

10U/12U PHASE I - RUNNING & JUMPING

## MULTI-DIRECTIONAL SPRINTS

### SETUP

- 4 cones are 5 feet apart in a square formation.

### ① MOVEMENT

- Face forward the entire sprint.
- Start at cone #1 and shuffle right to cone #2-keep butt down and knees bent.
- Face forward the entire sprint.
- Sprint to cone #3.
- Shuffle left to cone #4-keep butt down and knees bent.
- Back pedal to cone #1.
- Next player starts when previous player hits cone #2.
- Reverse pattern after 3 repetitions.

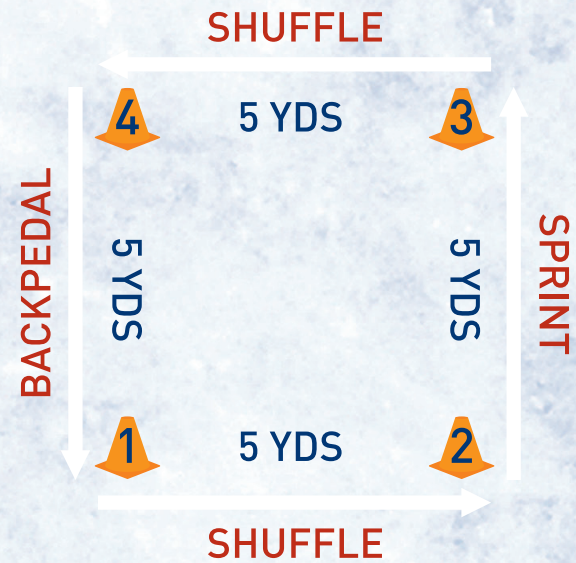
### REACTIVE

*On coaches command all players activate reverse pattern.*



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