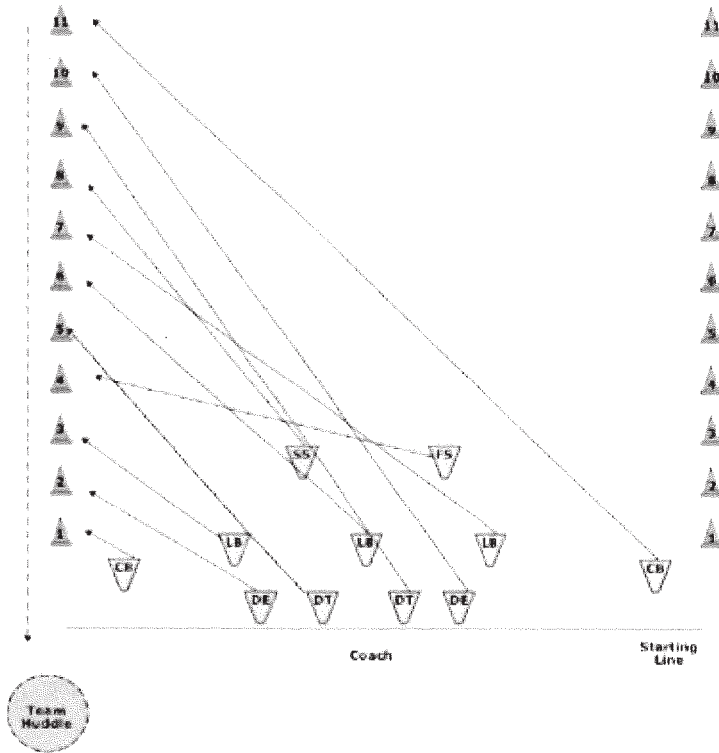


# Cone Drill

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<b>Purpose:</b>	To teach all defensive players to execute proper pursuit angles
<b>Number of Players:</b>	All Defensive Players
<b>Equipment:</b>	Full Pads
<b>Time:</b>	2 minutes/everyday



## Drill Execution:

- 1) Set your defense up on a yard line.
- 2) Organize the cones on the field as diagramed.
- 3) Walk each player thru and show them their cone on each side.
- 4) The coach lines up as QB, simulates a snap count and a snap then jogs left or right, the defensive players will use the proper pursuit angle and sprint to their cone.
- 5) Once at the cone each player will jog in place until the whistle then sprint to team huddle area.
- 6) Repeat as required.

## Coaching Points:

- 1) Encourage defenders to make an all out effort this can double as a conditioning drill.