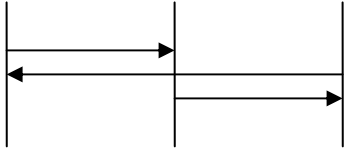


Agility Drills

Short Shuttle



Mark off 10 yards, making lines at 0, 5, and 10 yards. Straddle the middle line (5 yards) with feet hip-shoulder width apart and a lowered center of gravity. Turn and sprint to the right 5 yards, touch the line with your right foot, turn back and sprint 10 yards, touch the line with your left foot, turn and sprint back through the middle line.

Variations of Short Shuttle

Option A

Straddle the middle line (5 yards) with feet hip-shoulder width apart and a lowered center of gravity. Shuffle to the right 5 yards, touch the line with your right foot, turn back and sprint 10 yards, touch the line with your left foot, turn and sprint back through the middle line.

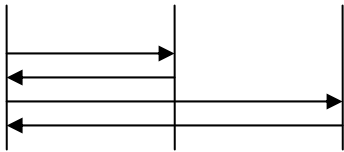
Option B

Straddle the middle line (5 yards) with feet hip-shoulder width apart and a lowered center of gravity. Shuffle to the right 5 yards, touch the line with your right foot, shuffle back 10 yards, touch the line with your left foot, and shuffle back through the middle line.

Option C

Stand with your heels on the middle line (5 yards) with feet hip-shoulder width apart and a lowered center of gravity. Backpedal 5 yards, touch the line with your right foot, sprint 10 yards, touch the line with your left foot, and backpedal back through the middle line.

Short Suicide

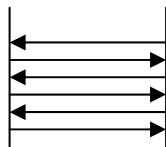


Mark off 10 yards, making lines at 0, 5, and 10 yards. Start on the end-line in a staggered stance and a lowered center of gravity. Sprint to the 5 yard line, touch the line with your right foot and sprint back to the end-line touching with your left foot, turn and sprint to the 10 yard line, touch the line with your right foot, turn back and sprint 10 yards. This drill can also be started with your back to the cones to simulate turning and reacting over the shoulder to one side or the other. Make sure that you practice turning over both shoulders.

Option A

Start on the end-line in a staggered stance and a lowered center of gravity. Sprint to the 5 yard line, touch the line with your right foot and backpedal back to the end-line touching with your left foot, sprint to the 10 yard line, touch the line with your right foot, backpedal back to the start/finish line.

Colgate Agility

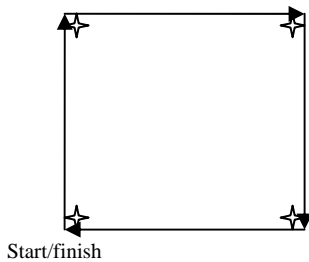


Mark off 10 yards, you will run a total of 60 yards. Sprint 10 yards, turn either way and shuffle back 10 yards, turn and sprint 10 yards, then turn the opposite direction of your initial turn and shuffle back 10 yards, backpedal 10 yards, then sprint through the starting line.

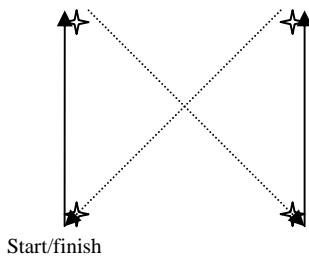
4 Cone Drills

10 yard box

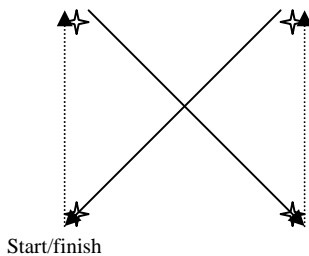
1. Sprint, Sprint, Sprint, Sprint
 - a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step
 - c. Around the cones
 - d. To the cone, plant and cut



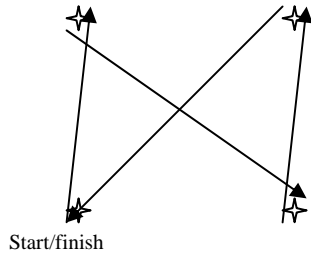
2. Sprint, Diagonal Backpedal, Sprint, Diagonal Backpedal, Sprint
 - a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step
 - c. Around the cones
 - d. To the cone, plant and cut



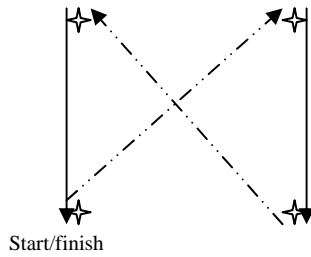
3. Backpedal, diagonal sprint, Backpedal, diagonal sprint
 - a. Around the cones
 - b. To the cone, plant and cut



4. Sprint around cone, sprint diagonal around cone, sprint around cone, sprint diagonal around cone
- a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step
 - c. Around the cones
 - d. To the cone, plant and cut



5. Diagonal shuffle, sprint, diagonal shuffle, sprint

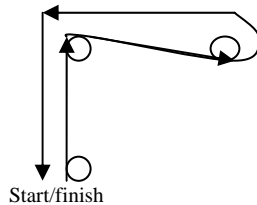


3 Cone Drills

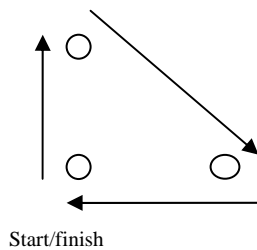
5 yards apart

Each drill can be started with your back to the course to simulate turning and reacting over the shoulder to one side or the other. Make sure that you practice turning over both shoulders.

