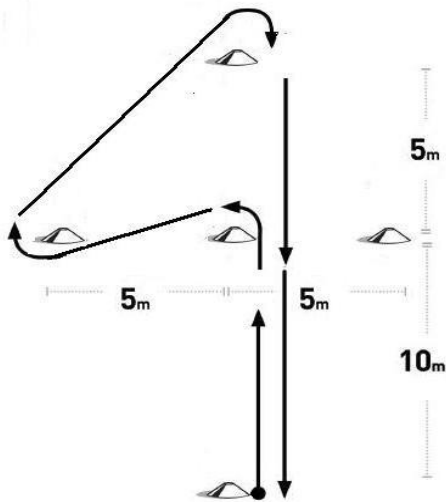
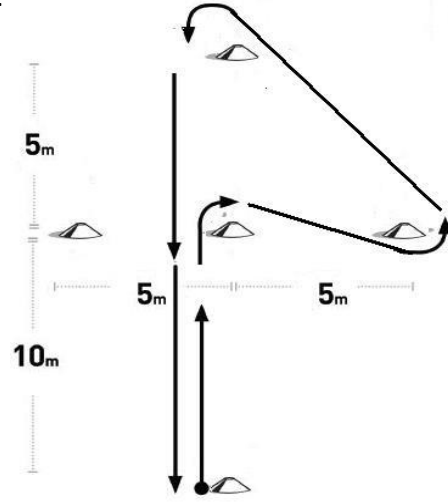


#1 Arrowhead Agility Test

Left-



Right-



Instructions-

1. Start at the base cone
2. Sprint to and around the middle to the left or right
3. Check around that cone and sprint to preceding cone
4. Check around the point cone and sprint back to start
5. Repeat until you have completed 3 attempts on each side.

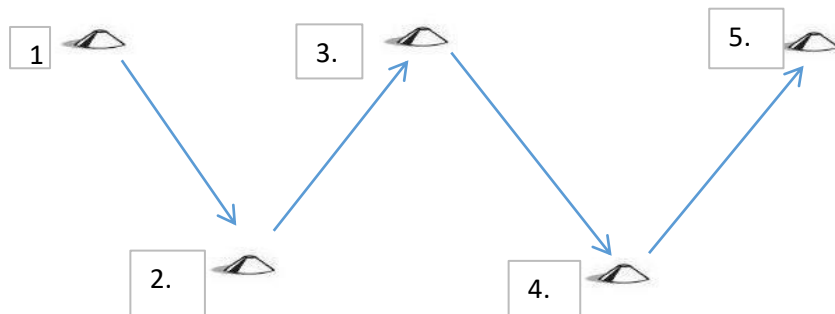
#2 Lateral, Out



Instructions- (Repeat 5 times)

1. Athlete stands between cones
2. Coach calls LEFT and RIGHT sporadically, use side shuffle to change direction
3. When Coach shouts 'OUT', sprint to front cone, and back pedal to start
4. Rest 1min.

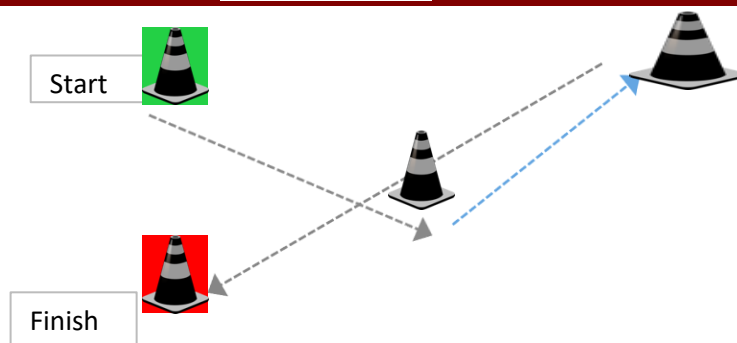
#3 W-drill with side shuffle



Instructions- (Complete 8x each side)

1. Start at *cone 1* . side shuffle to *cone 2* . STAY IN ATHLETIC STANCE
2. *Cone 2* . to *cone 3* . Sprint
3. *Cone 3* . to *cone 4* . side shuffle, STAY IN ATHLETIC STANCE
4. *Cone 4* . to *cone 5* . Sprint
5. Repeat for other side
6. Rest 1min.

