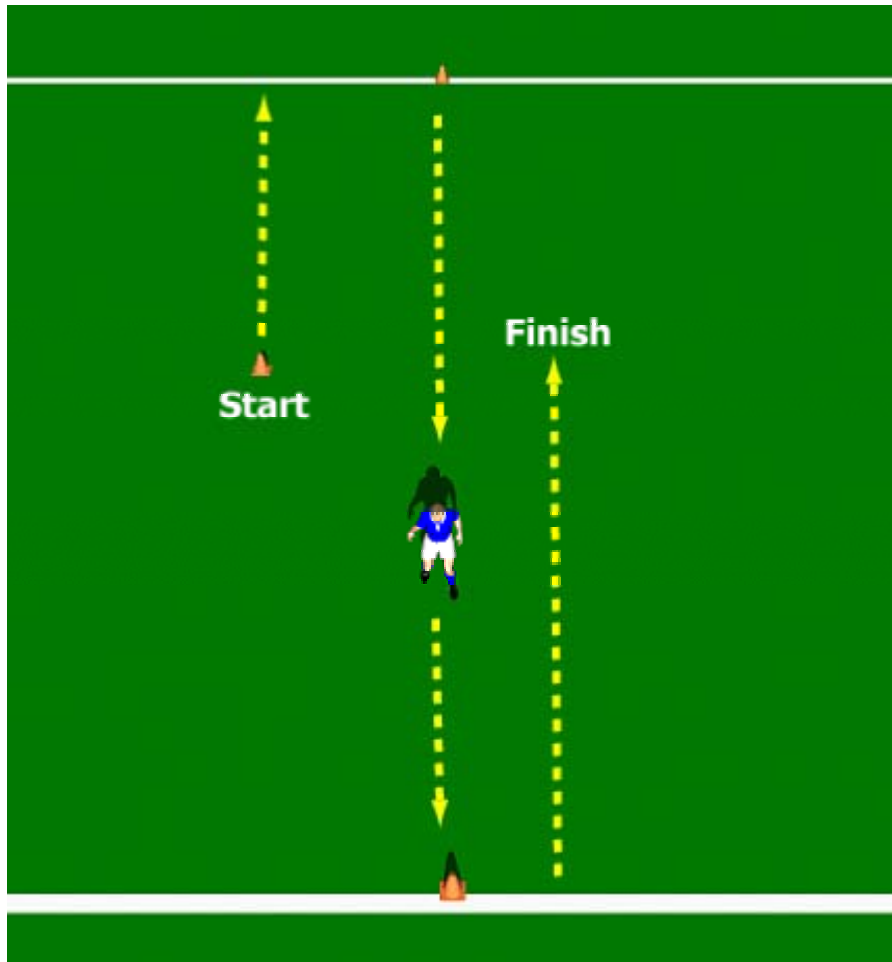


## Agility Drill - Mini Shuttle



### Mini Shuttle

#### Method:

1. Place 2 cones 20 yards apart. Place a cone in the middle 3 yards to the side.
2. Starting from the middle cone sprint to one end (10 yards), turn and immediately sprint to the other end (20 yards) and then back to the start (10 yards).
3. Turn on a different foot at each cone and try to touch the ground with your hand.

*Course Contributor Phil Davies*

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