone #4.
4. Turn and sprint back to Cone #1.
5. Switch starting cone and repeat in opposite direction.

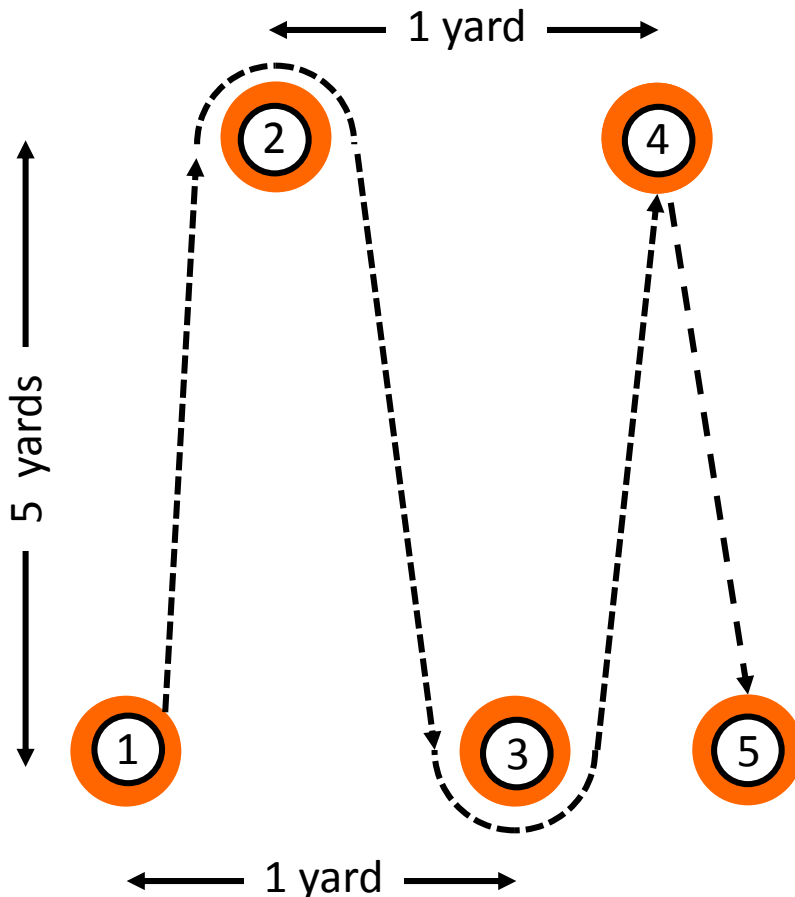


Nebraska Agility Drill

Made popular by Nebraska Husker Football program, this drill is short and quick, but incorporates several agility movements.

Set Up: 5 Cones, 1st and 2nd cones 5 yards apart, 3rd cone 1 yard from 1st cone, 4th cone 1 yard from 2nd cone

1. Start in three point stance at Cone #1.
2. Sprint to Cone #2 and make right hand turn around cone.
3. Sprint to Cone #3 and make left hand turn around cone.
4. Sprint to Cone #4, touch with your hand.
5. Backpedal across past Cone #5.
6. Switch starting cone and repeat in opposite direction.

