



PE/Health Virtual Learning

Cone Agility Drills

April 13, 2020



6th Grade/PE

Lesson: April 13, 2020

Objective/Learning Target:

To Practice and complete a Bag Drill Workout.

LT-1 I can identify critical elements to improve performance in selected areas.

S3,M3.6



6th Grade/PE

Lesson: April 13, 2020

Objective/Learning Target:

To Practice and Perform a Cone Drill Workout

LT-1 I can identify critical elements to improve performance in selected areas.

S3,M3.6



Essential Question

How can I improve my coordination and agility?



Warm-Ups

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of push ups--[Push Up Example](#)
2. 10 second break
3. 20 seconds of tuck jumps--[Tuck Jump Example](#)
4. 10 second break
5. 20 seconds of line jumps-[Line Jump Example](#)
6. 10 second break
7. 20 seconds of bicycle crunches--[Bicycle Crunches Example](#)



Practice Video:

As you watch the video, follow along with the instructor to understand the techniques of cone drills..

- 1) [Cone Drills - Footwork and Agility](#)

- 2) [5 Best Cone Drills for Footwork](#)

Practice

Practice the 3 cone drills from video #1. Perform the 3 drills 5 times each.

- 1) 2 cone drill (“U” drill)
- 2) 3 cone drill (Lateral drill)
- 3) 4 cone drill (Box drill)

Remember: you do not need cones. You can use wood, rocks, clothing, etc. in place of cones.



Practice

**See if you can learn and perform drills from video #2.
5 Best Cone Drills for Speed and Agility.**

[5 Best Cone Drills for Footwork](#)



Summary

Answer these reflection questions on a piece of paper.

How do cone drills help with foot coordination, and your agility?

What did you struggle with as you did cone drills and what did you succeed with as you performed the cone drills?