(1) Athlete will sprint 10yds to the first cone (2) and then sprint back to the start. (3) The athlete will repeat this sprint to the 10yd cone, (4) cut over the top of the cone and sprint to the next cone. (5) The athlete will go over the top of the 3rd cone, circle underneath and run over the top of the 2nd cone. (6) The athlete will finish with a sprint back to the first cone.