

Speed Day 4

Speed Warm Up Provided
SKIPS NEED TO BE CRISP

Decelerating Videos
Cutting Videos

45 Degree Cuts → use 8 cones or marks
3x

Focus on being sharp

BOX DRILL

2x Each With sprinting the whole thing

2x Each with Shuffle on the middle

2x with cross over on the middle

See videos for clarification on variances