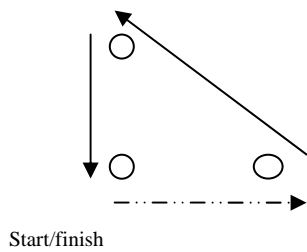
1. Pro-Agility
 - a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step



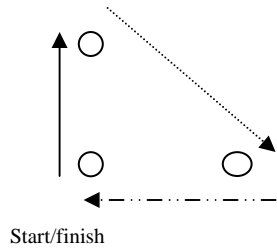
2. Sprint, sprint, sprint
 - a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step



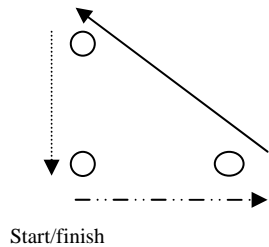
3. Shuffle (Right), sprint, sprint



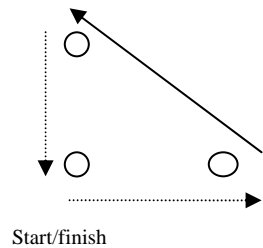
4. Sprint, backpedal, shuffle
- a. Can also begin drill by facing backward and turning over one shoulder
 - b. Can also begin standing sideways using a crossover step



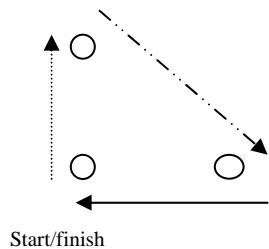
5. Shuffle (right), sprint, backpedal



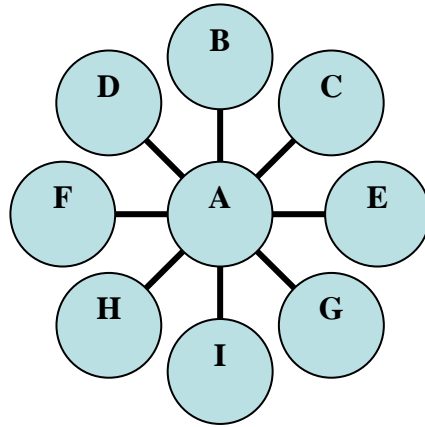
6. Backpedal (right), sprint, backpedal



7. Backpedal, shuffle, sprint



Star Drill



Set up cones just like the diagram above. Each cone is 5 yards away from center cone.

Option A

Athlete begins at cone (I) with feet hip-shoulder width apart and a lowered center of gravity.

Sprint 1 – Sprint straight from cone I to Cone B

Sprint 2 – Sprint from cone I to cone A, plant left foot and sprint through cone C

Sprint 3 – Sprint from cone I to cone A, plant right foot and sprint through cone D

Sprint 4 – Sprint from cone I to cone A, plant left foot and sprint through cone E

Sprint 5 – Sprint from cone I to cone A, plant right foot and sprint through cone F

Sprint 6 – Sprint from cone I to cone A, plant left foot and sprint through cone G

Sprint 7 – Sprint from cone I to cone A, plant right foot and sprint through cone H

Sprint 8 – Sprint from cone I to cone A, plant left foot and sprint through cone I

Sprint 9 – Sprint from cone I to cone A, plant right foot and sprint through cone I

1. This drill can also be started facing the opposite direction. Alternate between right and left shoulder.
2. Another option is to end each sprint with a stop/breakdown instead of sprinting through the cone.
3. Walk back to start for full recovery.

Option B

Athlete begins at cone (A) facing cone B with feet hip-shoulder width apart and a lowered center of gravity.

Sprint 1 – Sprint straight through cone A

Sprint 2 – Sprint through cone C, use left foot crossover step

Sprint 3 – Sprint through cone D, use right foot crossover step

Sprint 4 – Sprint through cone E, use left foot crossover step

Sprint 5 – Sprint through cone F, use right foot crossover step

Sprint 6 – Sprint through cone G, use right foot drop step

Sprint 7 – Sprint through cone H, use left foot drop step

Sprint 8 – Sprint through cone I, use right foot drop step

Sprint 9 – Sprint through cone I, use left foot drop step

1. Another option is to end each sprint with a stop/breakdown instead of sprinting through the cone.
2. Walk back to start for full recovery.

Option C

Athlete begins at cone (A) facing cone B with feet hip-shoulder width apart and a lowered center of gravity.