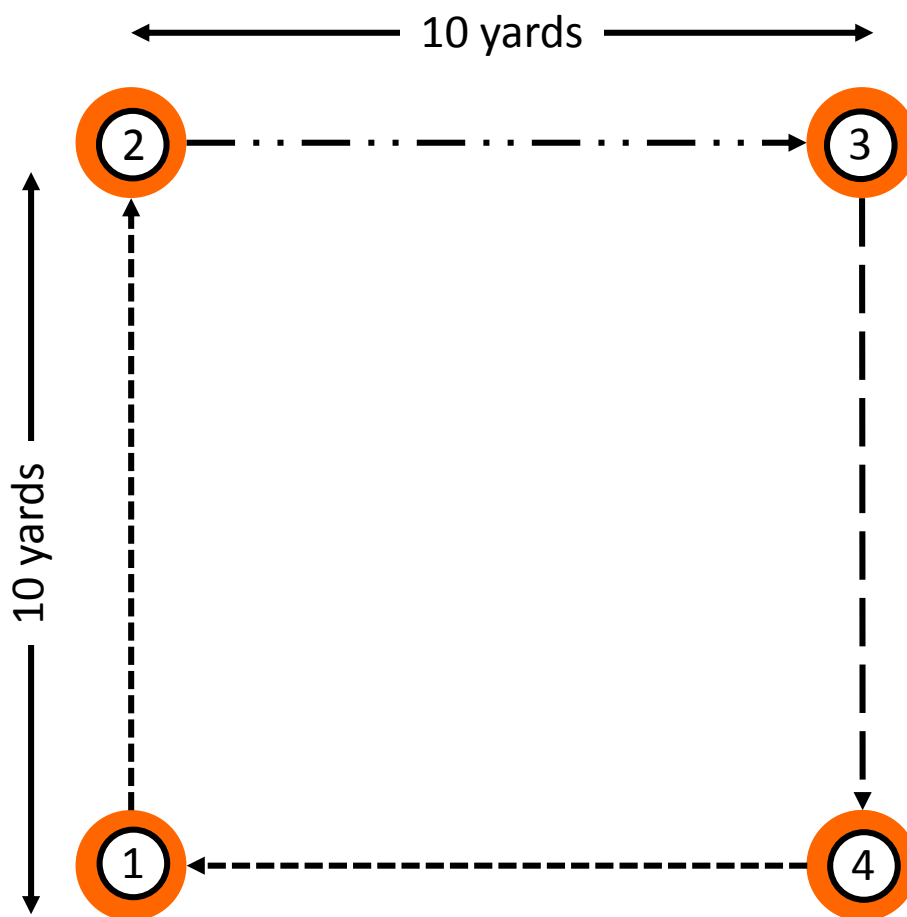


4 Cone Drill

Designed to incorporate several different movements in different directions. Helpful for footwork and body control.

Set Up: 4 Cones, 10 yards apart in square

1. Start in a three point stance at Cone #1.
2. Sprint to Cone #2.
3. Lateral shuffle across to Cone #3.
4. Backpedal to Cone #4.
5. Turn and sprint back through to Cone #1.
6. Switch starting cone and repeat in opposite direction.

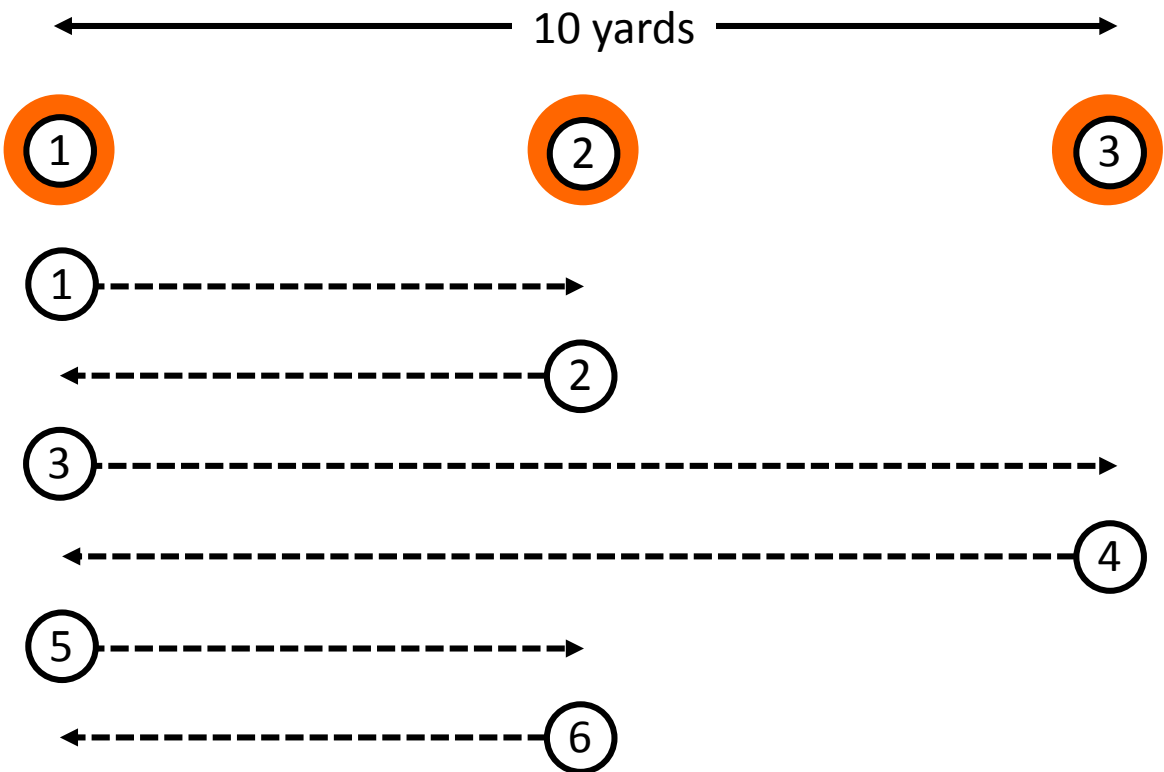


40 Yard Shuttle Drill

Often used as a conditioning drill, this ladder drill is a great way to develop agility changing directions and building speed.

Set Up: 3 Cones, 5 yards apart in straight line

1. In standing start position at Cone #1, sprint to Cone #2 and touch with the right hand.
2. Sprint back to Cone #1 and touch with left hand.
3. Sprint to Cone #3 and touch with left hand.
4. Sprint back to Cone #1 and touch with right hand.
5. Sprint to Cone #2 and touch with right hand.
6. Sprint back through Cone #1.
7. Change hand sequencing with each repetition.



