



# AGILITY CONES

## TRAINING GUIDE

### REPS AND SETS: A GENERAL GUIDELINE

Reps and sets are a way to track progress with your training. This is a general guide. Programs will vary depending on your specific needs, goals, off-season or in-season timing, experience, etc.

### AS A GENERAL GUIDELINE TO START:

- » 8-10 repetitions for 2-3 sets when training for strength (moderate to heavy weight with focus on proper form and control).
- » 12-15 repetitions for 1-2 sets when performing prehab or pillar (hip, core, shoulders) preparation exercises (light weight with emphasis on proper movement pattern and stability).

### PROPER FORM

When trying movements for the first time, use a lighter weight or perform fewer reps with the goal of being able to perform all movements with proper form and technique. Do not push through or ignore aches and pains as you perform any movement.

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INSTRUCTIONAL VIDEO AND CONTENT**



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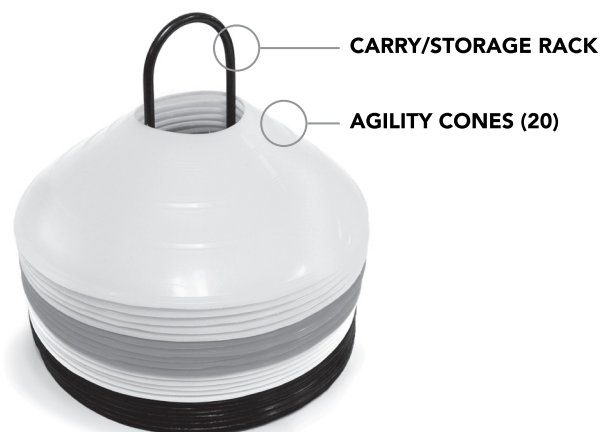
Thank you for choosing SKLZ Agility Cones. We are dedicated to providing you with the best tools and instruction possible to help you unleash your athletic potential. If there is anything else we can do to help you optimize your workouts, don't hesitate to send us an email ([customerservice@sklz.com](mailto:customerservice@sklz.com)) or give us a call (1-877-225-7275).

### BEFORE YOU BEGIN:

- » Make sure you have all of the Agility Cones components.
- » Please contact SKLZ customer service toll free at 877-225-7275 x128 if you are missing anything.
- » Read all setup and usage instructions carefully.

### ⚠ WARNING:

- » Read all setup and usage instructions carefully.
- » Be sure to consult your healthcare professional before beginning this or any type of exercise program.
- » Always check equipment for worn or damaged parts before use.
- » If any defects are found, do not use product.
- » Take breaks and do not overexert yourself.
- » Exercise in open area free of hazards



### IDEA SUBMISSION

If you have an idea for a new and innovative sports training product, visit [SKLZ.com](http://SKLZ.com) to submit your concept. Some restrictions may apply.

### LIMITED WARRANTY

REGISTER YOUR PRODUCT AT [SKLZ.COM](http://SKLZ.COM) TO ENSURE WARRANTY COVERAGE, GET NEW PRODUCT INFORMATION AND SPECIAL DEALS FROM SKLZ

Pro Performance Sports (PPS) / SKLZ warrants to the original consumer purchaser of any PPS/SKLZ product it manufactures that the product will be free of defects in materials or workmanship for 90 days (unless specified in alternate warranties) from the date of purchase. If defective and purchased from a retail store, return the product along with receipt to the retail store where the product was purchased. If the item was purchased from PPS/SKLZ, return the product along with the packing slip (proof of purchase) postage prepaid to the address below for replacement consideration. Label: Attn: Returns

This warranty does not cover damages resulting from accident, misuse, abuse or lost merchandise. Only valid in the USA. All returns sent to PPS/SKLZ require a Return Merchandise Authorization number (RMA). For returns to PPS/SKLZ and for all other Customer Service inquiries, please email [customerservice@sklz.com](mailto:customerservice@sklz.com) or call toll free, 1-877-225-7275 for a return authorization number for any exchange.

