PURPOSE: This drill improves top speed by increasing the power you can put into the ground. The more powerful your lower body is, the longer your stride length is and the fewer strides it will take you to get down the basepath.

HOW IT WORKS:
1. Assume starting sprint position.
2. Twist large bath towel around waist.
3. Partner stands behind you holding ends of towel or resistance band.
4. Sprint forward for 15 yards.
5. Partner jogs behind you, holding onto towel to provide steady resistance.

SETS/REST: 10-15 sets with 30 seconds rest.