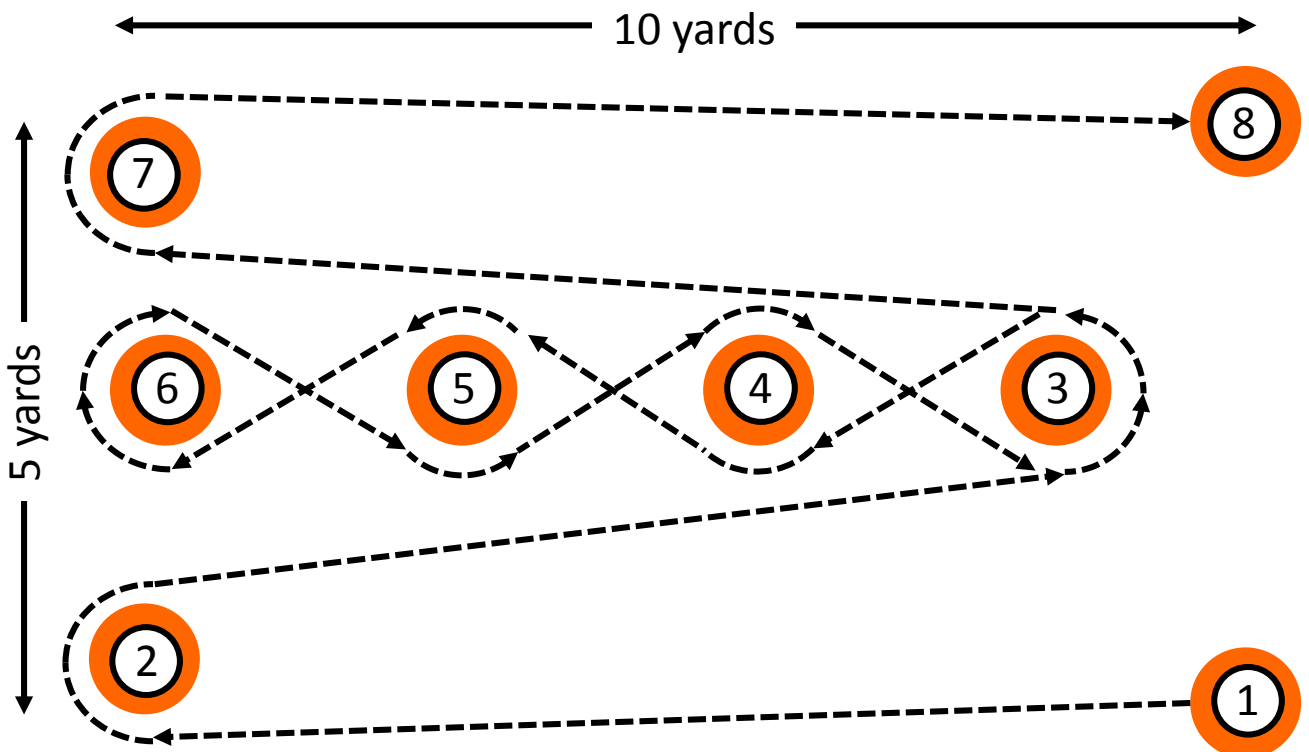
Long Drills (10+ Seconds)

Illinois Agility Test

One of the top agility tests used across all sports that has been developed with several variations.

Set Up: 8 Cones as shown. 10 yards from top to bottom, 5 yards width from start to finish

1. Start laying face down with hands by shoulders at Cone #1.
2. Sprint through the course finishing through Cone #8.
3. Repeat starting at Cone #8 and finishing through Cone #1.