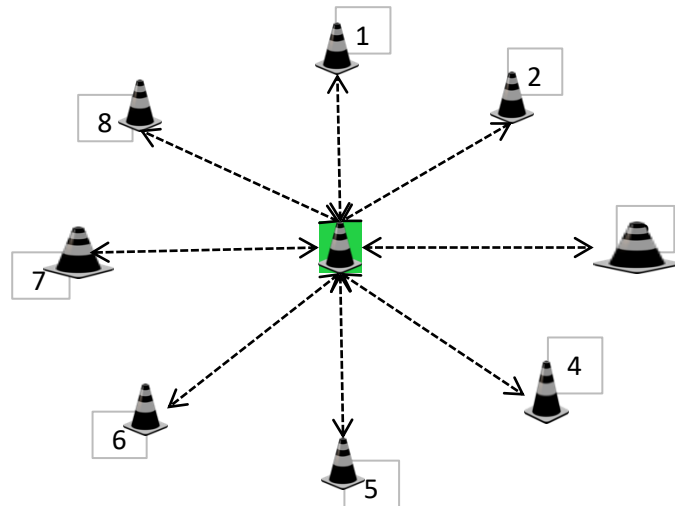
#4 Speed drill



Instructions-

1. Sprint to middle cone
2. Cut left
3. Sharp cut back
4. Sprint to finish
5. Rest 1min. Between runs. Complete 3x each direction

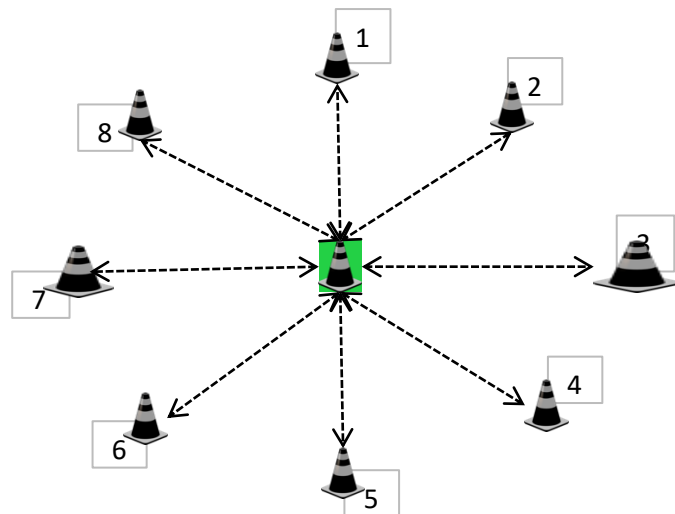
#5 The Wheel Sprint, Back pedal



Instructions-

1. **Sprint** to cone 1., **Back pedal** to center. QUICK TRANSITIONS!
2. Continue this pattern until you reach your original starting position
3. Rest 3min. Repeat run in opposite direction. Complete each direction twice.

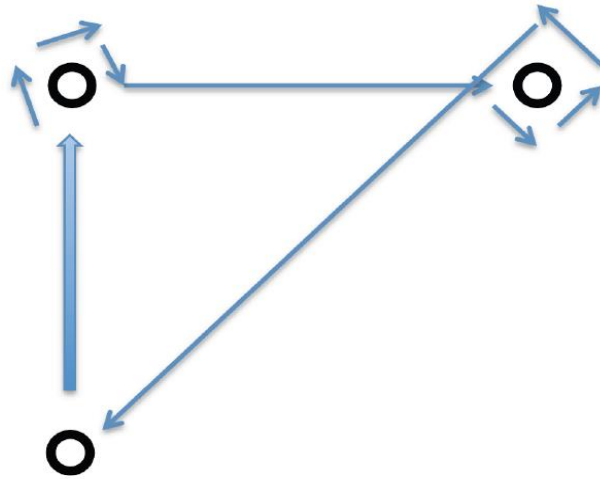
#6 The Wheel, Sprint



Instructions- 1. **Sprint** to cone 1., **Sprint** to center. QUICK TRANSITIONS!

