

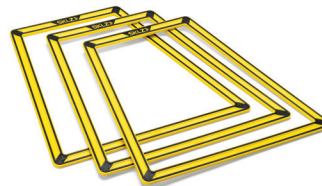
GET
TRAINING VIDEOS

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Acceleration Trainer



Agility Trainer Pro



6X Hurdle

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TRAINING GUIDE

TRAINING TIPS

WARM-UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

TRAIN

Use these drills as part of a comprehensive session.

RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.

ANCHOR/PARTNER



BUNGEE



RETURN



CONE

DRILLS

LATERAL SHUFFLE PUSH AND BASE

STEPS

1. Place two cones about three yards apart. Start at one cone with the bungee beside you.
2. Stand in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.
3. Shuffle laterally to the opposite cone, pushing with your trailing leg and picking up with your lead foot.
4. Once at the cone, stick and hold the athletic base position.
5. Reverse direction and repeat the movement.
6. Complete the set on one side, switch the bungee to the other side of your hip and repeat.

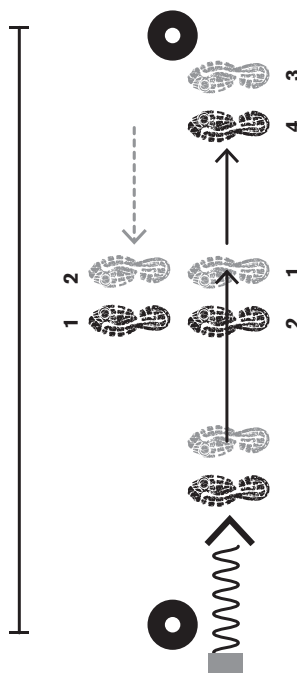
TRAINING TIP

Extend your hips as you push your trailing foot down and through the ground.

FEEL IT

Working your lower body and stability.

3 yards



LATERAL SHUFFLE CUTTING

STEPS

1. Place two cones about three yards apart. Start at one cone with the bungee beside you.
2. Stand in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.
3. Shuffle laterally to the opposite cone, pushing with your trailing leg and picking up with your lead foot.
4. Once at the other cone, immediately cut back and shuffle toward the starting position.
5. Without pausing, continue shuffling back and forth between cones.
6. Complete the set on one side, switch the bungee to the other side of your hip and repeat.

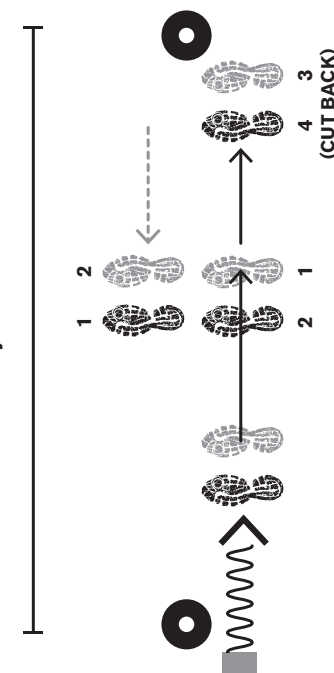
TRAINING TIP

Keep your hips back and down and do not let your feet come together. Minimize transition time at each cone, focusing on being explosive out of each cut.

FEEL IT

Working your lower body and agility.

3 yards



CROSSOVER STABILIZE

STEPS

1. Place two cones about three yards apart. Start at one cone with the bungee beside you.
2. Stand in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.
3. Drive one knee up and across your body and plant your foot outside your opposite leg. (See crossover image below)
4. Snap your hips open to bring the opposite foot back to a base position. Repeat to the other cone and pause.
5. Reverse direction and repeat the movement.
6. Complete the set on one side, switch the bungee to the other side of your hip and repeat.

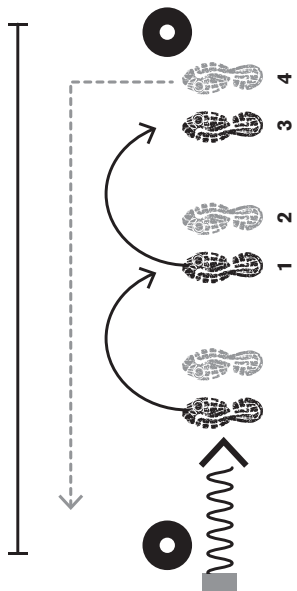
TRAINING TIP

Keep your chest up and shoulders forward.

FEEL IT

Working your hips, legs and torso.

3 yards



CROSSOVER QUICK TO STABILIZE

STEPS

1. Place two cones about three yards apart. Start at one cone with the bungee beside you.
2. Stand in an athletic base position with your knees slightly bent, hips back and arms bent in front of you.
3. Drive one knee up and across your body and plant your foot outside your opposite leg.
4. Snap your hips open to bring the opposite foot back to a base position and repeat to the other cone.
5. Immediately reverse direction, repeat the movement and pause at the starting position.
6. Complete the set on one side, switch the bungee to the other side of your hip and repeat.

TRAINING TIP

Keep your chest up and shoulders forward.

FEEL IT

Working your hips, legs and torso.

3 yards

