



40-Yard Backpedal-Forward Line Sprints

Purpose

Improve agility, ability to change direction, and conditioning

Procedure

- Start in a two-point stance with your back to the starting line.
- Backpedal 5 yards (4.6 meters) to the first line, touch it with either foot, sprint back to the starting line, and touch it with either foot.
- Backpedal 10 yards (9 meters) to the second line, touch it with either foot, sprint back to the starting line, and touch it with either foot.
- Backpedal 5 yards (4.6 meters) to the first line, touch it with either foot, and sprint back to the starting line.

