



60-Yard Shuttle Sprint

Line Sprints

Purpose

Improve agility and conditioning

Procedure

- Start in a two-point stance.
- Sprint forward 5 yards (4.6 meters) to the first line and touch it with either hand. Turn and return to the start line.
- Sprint forward 10 yards (9 meters) to the second line and touch it with either hand. Turn and return to the start line.
- Sprint forward 15 yards (14 meters) to the third line and touch it with either hand. Turn and return through the start line.

Agility

