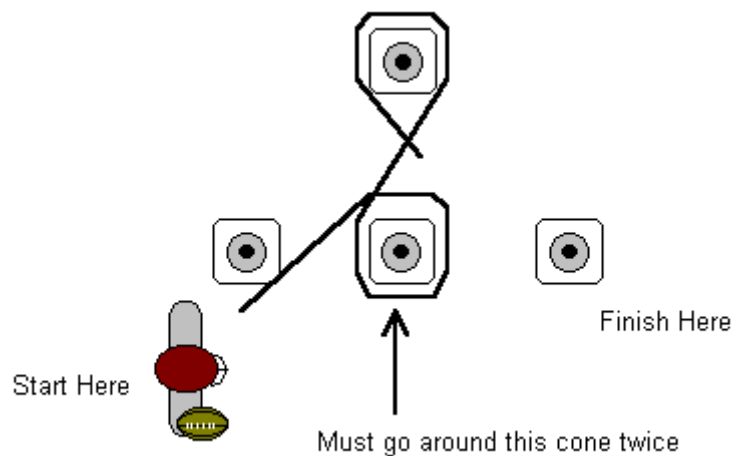


Star Drill

Procedure:

Four Cones are needed, set 3 of them up in a line one and half yards apart, the last cone will be set one and half yards to the right of the center cone at a ninety degree angle--see below. Time starts when the first step hit the ground. Players must go around the center cone twice. Player must start where the words "Start Here" are.



Objective:

Checks players intellect and ability to follow direction. Improves foot work and agility.

Coaching Points:

Player should use short, choppy steps and carry a football. The coach should put emphasis on not knocking the cones over. NOTE: The closer the cones the harder the drill becomes.