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40-Yard Lateral Shuffle Line Sprints

Purpose

Improve agility, conditioning, and flexibility in abductors and adductors; develop strength

Procedure

- Start in a two-point stance, straddling the start line.
- Shuffle 5 yards (4.6 meters) to the first line, touch it with the right foot, shuffle back to the starting line, and touch it with the left foot.
- Shuffle 10 yards (9 meters) to the second line, touch it with right foot, shuffle back to the starting line, and touch it with the left foot.
- Shuffle 5 yards (4.6 meters) to the first line, touch it with the right foot, and shuffle back to the starting line.