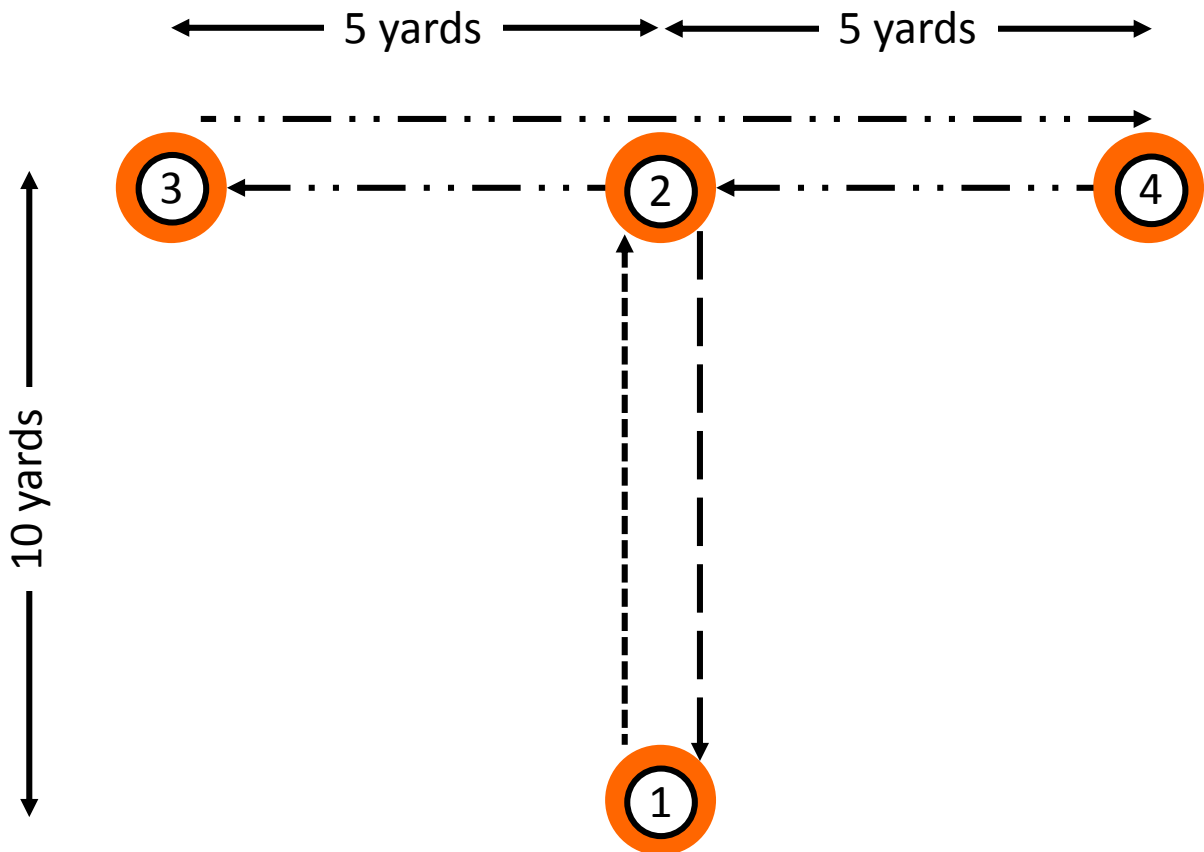


T Test

This agility test is a great all around drill to develop quickness, forward, and backward speed.

Set Up: 4 Cones. 3 cones 5 yards apart in line, 4th cone 10 yards from in the middle to form T shape.

1. Start at Cone #1 in a three point start position.
2. Sprint to Cone #2 and touch with right hand.
3. Lateral shuffle to Cone #3 and touch with left hand.
4. Lateral shuffle across to Cone #4 and touch with right hand.
5. Lateral shuffle back to Cone #2 and touch with left hand.
6. Backpedal through Cone #1.
7. Repeat in opposite direction.

