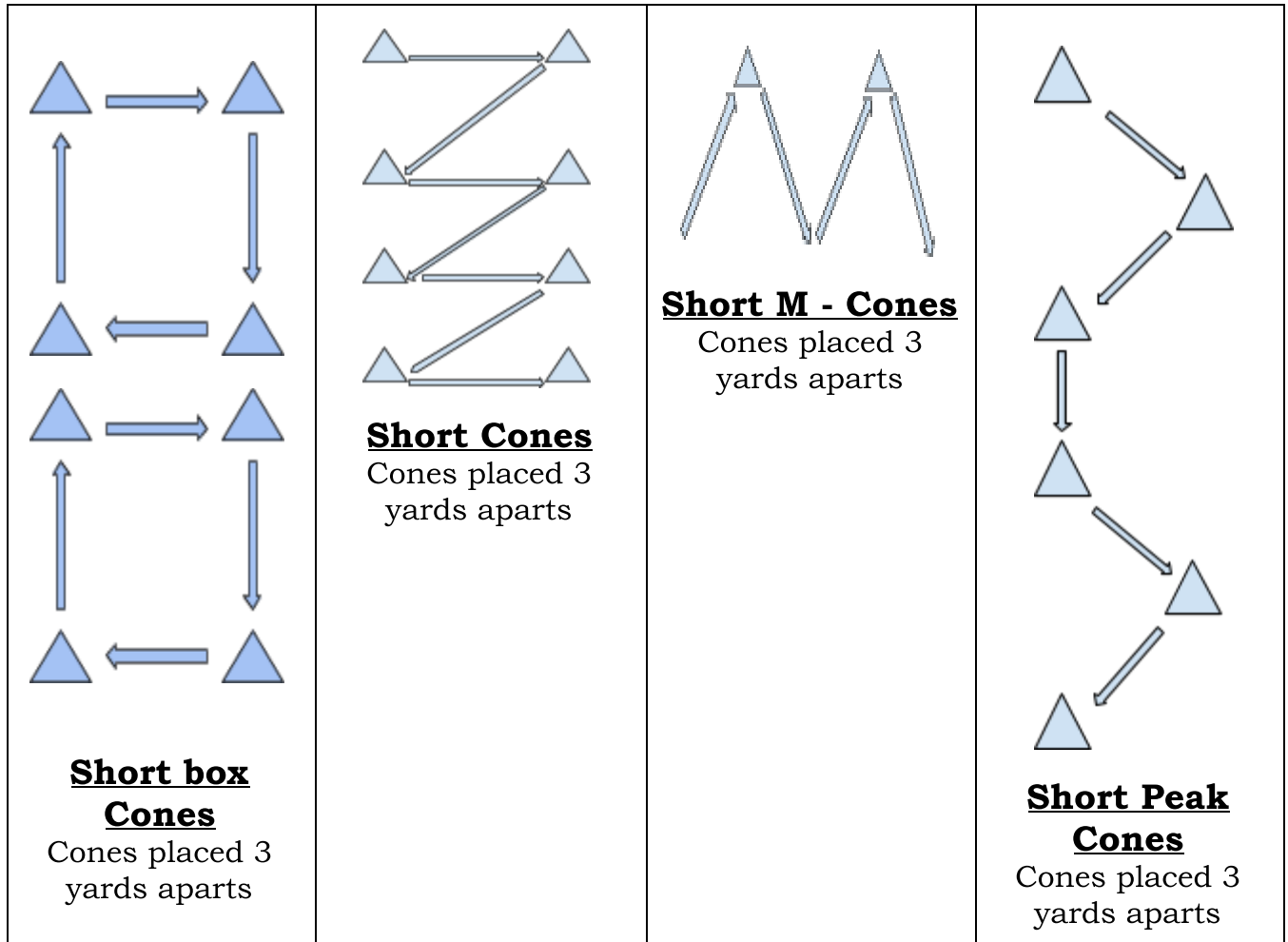


Change of Direction/Agility Drills

AGILITY GROUP 1 – WEEKS 1-4



Weeks 1-2

Choose 3

Short Box Cones

Sprint, Slide, Back Pedal, Slide

X 2

Short Box Cones

Slide Left, Sprint, Slide Right, Sprint

X 2

Short Box Cones

Slide Left, Slide Right

X 2

Short Box Cones

Sprint & Touch Each Cone

X 2

Choose 3

Short Cones

Sprint, Back Pedal

X 2

| | | |
|-------------|--------------------------|-----|
| Short Cones | Slide Right, Slide Left | X 2 |
| Short Cones | Slide Left, Slide Right | X 2 |
| Short Cones | Sprint & Touch Each Cone | X 2 |

Weeks 3-4

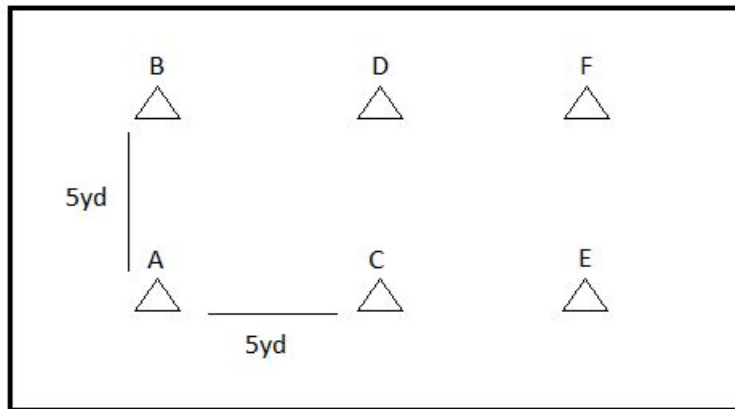
Perform all 3

| | | |
|-----------------|--------------------|-----|
| Small M – Cones | Sprint, Back Pedal | X 2 |
| Small M – Cones | Slide | X 2 |
| Small M – Cones | Sprint, Slide | X 2 |

