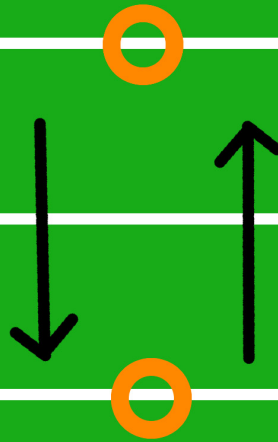




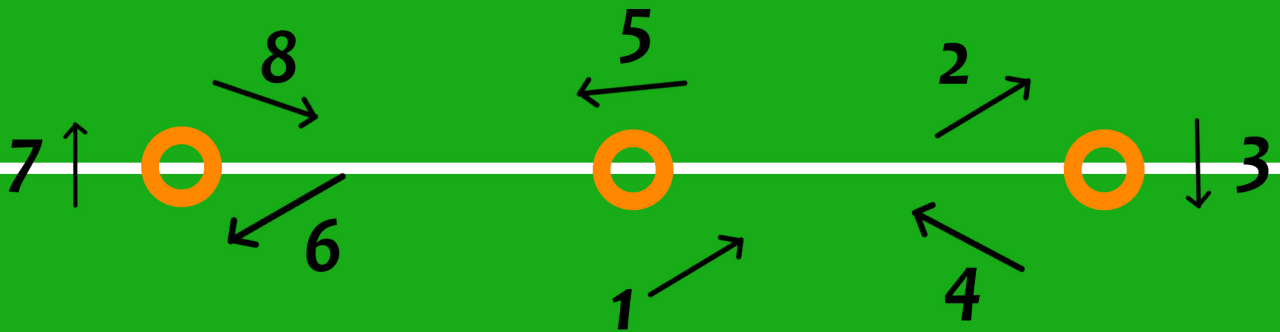
Turf Wars - U Drill



- #1 - Back peddle
 - #2 - Quick shuffle
 - #3 - Accelerate
 - #4 - Touch cone with inside hand and head back opposite direction.
- Start in good athletic position with inside hand on cone.
 - Stay low and balanced.
 - cones about 3-5 yds apart.



Turf Wars - Weave Drill

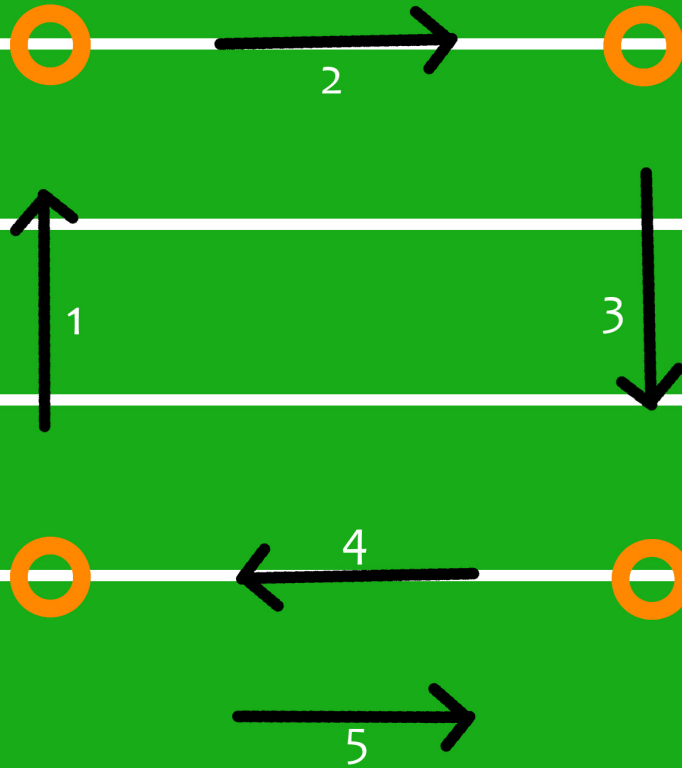


Shuffling the whole time.

- Start at center cone in good athletic stance.
- Using small quick steps
- Keep lower body under shoulders.
- Be sure to run the drill both directions.



Turf Wars - 4 Cone Drill



#1 - Sprint

#2 - Shuffle

#3 - Back Peddle

#4 - Shuffle

#5 - Plant and spring out

- Starting athletic postion. Nose, knees, toes.

- Stay tight to cones making turns as square as possible.

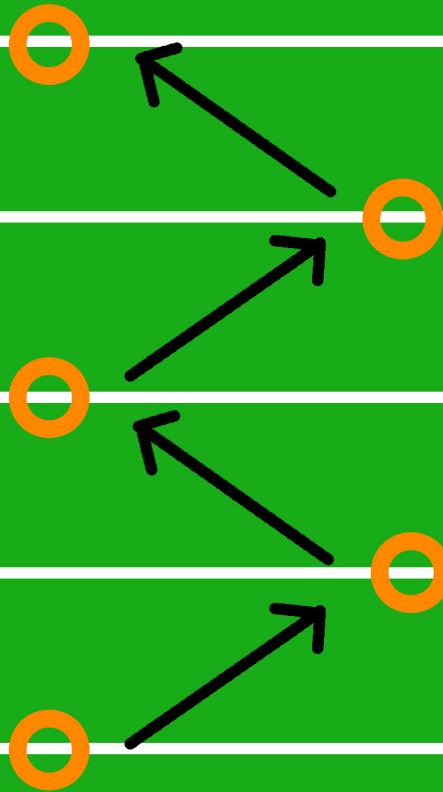
- Maintain low athletic position.

- Transition from 4 to 5 should utilize plant and crossover step.

- Be sure to run drill opposite direction.



