

## FOOTBALL DRILLS

DRILL TITLE: M Drill

POSITION Skill

**PURPOSE:**

1. Agility - Change of
2. Reaction
3. Technique/ Fundamentals
4. Intensity/ Medium

**KEY COACHING POINTS:**

1. Drop shoulder and Elbow of inside Arm. (to cone)
2. Plant Foot at a 45° angle.
3. Sink hips w/ cut
- 4.

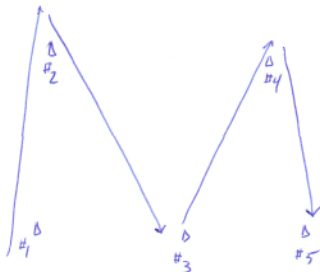
**EQUIPMENT:**

5 CONES

**PERSONAL:**

**TIME REQUIRED:**

### DRILL DESCRIPTION



- START at #1 cone
- SPRINT past cone #2
- Plant and go to cone #3
- Repeat plant around #4
- SPRINT through cone #5
- Repeat drill starting at cone #5.