



Cone Agility Drills

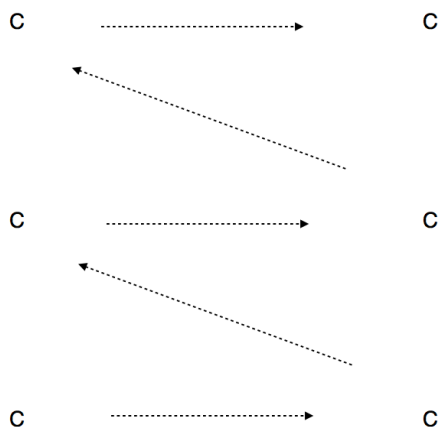
Set up one or two sets of cones in the manner shown below. Cones should be about 5-7 yards from one another. Start a short line of players at the first one (bottom left). They will shuffle, or run the pattern for each cone. Unless specified, the players chest should always face the top of the cones.

The next player begins when the players in front of them gets to the second cone in the pattern.

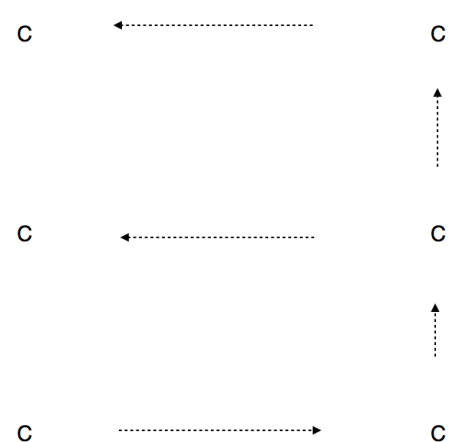
Have each player wear their glove, and break down to a fielding position when they get to each cone. Outfielders can use either the do-or-die technique or can field like an infielder.

After they finish the patter then should repeat the same pattern, but begin from the bottom right of the cones.

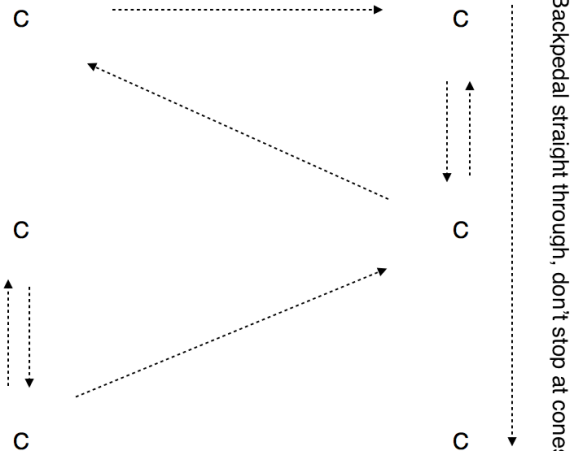
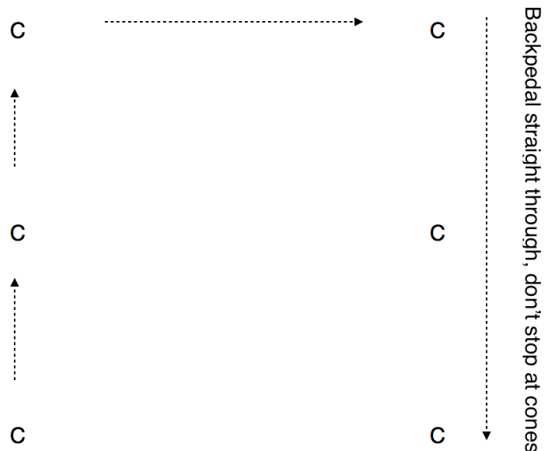
Pattern #1



Pattern #2

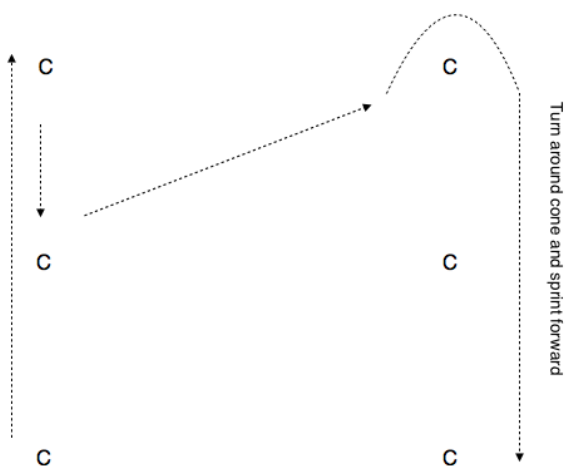


Pattern #3

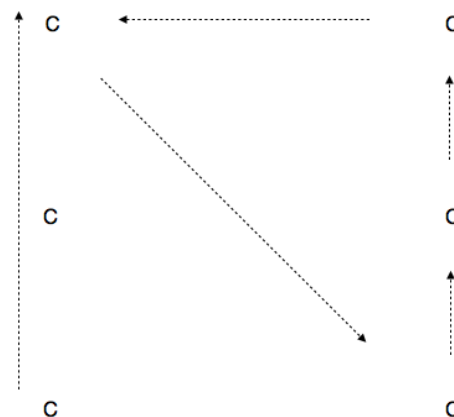


For "Pattern #4", don't leave until the previous player returns to the initial cone, then goes diagonal. Also, do not go into fielding position after the backpedal.

Pattern #5



Pattern #6



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