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## FOLLOW EXERCISES

### 1 LATERAL SHUFFLE PUSH AND BASE

#### STEPS

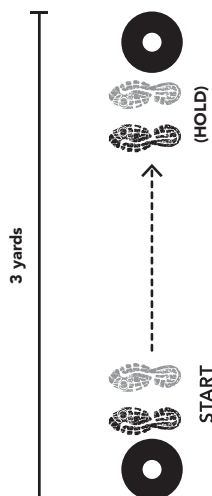
- 1 – Place two cones about 3 yards apart. Starting at one cone with the other out to your side, stand in an athletic base position with your knees slightly bent, hips back, and arms bent in front of you.
- 2 – Shuffle laterally to the opposite cone, pushing with your outside leg and picking up with your inside foot.
- 3 – At the cone, stick and hold the athletic base position.
- 4 – Reverse directions and repeat the movement.
- 5 – Continue alternating to complete the set.

#### TRAINING TIP

Extend your hips as you push your outside foot down and through the ground.

#### FEEL IT

Working your hips, legs, and torso.



### 2 DROP LATERAL SLIDE CUTTING ZIG ZAG

#### STEPS

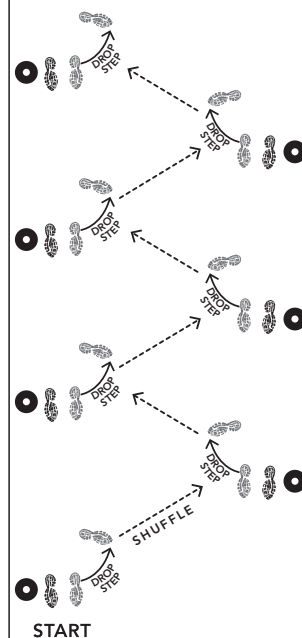
- 1 – Set up 7 cones in a zig-zag pattern, each 3 yards apart, and at 45 degree angles.
- 2 – Stand to the side of the first cone with your back to remaining cones.
- 3 – Start in an athletic position with your knees slightly bent, hips back, and arms bent in front of you.
- 4 – Drop one foot back, opening your hips to a 45 degree angle toward the next cone.
- 5 – Shuffle diagonally.
- 6 – At the cone, plant your lead foot and immediately drop the other back, opening your hips to a 45 degree angle.
- 7 – Repeat the movement, shuffling diagonally and using the next cone as a target.
- 8 – Continue to shuffle and alternate directions, zig-zagging 3 times in each direction to complete 1 full repetition.
- 9 – Continue for the remainder of the set.

#### TRAINING TIP

Push with your trailing leg with each shuffle step and out of the cuts.

#### FEEL IT

Working your lower body and balance.



### 3 PRO AGILITY DRILL 5-10-5

#### STEPS

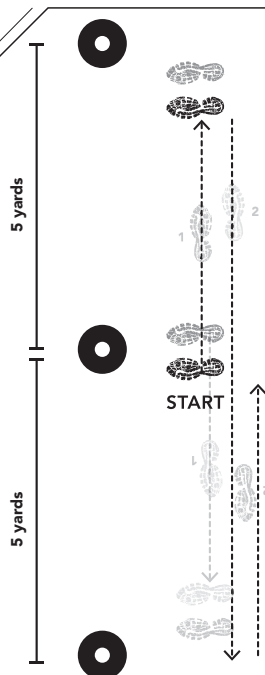
- 1 – Set up 3 cones in a straight line, in 5-yard intervals.
- 2 – Stand in an athletic position with your knees slightly bent, hips back, and arms bent in front of you, straddling the position of the middle cone.
- 3 – Open to your right or left side, sprinting 5 yards and touching the end cone position with your hand.
- 4 – Immediately turn and sprint 10 yards and touch the opposite end cone position with your other hand.
- 5 – Immediately turn and sprint 5 yards back through the middle cone position.

#### TRAINING TIP

Maintain your posture and stay under control.

#### FEEL IT

Working your acceleration mechanics.



### 4 ACCELERATION/DECELERATION 90 DEGREE RUNS RIGHT AND LEFT

#### STEPS

- 1 – Set up 4 cones to create a square box with each side about 15 yards long. Start in an athletic position at a corner of the box.
- 2 – Accelerate forward to the next corner of the box, decelerating to a stop at the cone.
- 3 – Immediately turn and repeat the movement to the next cone.
- 4 – Continue until you arrive at the starting cone.
- 5 – Rest, and then repeat the movement in the opposite direction.
- 6 – Continue alternating to complete the set.

#### TRAINING TIP

While decelerating, shorten your strides and lower your center of gravity. To accelerate, push off with one leg as you drive the same side arm forward and the opposite elbow back to help extend your hips and create a faster turnover.

#### FEEL IT

Working your acceleration mechanics.

