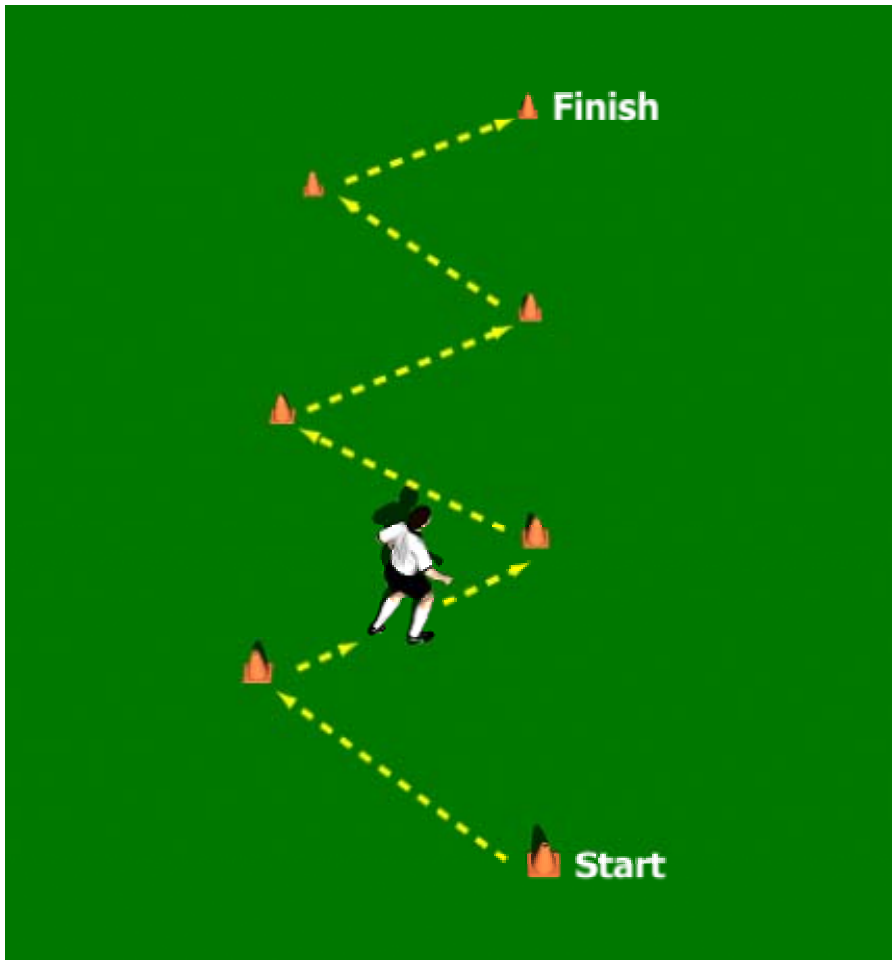


Agility Drill - Weave In - Weave Out



Weave In - Weave Out

Method:

1. Place 4 cones out in a straight line approximately 3 yards apart.
2. In between each set of cones place another cone only 3 yards to the left.
3. Sprint from one cone to the next bending down to touch each one with your hand.
4. The emphasis is on taking quick side steps, rather than turning to face the cone and sprinting forward - that takes more time (which don't have in a game).

Course Contributor Phil Davies

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