2. Continue this pattern until you reach your original starting position
3. Rest 3min. Repeat run in opposite direction. Complete each direction twice.

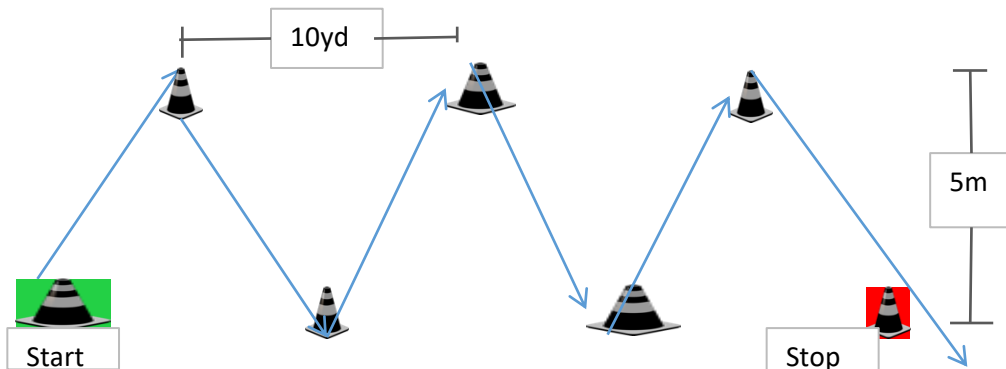
#7 15-Yard Turn Drill



Purpose: Change of direction, flexibility in the hips, and footwork

1. Sprint forward 5m to the first cone and make a sharp right turn around it
2. sprint to the second cone and make a left turn around the cone
3. sprint 5m through the finish
4. The recovery period needs to be at least 5 times the duration of the drill
4. Repeat the drill 10 times

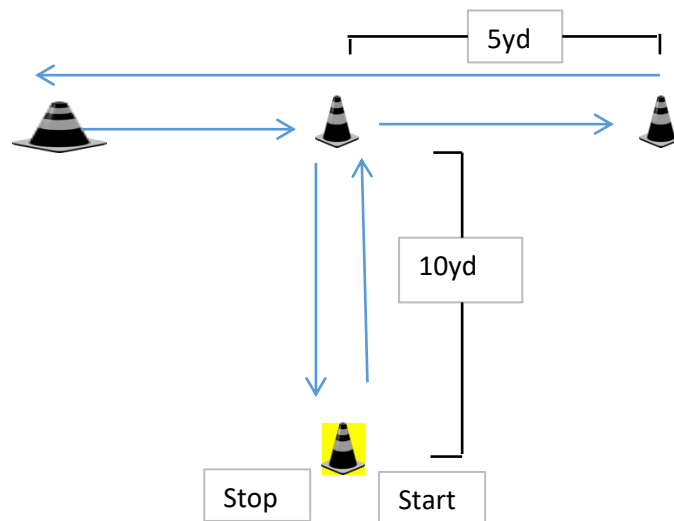
#8 Seven Cone ZigZag



Instructions-

1. Stagger cones into two lines, 10yds apart from one another.
- 2a. Side shuffle drop step at cone, side shuffle to next cone...
OR
- 2b. Sprint around each cone, accelerating through each turn
3. Rest 2min. After each run
4. Complete a total of 6 runs

#9 T- Drill



Instructions- Complete each drill twice

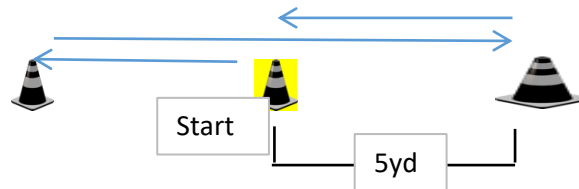
1. Complete drill, repeat drill in opposite direction. Complete each direction twice.

Drill A. Sprint 10yd., side shuffle right 5yd., side shuffle left 10yd.