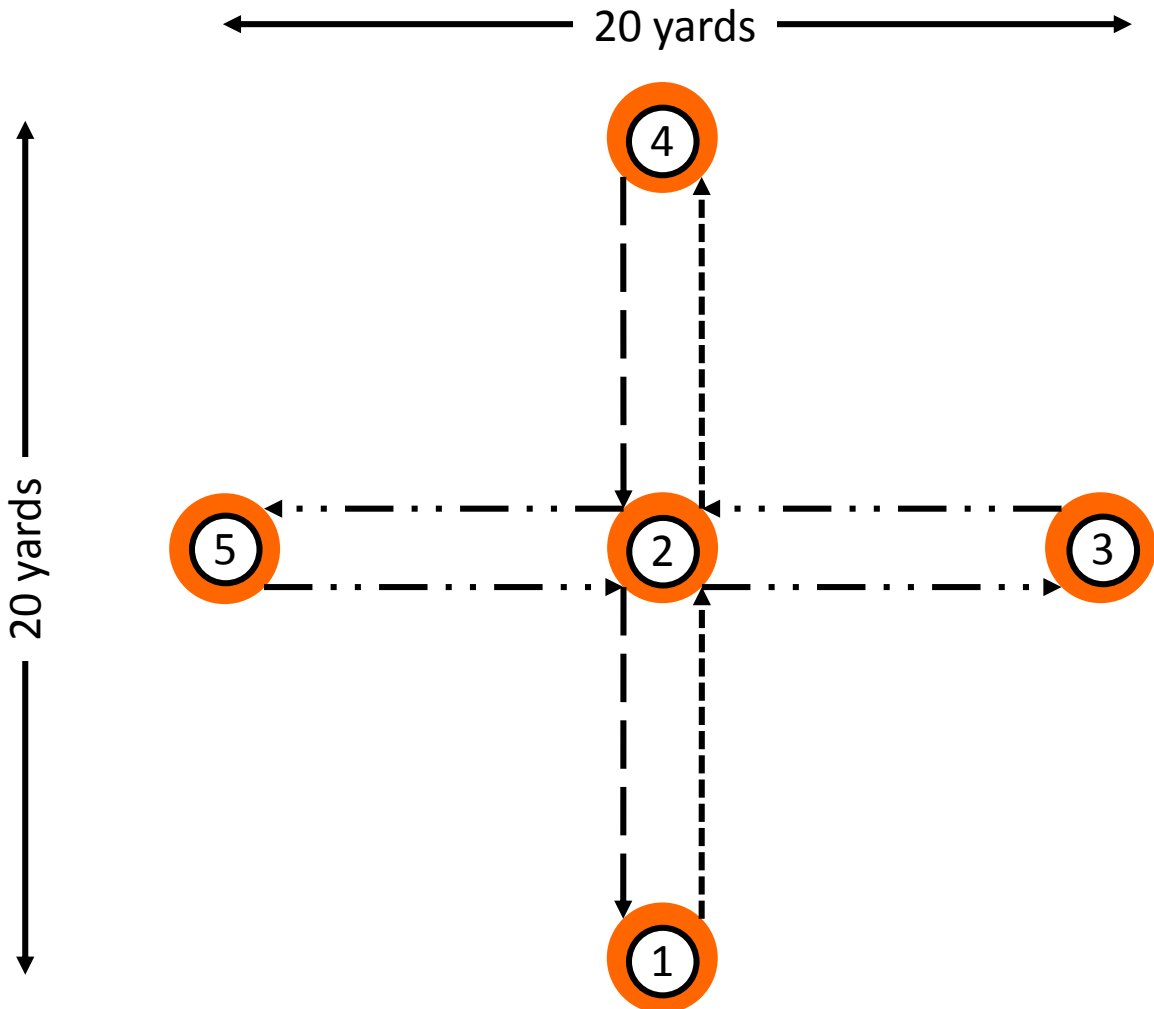


Super Shuttle Drill

Similar to the Pro Agility Shuttle Drill with longer distances and the addition of varying directions of movement.

Set Up: 5 Cones in a cross formation, each cone 10 yards apart

1. Start at Cone #1. Sprint to Cone #2.
2. Side step shuffle to Cone #3 and back to Cone #2.
3. Sprint to Cone #4 and backpedal back to Cone #2.
4. Side step shuffle to Cone #5 and back to Cone #2.
5. Finish by backpedaling to Cone #1.

