



## FUN THINGS TO DO AT HOME **COMBINE DRILLS**



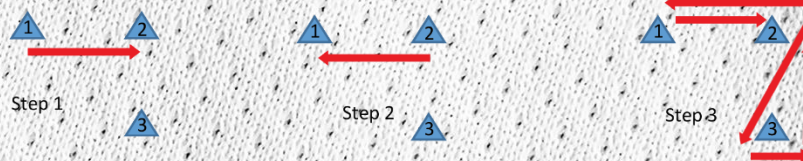
**Objective:** Compete against athletes in the combine!

**Materials:**

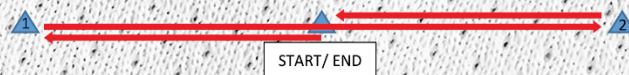
- Stop watch
- Location markers- like cones
- Tape measure
- Sibling or parent to time you
- Tape

**Combine Events:**

1. 40- Yard Dash- How fast can you run 40 yards?
  - a. Measure out 40 yards. This is 120 feet- if you do not have a straight distance of 120 feet use the longest distance you have available in your yard. Mark the starting point and the end point. When the person timing you says "GO!" begin at the start line and run as fast as you can to the end marker.
2. Vertical Jump- How high can you jump?
  - a. Make a small loop, about one inch, of tape that you can slide over one or two of your fingertips. Stand facing a wall and stretch both arms vertically. Tap the wall with your tapped fingers, making sure to leave the tape on the wall. Create a second loop of tape but this time jump straight up. Tap your tapped fingers again leaving the tap on the wall. Measure the distance between the two pieces of tape. This is how many inches you jumped.
3. 3-Cone Drill- How quickly can you do this drill?
  - a. Place 3 markers 5 yards apart in a right angle. Start at one end and run to the middle marker, touch it and run back to the first marker. Touch that then run around the middle marker to the far marker and then back to the first marker.



4. Broad Jump- How far you can jump?
  - a. Stand at a starting line with your feet shoulder width apart. Swing your arms back slightly and use them to propel you forward as you try to jump as far as you can. Measure from the starting line to where you landed.
5. 20-Yard Shuttle- How quickly can you do this drill?
  - a. Use 3 markers set up in a line spaced 5 yards apart from each other. Start at the middle markers and run to the marker on your left then run to the marker on the other side then run back to the marker in the middle. Time how long it takes you to do this drill.



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