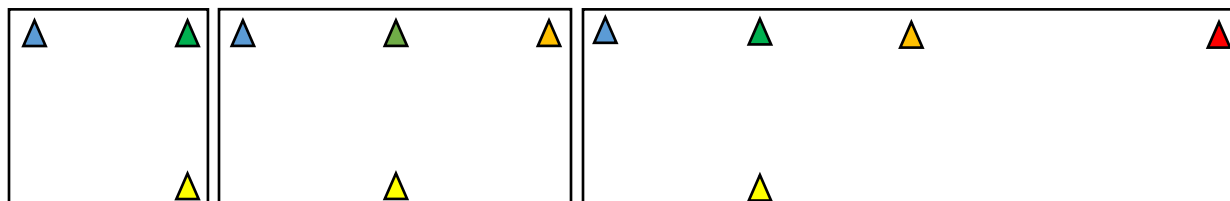


Three Versions.

1. One is an L with each cone separated by 5 yards.
2. Adds a cone making it a T, still separated by 5 yards.
3. Adds a fourth cone to the line, the Red cone is 10 yards further out.



Exercise	Cone Code	Description	Rest	Reps
1	BG	Short 5 m sprint.	Slow and walk back	5
2	BGY	Sprint with a 90 angle cut	Slow and trace back	5
3	BGYGB	Repeated L sprint	Walk back + 10 s	6
4	BGB	Shuttle 5 yard run	Walk back + 10 s	6
5	BYG	Sprint with a 45 angle cut	Walk back + 10 s	6

Exercise	Cone Code	Description	Rest	Reps
1	BG	Short 5 m sprint.	Walk back	4
2	BGGY	Sprint with a 90 angle cut	Walk back	4
3	BO	Bound to G, sprint to O	Walk back + 30s	4
4	BYG	Sprint with a 45 angle cut	Walk back + 30s	4
5	BO	10 yard sprint	Walk back	4
6	BGBO	Shuttle Run	Walk back	4
7	BGYGO	3 Cut Sprint	Walk back	4

Exercise	Cone Code	Description	Rest	Reps
1	BG	Short 5 m sprint.	Walk back	3
2	BGO	Bound to G, sprint to O	Walk back + 10 s	3
3	BGY	Sprint with a 90 angle cut	Walk back	3
4	BYG	Sprint with a 45 angle cut	30 sec rest	3
5	BO	20 yard sprint	Walk back + 15 s	3
6	BGY	Broad Jump to G, side jump to O	Walk back	3
7	BGBOBR	Shuttle Run	Walk back + 30 s	3
8	BGYGR	3 Cut Sprint	Walk back + 30 s	3
9	YBYO	V Shuttle	Walk back + 30 s	3