Sprint 1 – Sprint to cone B, plant right foot and return

Sprint 2 – Sprint to cone B, plant left foot and return

Sprint 3 – Sprint to cone C, plant right foot and return

Sprint 4 – Sprint to cone D, plant left foot and return

Sprint 5 – Sprint to cone E, plant right foot and return

Sprint 6 – Sprint to cone F, plant left foot and return

Sprint 7 – Sprint to cone G, plant right foot and return

Sprint 8 – Sprint to cone H, plant left foot and return

Sprint 9 – Sprint to cone I, plant right foot and return

Sprint 10 – Sprint to cone I, plant left foot and return

1. Another option is to sprint around the cone
2. Full recovery between reps/sets

Option D

Athlete begins at cone (A) facing cone B with feet hip-shoulder width apart and a lowered center of gravity.

Sprint 1 – Sprint to cone B, backpedal to cone A

Sprint 2 – Sprint to cone C, backpedal to cone A

Sprint 3 – Sprint to cone D, backpedal to cone A

Sprint 3 – Sprint to cone E, backpedal to cone A

Sprint 5 – Sprint to cone F, backpedal to cone A

Sprint 6 – Sprint to cone G, backpedal to cone A

Sprint 7 – Sprint to cone H, backpedal to cone A

Sprint 8 – Backpedal to cone I, sprint to cone A

Option E

Athlete begins at cone (A) facing cone B with feet hip-shoulder width apart and a lowered center of gravity.

Sprint 1 – Sprint to cone B, plant right foot, shuffle to cone A

Sprint 2 – Sprint to cone C, plant right foot, shuffle to cone A

Sprint 3 – Sprint to cone D, plant left foot, shuffle to cone A

Sprint 3 – Sprint to cone E, plant right foot, shuffle to cone A

Sprint 5 – Sprint to cone F, plant left foot, shuffle to cone A

Sprint 6 – Sprint to cone G, plant right foot, shuffle to cone A

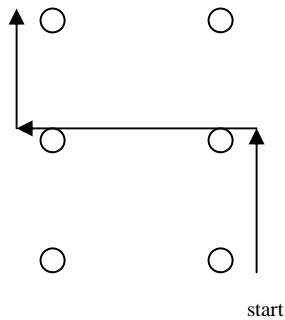
Sprint 7 – Sprint to cone H, plant left foot, shuffle to cone A

Sprint 8 – Backpedal to cone I, plant right foot, shuffle to cone A

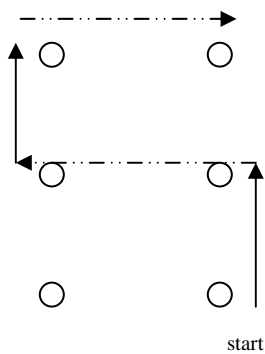
Ladder Runs

Cones 10 yards apart

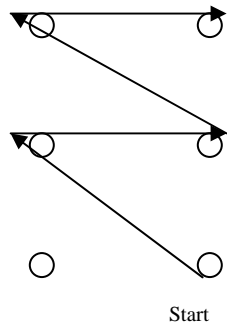
1. Sprint all the way through
 - a. Start from both sides
 - b. Plant outside foot
 - c. Can start with back facing the course



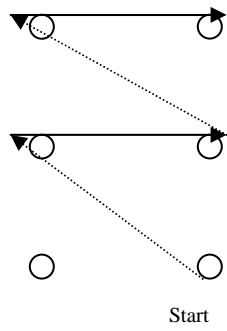
2. Sprint, shuffle, sprint, shuffle
 - a. Start from both sides
 - b. Plant outside foot
 - c. Can start with back facing the course
 - d. Can also start with a crossover step



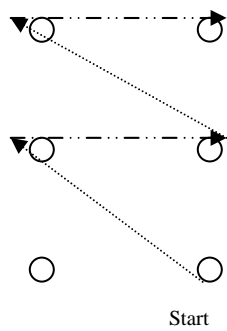
3. Diagonal sprint, sprint, diagonal sprint, sprint



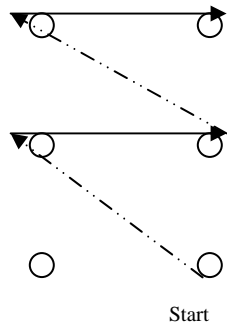
4. Diagonal backpedal, sprint, diagonal backpedal, sprint



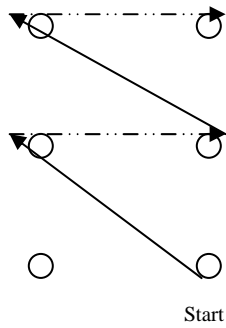
5. Diagonal backpedal, shuffle, diagonal backpedal, shuffle



6. Shuffle, sprint, shuffle, sprint



7. Sprint, shuffle, sprint, shuffle



8. Sprint, backpedal, sprint, backpedal

