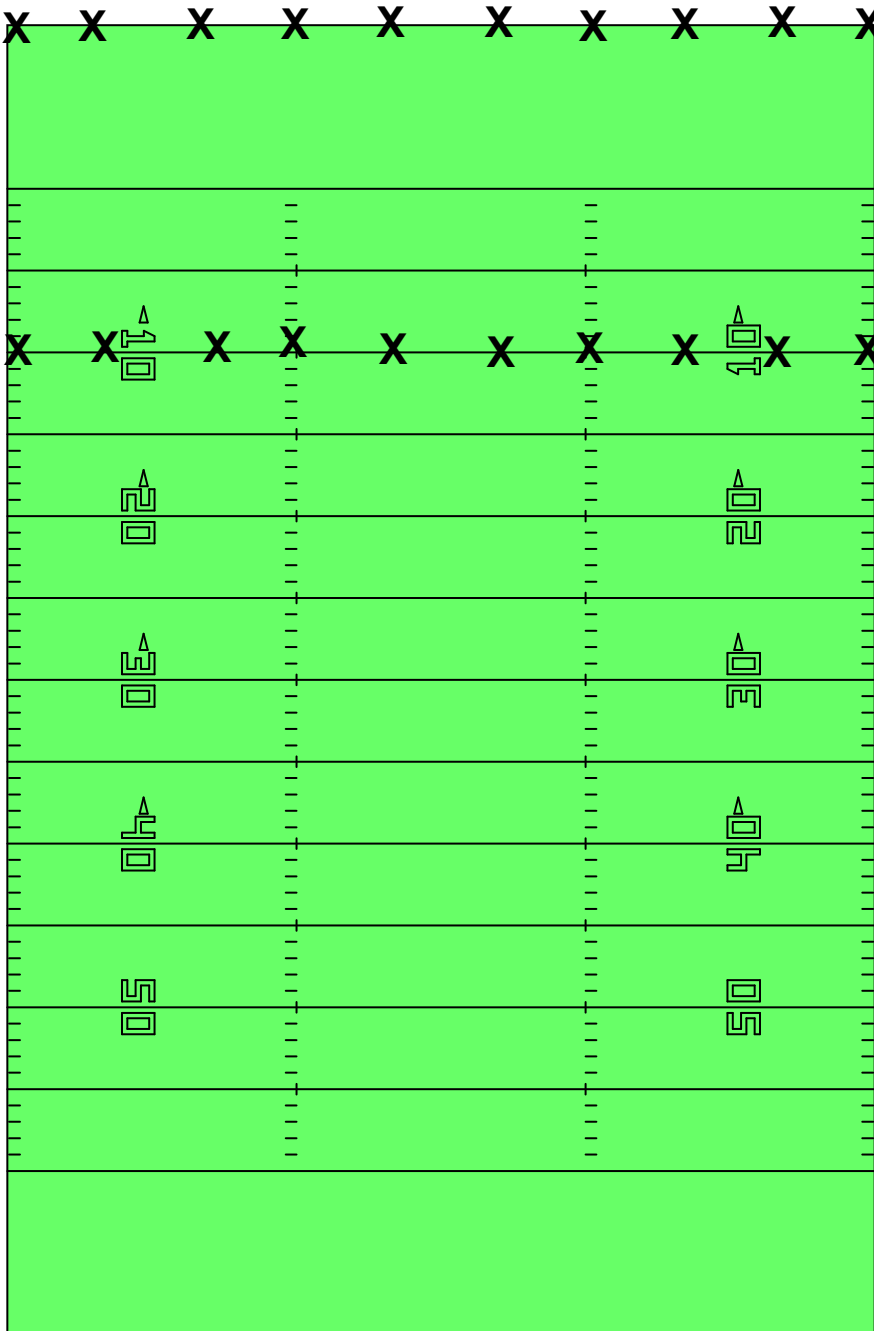




# Agilities Station

## Central Parkway



- 20 Players at a Station with 2 Coaches
- 2 groups of 10 players spaced 10+ yards from each other
- 10 players per line spaced out every 16 feet across the field
- ALL PLAYERS WILL HAVE A CONE TO LINE UP ON.

Agilities will begin with the group on the 10 yardline (1st group) working south, followed by the group on the back goal line (2nd group) working south. After rest the 2nd group will return to their starting position followed by the 1st group. This will ensure student athletes remain at an appropriate social distance throughout the session.

### References

- \* Hash marks are 53 feet 4 Inches apart
- \* Numbers start 21 feet from sideline and go to 27 feet from the sideline