Drill B. Back pedal 10yd., side shuffle left 5yd., side shuffle right 10yd.

Drill C. Carioca 10yd., back pedal 5yd., sprint 10 yd.

#10 5.10.5



Instructions-

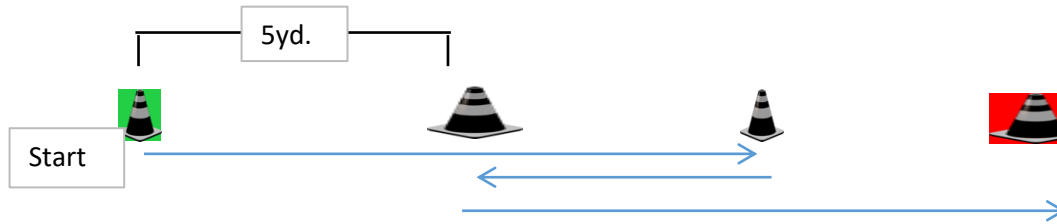
1. Complete drill, repeat drill in opposite direction. Complete each direction twice.

Drill A. Sprint 5yd., backpedal 10 yd., sprint 5yd.

Drill B. Side shuffle left 5yd., sprint 10yd., side shuffle left 5yd.

Drill C. Back pedal 5yd., sprint 10yd., back pedal 5yd.

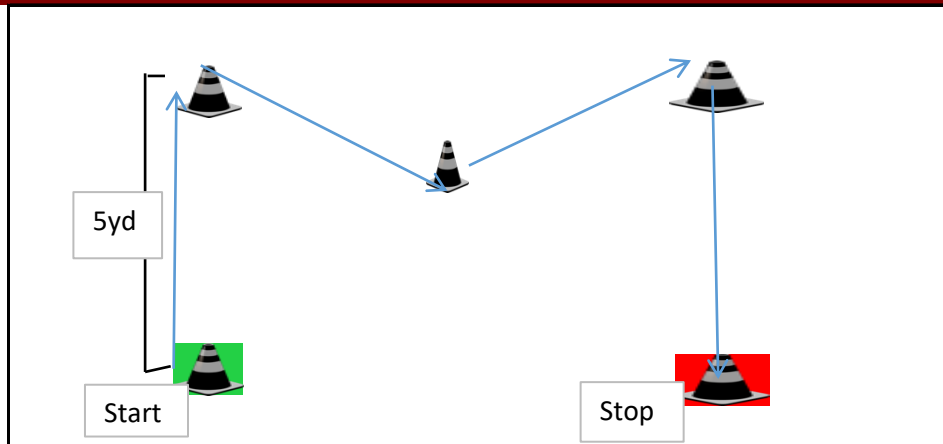
#11 Colt Agility



Instructions-

1. Complete drill, rest 1 minute between runs. Complete a total of 6 runs
2. Sprint 10yd., Sprint back 5 yd., sprint 10yd. To finish.
3. Sprint 10yd., Back pedal 5 yd., sprint 10yd. To finish.