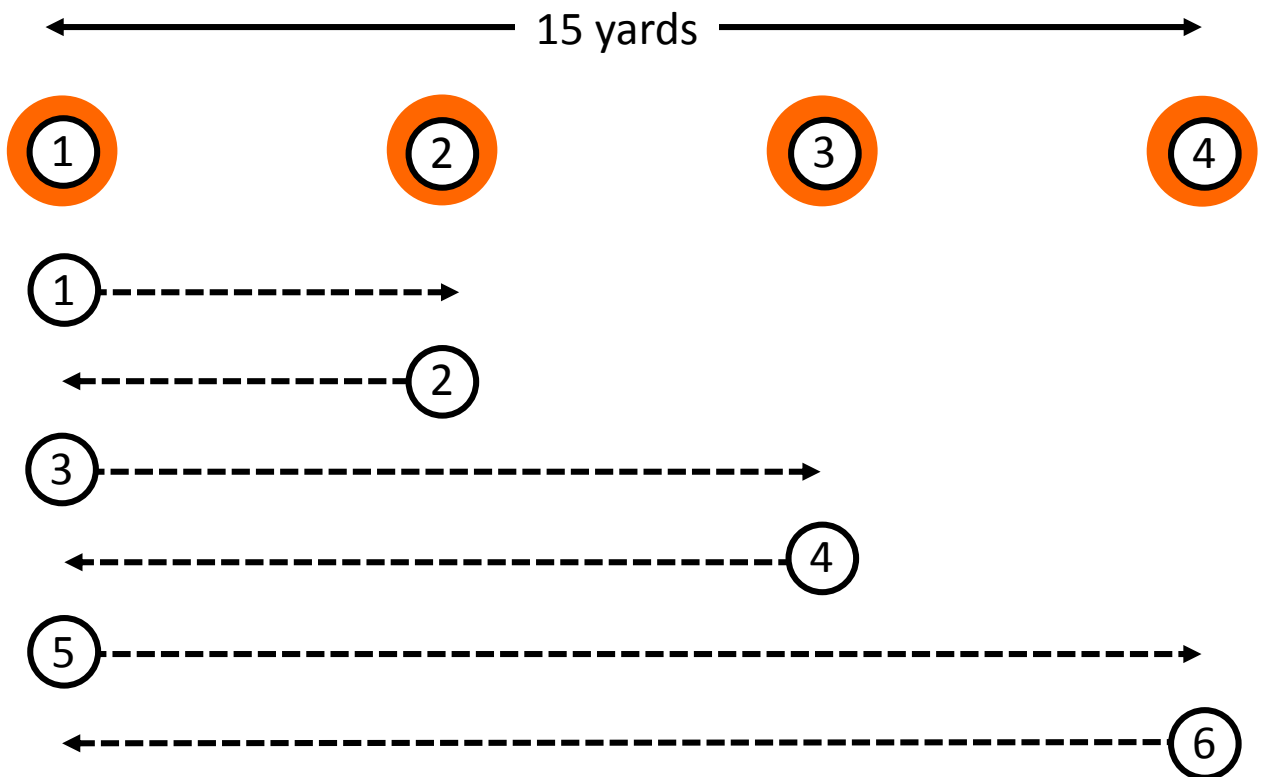


60 Yard Shuttle Drill

Similar to 40 yard shuttle drill with a longer distance sprint at the end.

Set Up: 4 Cones, 5 yards apart in straight line

1. In standing start position sprint Cone #2 and touch with the right hand.
2. Sprint back to Cone #1 and touch with left hand.
3. Sprint to Cone #3 and touch with left hand.
4. Sprint back to Cone #1 and touch with right hand.
5. Sprint to Cone #4 and touch with right hand.
6. Sprint back through start cone.
7. Change hand sequencing with each repetition.

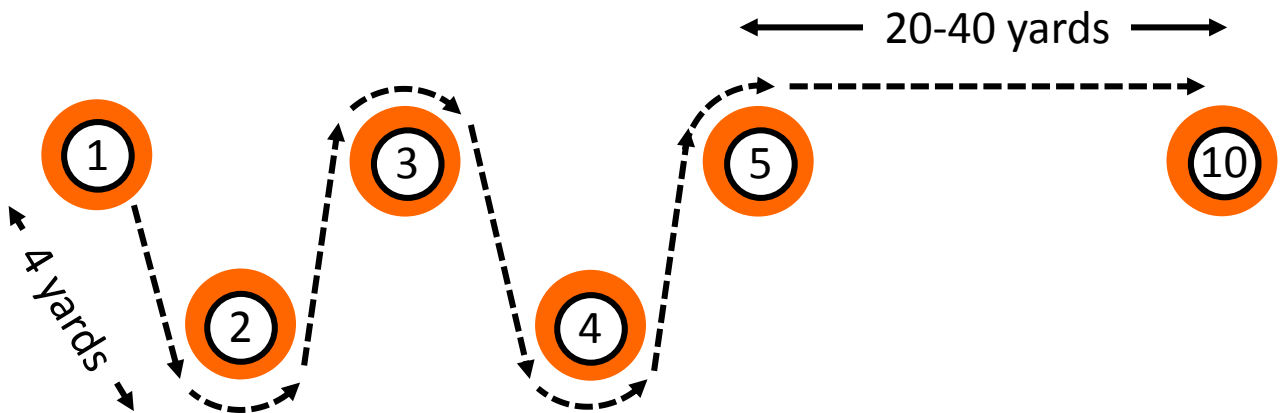


Slalom Weave Drill

This can be useful to build agility cutting in different directions quickly as well as a skill builder by dribbling a soccer or basketball to build handling and footwork skills.

Set Up: 10-15 Cones in a straight line, each cone 4 yards apart

1. Weave in and out of the cones going around the outside of the cones.
2. Walk or jog back to the starting position and repeat.
3. To add a speed element, add another cone 20-40 yards past the end of the slalom as a final all out sprint.

