

## 20-Yard Shuttle

### Line Sprints

#### **Purpose**

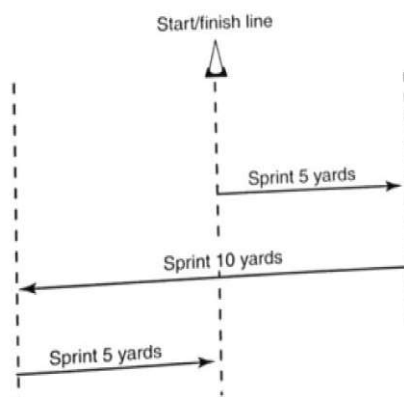
Improve ability to change direction, footwork, and reaction time

#### **Procedure**

- Start in a two-point stance straddling the starting line.
- Turn to the right, sprint, and touch a line 5 yards (4.6 meters) away with your right hand.
- Turn back to the left, sprint 10 yards (9 meters), and touch the far line with your left hand.
- Turn back to the right and sprint 5 yards (4.6 meters) through the start line to the finish.

#### **Complex Variation**

- 20-Yard Combination Agility Drill: Perform different biomotor skills on each leg of the line drill.



Agility