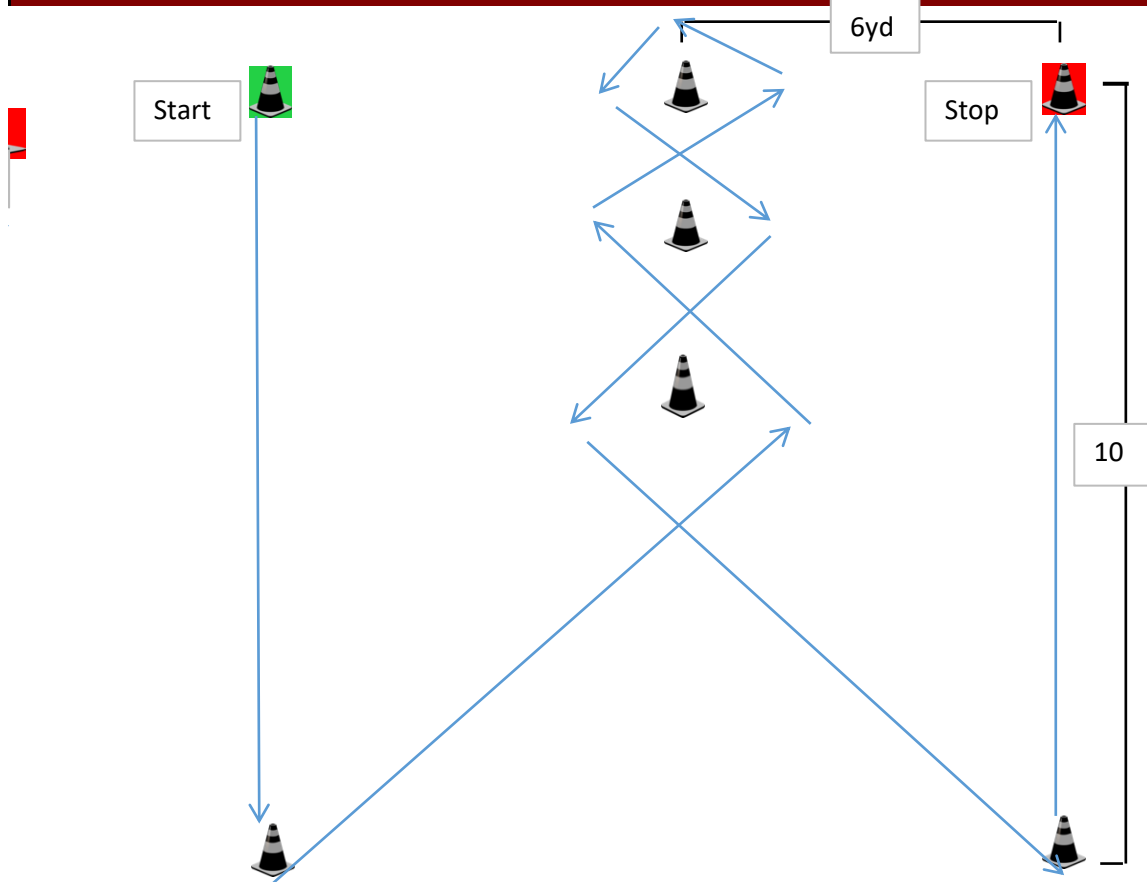
#12 M drill



Instructions-

1. Complete drill, repeat drill in opposite direction. Complete a total of 6 runs
2. Sprint to each cone
3. Rest one minute between runs

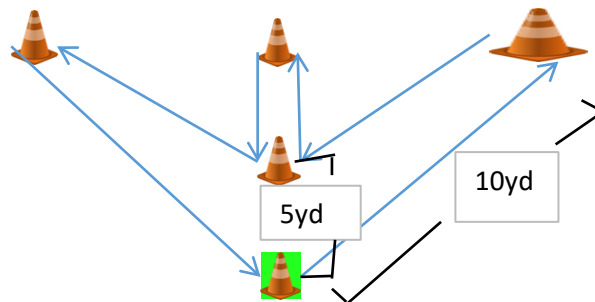
#13 Illinois Agility Test



Instructions-

1. Start lying down on ground
2. Repeat drill twice (change to opposite)
3. Rest two minutes between each sprint, complete 4 sprints from each side

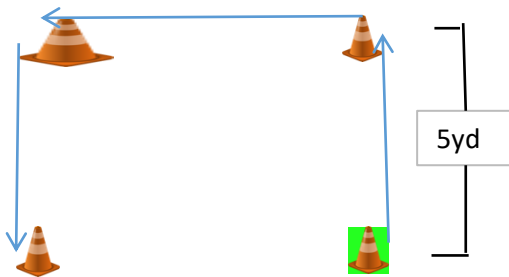
#14 Star Drill



Instructions-

1. Start at green cone
2. Sprint, back pedal, sprint, back pedal, sprint, back pedal to finish
3. Complete 4x, then complete 4 more times starting on the opposite side
4. Rest one minute between runs