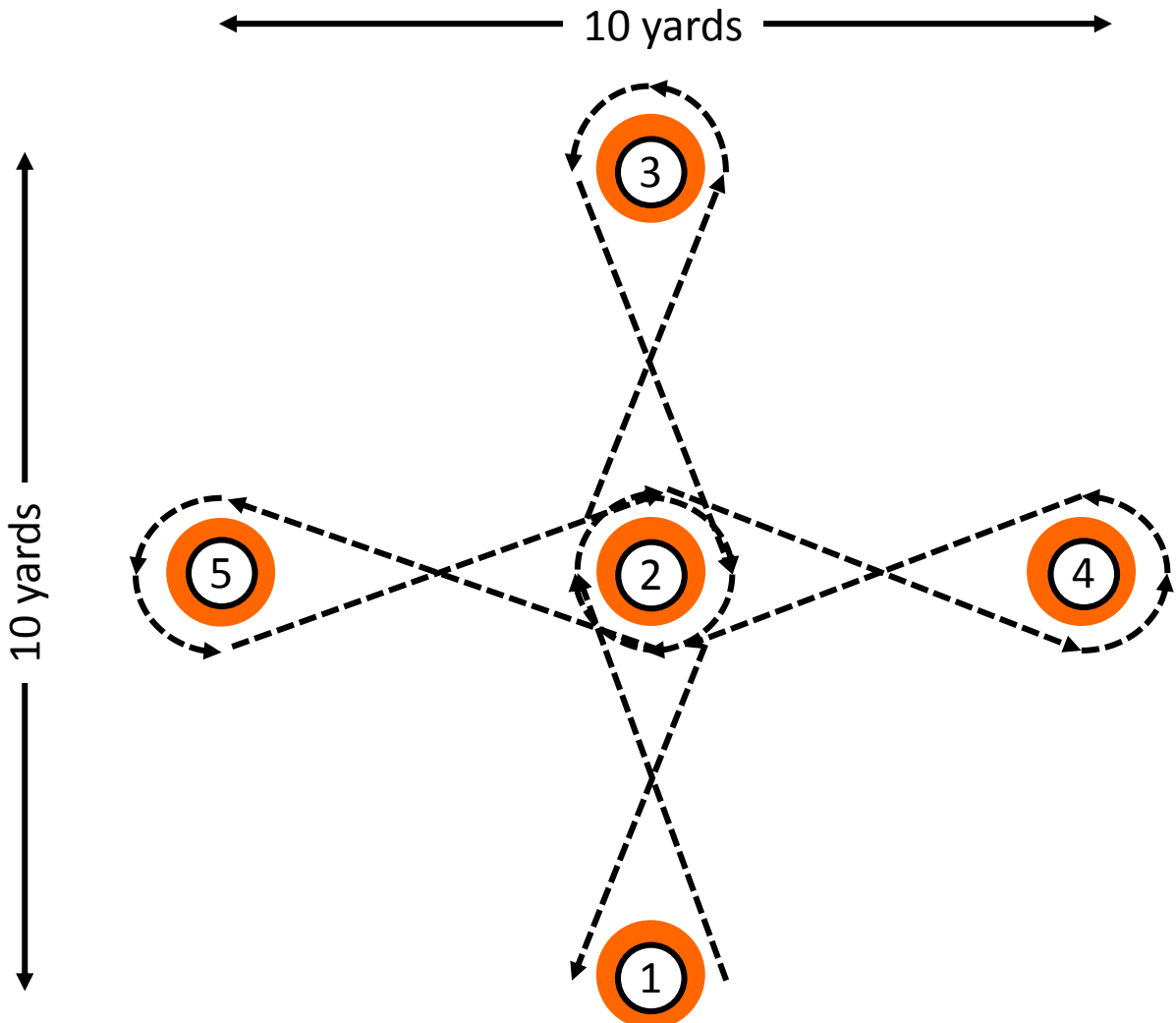


Cloverleaf Drill

A longer drill with 90 and 180 degree turns.

Set Up: 5 Cones in a cross formation, each cone 5 yards apart

1. Start on right side of Cone #1.
2. Sprint around left side of Cone #2 and turn right toward Cone #3.
3. Turn around Cone #3 and return to middle cone.
4. Repeat with Cones #4 and #5.
5. Progression is 1 - 2 - 3 - 2 - 4 - 2 - 5 - 2 - 1.
6. Sprint back to Cone #1. Repeat in opposite direction.