Perform all 5

| | | |
|------------------|---------------------------------|-----|
| Short Peak Cones | Sprint, Back Pedal, Slide | X 2 |
| Short Peak Cones | Back Pedal, Sprint, Slide | X 2 |
| Short Peak Cones | Slide Left, Slide Right, Sprint | X 2 |
| Short Peak Cones | Slide Right, Slide Left, Sprint | X 2 |
| Short Peak Cones | Sprint & Touch Each Cone | X 2 |

AGILITY GROUP 2 – WEEKS 5-7



A) Choose 2 drills

2x each:

Figure eight - Start inside cone A – sprint to and around cone B, sprint to and around A, finish through E

Figure eight - Repeat coming back the opposite way (Start inside cone E)

Sprint-Backpedal - Begin outside cone A – Sprint to cone B, backpedal the angle to C, sprint to D, backpedal the angle to E, finish through F

Sprint-Backpedal - Repeat coming back the opposite way (outside of cone E)

Sprint-Shuffle - Start behind cone A – shuffle to cone B, sprint to D, shuffle to C, sprint to E, shuffle through F

Sprint-Shuffle - Repeat coming back the opposite way (start behind cone E)

H-Drill - Start inside of cone B – sprint to D, shuffle to C, backpedal to and around cone A, sprint to and around cone E, sprint to C, shuffle to D, backpedal to and around cone F, sprint to finish through B

H-Drill - Repeat starting inside cone A

B) Choose 2 drills

2x each:

Sprint Shuffle Shuffle – Start behind cone A, shuffle to B then back to A, sprint to C, shuffle to D then shuffle back to C, sprint to E, shuffle to F then shuffle through E

Sprint Shuffle Shuffle – Repeat coming back opposite way (start behind cone E)

360's – Start inside cone A, sprint to and around cone B, sprint to and around cone F, sprint to and around cone E, finish through cone A

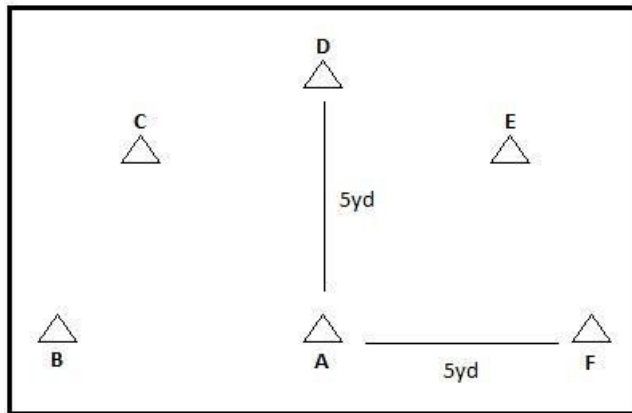
360's – Repeat coming back the opposite way (start inside cone E)

T-Drill – Start behind cone C, sprint to D, shuffle to B, shuffle to F, shuffle back to D, backpedal to finish through cone C

T-Drill – Repeat the opposite direction

Pro-Agility – Start behind and facing Cone C with right hand on the ground, sprint to and hand touch cone E, sprint to and hand touch cone A, sprint and finish through cone C **Pro-Agility** – Repeat the opposite direction

WHEEL AGILITIES & CONDITIONING



Complete the following for “Wheel (Full)” on Thursday Conditioning in Weeks 5-7

Start at Cone A – shuffle to B, shuffle back to A
Sprint to Cone C, plant with Left foot, sprint to A
Sprint to Cone D, drop hips then backpedal to A
Sprint to Cone E, plant with Right foot, sprint to A
Shuffle to Cone F, shuffle back to A

Complete as quickly as possible, then repeat beginning with the opposite direction. Repeat 6x

Complete the following for “Wheel Agilities” in Weeks 8-10

Begin at Cone A every rep. Pick any 3 cones, returning to cone A after the first 2 cones (see below). Finish through the 3rd cone, then jog around the wheel back to cone A and rest :10 **Reps should be completed with 100% effort. Choose 5 patterns and repeat each 2x.**

Examples:

- 1) Start at Cone A – shuffle to B, shuffle back to A Sprint to Cone C, plant with Left foot, sprint to A Sprint and finish through Cone D
Jog around wheel back to A, rest :10, repeat
- 2) Start at Cone A – sprint to Cone C, plant with Left foot, sprint to A Sprint to Cone D, drop hips then backpedal to A
Sprint and finish through Cone E
Jog around wheel back to A, rest :10, repeat
- 3) Start at Cone A – shuffle to cone B
Shuffle to Cone F, shuffle to A
Sprint and finish through D
Jog around wheel back to A, rest :10, repeat
- 4) Start at cone A – sprint to cone E, plant with Right foot, sprint to A Shuffle to Cone B, shuffle back to A
Sprint and finish through