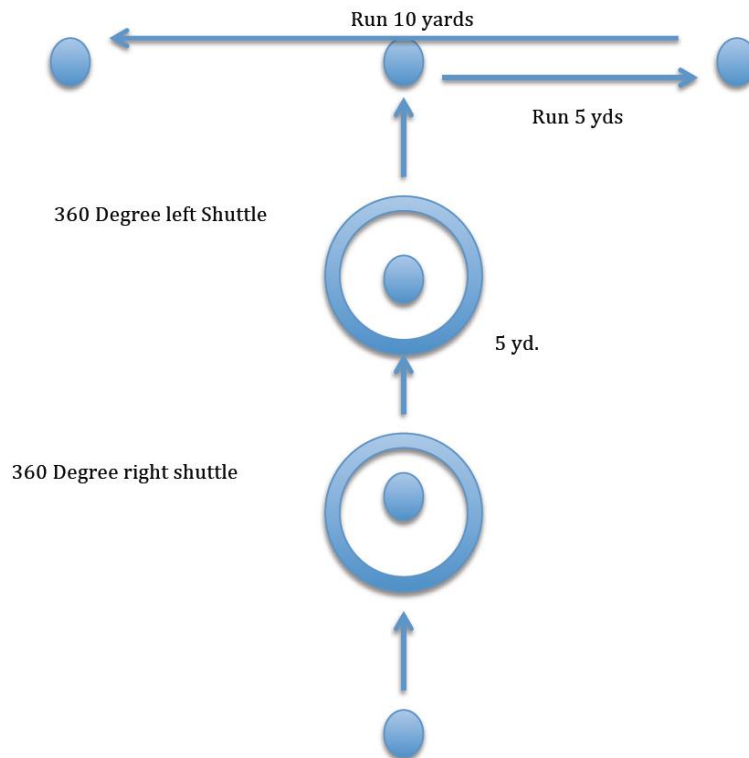
#15 5x5 Box Drill



Instructions-

1. Start at green cone- sprint to cone
2. Side shuffle/Carioca to next cone
3. Back pedal to finish, repeat in the other direction *complete 5x each side

