

6U/8U - AGILITY & BALANCE

IVM SPRINTS

SETUP "I," "V," "M"

- Set up 2 cones to form the pattern of the letter I.
- Set up 3 cones to form the pattern of the letter V.
- Set up 5 cones to form the pattern of the letter M.

① MOVEMENT "I"

- Run Forward to cone #2, pivot and run forward to cone #1.

② MOVEMENT "V"

- Run forward from cone #1 to cone #2, pivot and run forward from cone #2 to cone #3.

③ MOVEMENT "M"

- Run forward to each cone crossing over and exploding to the next cone.

ADVANCED

All drills can be done facing forward, backward, or facing one direction the entire repetition, transitioning from forward to backward.



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