

ASAP Workouts

Speed Week #5 - Cone Drills

Set up the four cones in a large square pattern.
Place one down, then take two big steps forward and place another down.
Take two big steps to the right and place the third one down.
Take two big steps to the final corner of the 'square' you created with the cones.

Watch the video to fully know the directions of each pattern in the circuit.

Main Circuit - done up to 3 times

First Round: 10 seconds work, 50 seconds rest

Forward Figure 8

Lateral Figure 8

Lateral Shuffles

Clockwise Square Shuffles

Counter-clockwise Square Shuffles

X-Shuffles, "North East"

X-Shuffles, "North-West"

Take 3 minutes rest after the first round

Second round:

Do all exercises with 15 seconds work, 45 seconds rest

Take 3 minutes rest after the second round

Third round:

Do all exercises for 20 seconds work, 40 seconds rest

If you don't have cones, anything flat on the ground should work. Cones are helpful with their bright colors to be a visual aid on where to go for each drill.