#16 Dynamic T-Agility

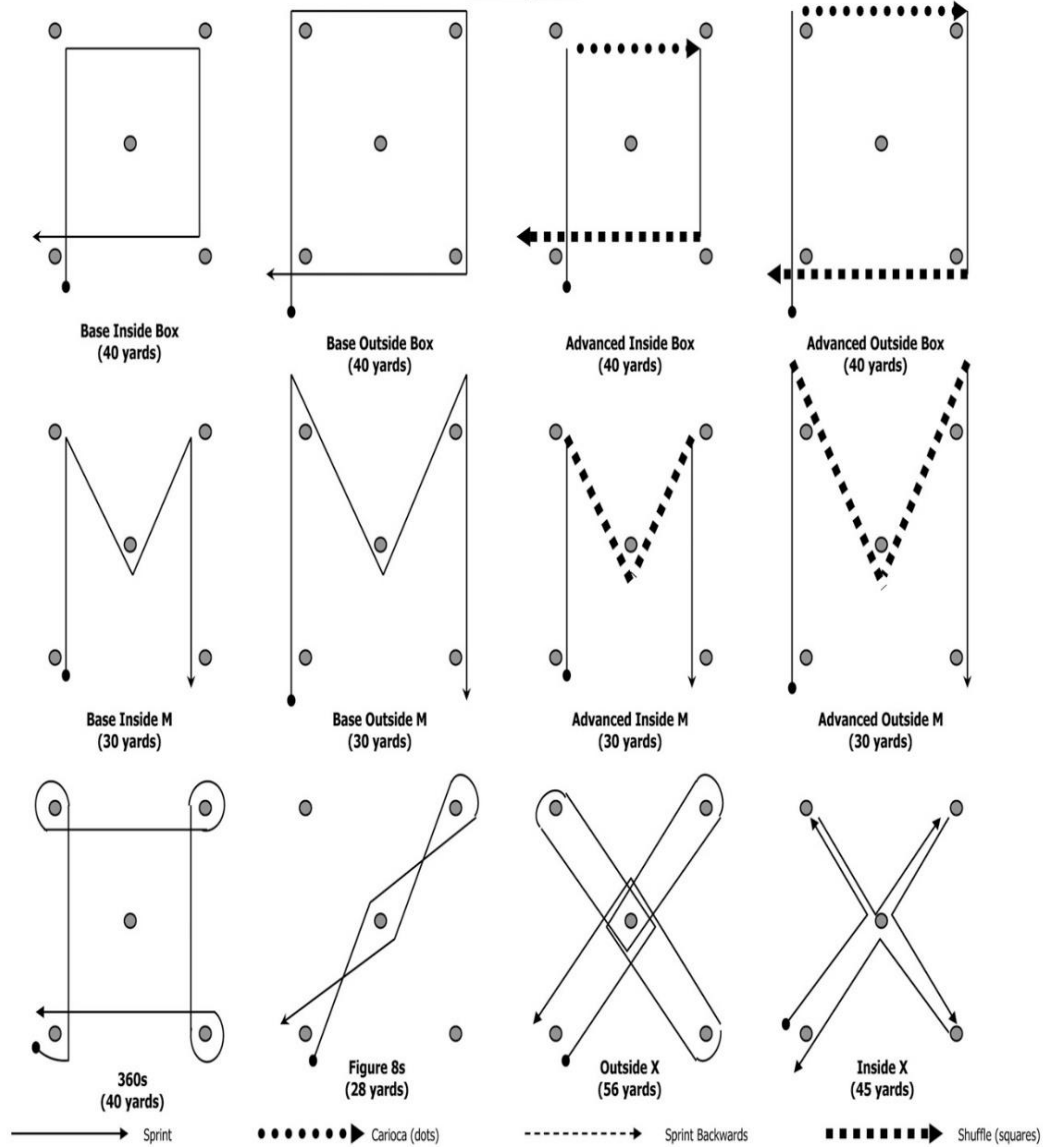


Start by performing small bouncing movements on the spot

Sprint forward 5 yds, shuffle 360 degrees around the cone while facing forward
sprint another 5 yards shuffle 360 degrees around the next cone and sprint 5 yds
sprint right or left for 10 yds
Repeat 10 times

#17 10x10 Box Drill Variations

Cone Agilities



Instructions

Straight line=Sprint

Thick Dash= Shuffle

Choose 3 Patterns

Repeat each pattern 4 times then switch running the opposite direction

Each Pattern should be completed x 8 (4 e. direction)

#18 Agility Ladders

Program #1

<u>Orientation</u>	<u># of feet</u>	<u>Explantation</u>
Facing forward	2 feet	One foot p/ box
Facing forward	2 feet	two feet p/ box
Facing on side	2 feet	High knees- 2 feet p/ box
Facing forward	1 foot	One foot p/ box hops
Facing on side	1 foot	One foot p/box hops
Facing forward	2 feet	2 feet in/ 2 feet out
Facing backward	2 feet	2 feet in/ 2 feet out

Program #2

<u>Orientation</u>	<u># of feet</u>	<u>Explantation</u>
Facing forward	2 feet	One foot p/ box
Facing forward	2 feet	two feet p/ box
Facing on side	1 foot	One foot p/box hops
Facing forward	2 feet	Icky shuffle
Facing backward	2 feet	Icky shuffle
Facing forward	2 feet	Back cross
Facing backward	2 feet	Back cross
Facing forward	2 feet	Hop scotch
Facing backward	2 feet	Hop scotch

Program #3

<u>Orientation</u>	<u># of feet</u>	<u>Explantation</u>
Facing forward	2 feet	One foot p/ box
Facing forward	2 feet	two feet p/ box
Facing backward	1 foot	One foot p/box hops
Facing forward	2 feet	Front cross
Facing backward	2 feet	Front cross
Facing forward	2 feet	Snake jump
Facing forward	2 feet	Form running
Facing forward	1 foot	Zig zags
Facing forward	2 feet	Ali shuffle

Instructions

Choose one of the agility ladder programs

Follow the variables mentioned with the program

Ladder drills should be done at the beginning of the workout