

Skill: Cone Training

Difficulty: medium



Single cone marks start position



Intention

Three cones mark an area
a) to avoid



b) to reach



Drill

Level 1: Single cone

It marks your ready position. Use it as start/ end position to practice motion factor for any drill.

Level 2: Multiple cones

Three cones mark a target area to avoid (place your shots outside the area), or to reach (shots inside the area). Add them to any drill for precision practice.