Turf Wars - Zig Zag Drill



Progression 1 - Accelerate, Decelerate, Accelerate

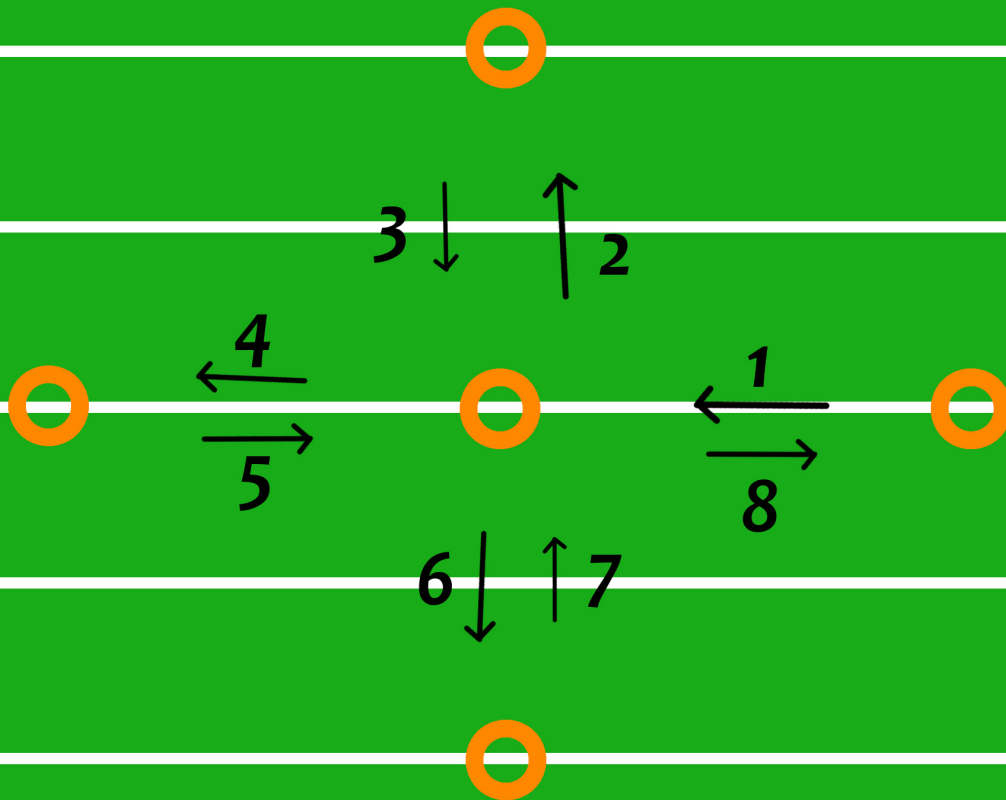
Progression 2 - Accelerate, Decelerate, Shuffle

Progression 3 - Shuffle, Shuffle

- Come as close to cone as possible with out touching.
- Don't lean stay low and balanced.
- Keep head steady, no bobbing.
- Keep Eyes Up
- Lead foot pointing direction you want to go.
- Eliminate false steps
- Do not click heels or cross feet. (Progression 3)



Turf Wars - Star Drill

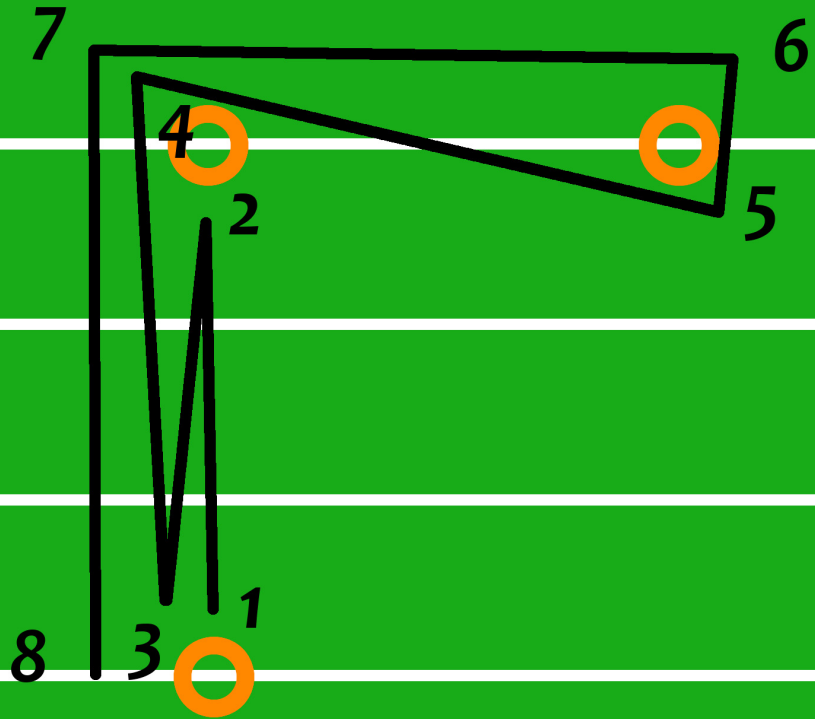


Spring towards center cone then back peddle to outer cones.

- Start at center cone in good athletic stance.
- Accelerate towards center cone and transition to back peddle.
- Nose, knees and toes aligned.
- Stay low and balanced.
- Utilize "T" step to transition from back peddle to sprint
- Run drill bot ways.



Turf Wars - L Drill



This drill is done at a full speed sprint.

- Start at #1 sprint to #2 touch and sprint to #3
- Sprint towards cone #4 and go around cone and sprint to #5
- Round #5 to #6 and sprint to #7 and back to #8
- Stay low and balanced. (nose knees, and toes)
- Run drill bot ways.