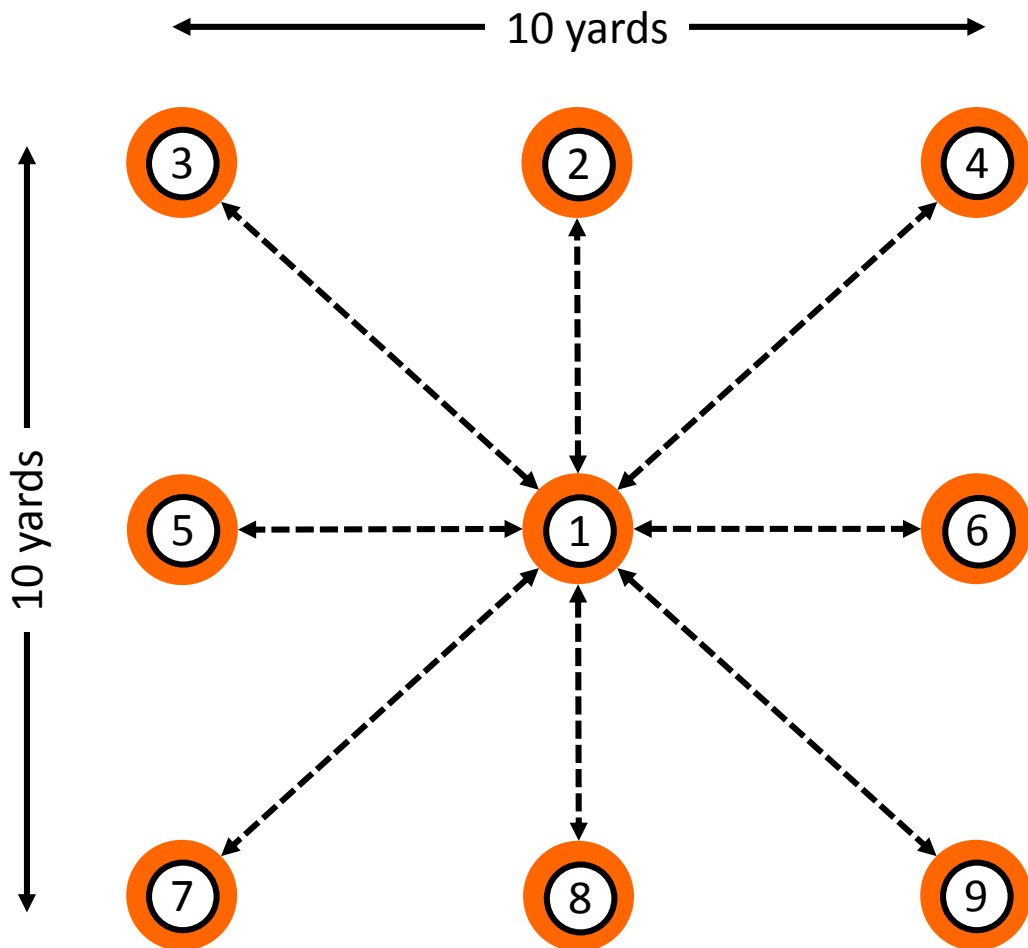


Star Drill

This is a quickness drill to help with acceleration and reaction time. With more cones, there are angular movements in all directions which is more realistic for game situations.

Set Up: 9 Cones in a square, each cone 5 yards apart

1. Start at Cone #1, sprint toward Cone #2 and jog back to Cone #1.
2. Repeat for all cones turning toward the next cone and sprinting.
3. Incorporate mental quickness and reaction time by numbering the cones and having the coach call out random numbers or directions.

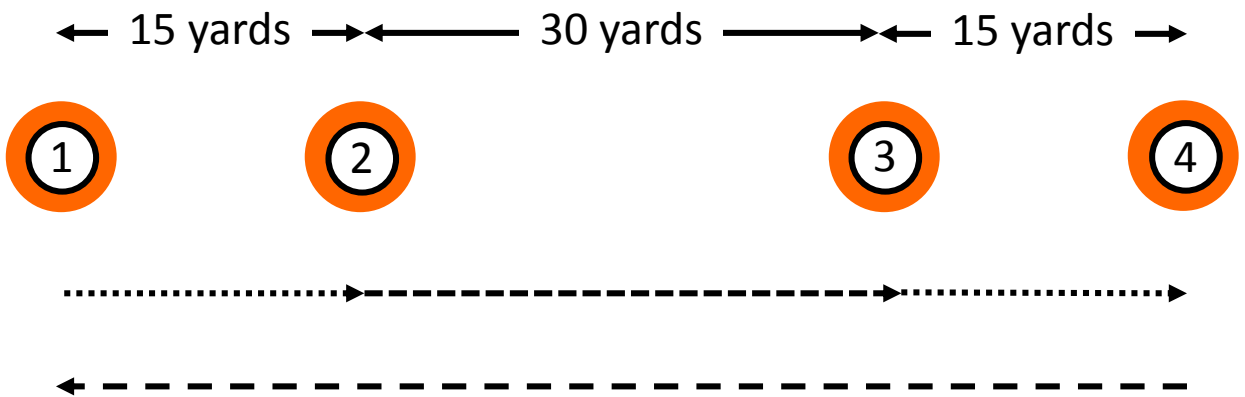


Flying 30 Sprint Drill

An intense but effective way to build acceleration and top speed, often used by track and field sprinters.

Set Up: 4 Cones in a straight line, 15 yards between 1st and 2nd, 30 yards between 2nd and 3rd, 15 yards between 3rd and 4th

1. Start at Cone #1 in sprinting position.
2. Build speed reaching maximum sprint just before Cone #2.
3. Sprint at top speed between Cone #2 and Cone #3.
4. Slow down slowly ending at Cone #4.
5. Jog back to Cone #1 and repeat resting between repetitions.



Speed, Agility, and Quickness Training Tips

These are the best agility training drills for most athletes, but feel free to change them up to fit your sport, age, skill level, or team goals.

Here's a few variations you may want to try:

- Use a stopwatch and a training journal to measure your progress
- Change the distance between cones to target different skills
- Set up several drill patterns to create "stations" for circuit training
- Divide athletes into two or more groups for team relays
- Add a ball to work on dribbling and handling skills
- Begin at slower speeds if needed to focus on proper footwork

Remember to warm up before getting start, put in maximum effort, and have fun while working toward top performance!

