



## (3) THREE-CONE DRILL

**A**ccording to some, it is the most important Combine drill, as it deals with real “football speed” and applies to every position on the field; it somewhat emulates movements that a player might actually make while playing the sport.

Beyond measuring an athlete’s ability to accelerate, decelerate, and change direction, it also tests the ability to run curvilinearly. Curvilinear acceleration or “circular cuts” are vital in football (e.g. crossing a route, attacking the edges, etc.)...an ability that can be the make or break factor when it comes to pass completion, making a tackle, etc.

### **3-CONE DRILL KEYS:**

- 1. Explosive power push with ankle cross/low heel recovery, low center of gravity**
- 2. Ability to catch(decelerate)/redirect/project efficiently (triphasic)**
- 3. Master the curvilinear cross over sprint (arc/curve run)**

Oddly enough, record holder Jordan Thomas was not drafted and is currently not playing in the NFL. This may be due to the massive difference between change of direction (COD) and agility. The L-drill is definitely more directly applicable than many other combine drills, but is certainly still not the “real thing”, as it is merely a COD test. Agility, on the other hand, is the ability to change direction in response to a stimulus. Many of the most maneuverable players have moderately good L-drill times, but they aren’t the athletes that do it the fastest. Yes, it is important to be able to change direction quickly, but even more important is the ability to do this in an unplanned situation...that is what will literally separate the elite from the rest of the pack.

By understanding this and implementing appropriate methods to improve all the aspects of agility, an athlete can both stand out in the NFL Combine, and actually make an impact on the field during the NFL career that will likely follow the standout Combine showing.

At FitSpeed, we are the one-stop-shop to get you results that will show on Combine or pro day! DM us for more info; step into your future!

Stay tuned for more on the #FitSpeed way!

## **UNLOCK YOUR POTENTIAL**