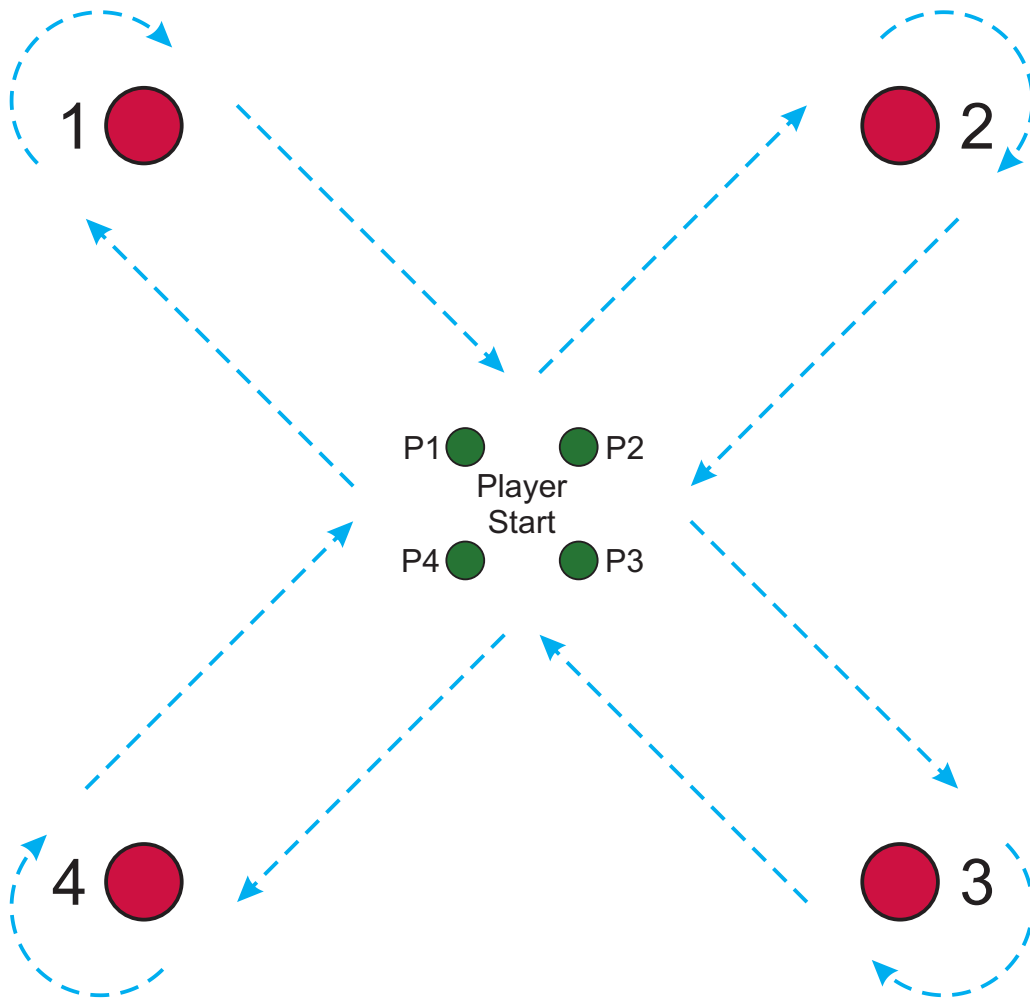


# Star Run



-----> Player Movement

● Cones

*Resources:* 4 Cones, Minimum 4 Players.

## Drill Description:

Place cones in a square approximately 4 metres apart.

Players assemble in the centre of the square at “Player Start” position with player 1 (P1) facing Cone 1, Player 2 (P2) facing Cone 2, etc.

On the command, the four players sprint to the cone in front of them (with the cone on their right hand side), use fast feet to backstep around the cone and sprint back to the next position (P1 to face Cone 2, P2 to face Cone 3, etc.).

Players return to the next position (P1 facing Cone 2, P2 facing Cone 3, etc.)

P1 then sprints to Cone 2, P2 sprints to Cone 3, etc. using the same exercise.

## Coaching Points:

Players to have heads up and eyes forward when back stepping around cones.

Repeat drill for each player to perform 5 to 10 four cone sprints.

## Variations:

Alter the drill at the half way point to have players move around the cones from the left hand side.

When using more than 4 participants, players move to the rear of the queue at the next cone they are to sprint to.