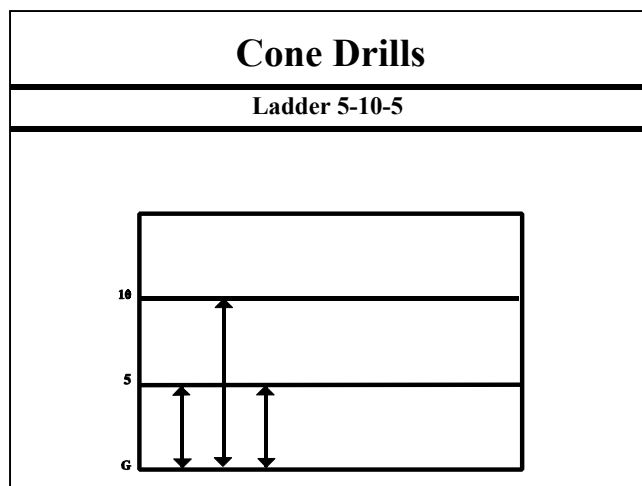


Agility Drills

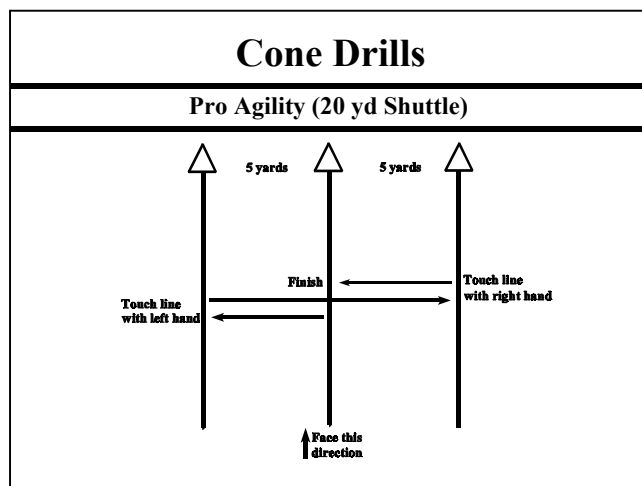
Ladder Drill (5, 10 and 5)

1. Start at goal line facing up field
2. Sprint to 5-yard line and back
3. Sprint to 10-yard line and back
4. Sprint to 5-yard line and back
5. Touch the 5 and 10 yard lines with your left foot and the goal line with your right foot



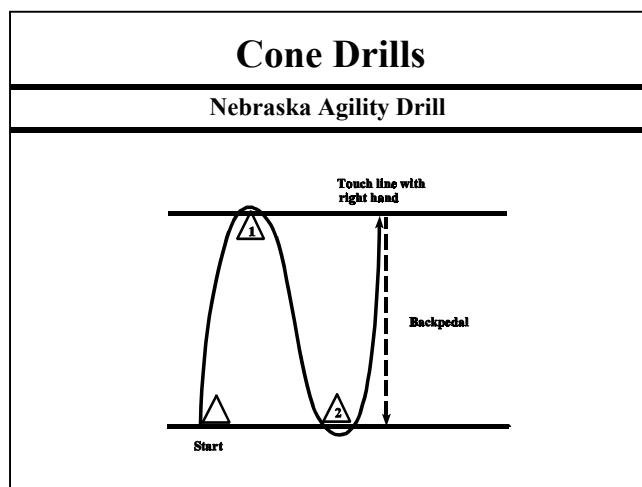
Pro Agility Drill

1. Start in a two- or three-point stance straddling the middle line of a ten-yard space
2. Sprint to the right for 5 yards, touch the line with your right hand and change direction
3. Sprint 10 yards, touch the line with your left hand and change direction
4. Sprint 5 yards back through the middle line



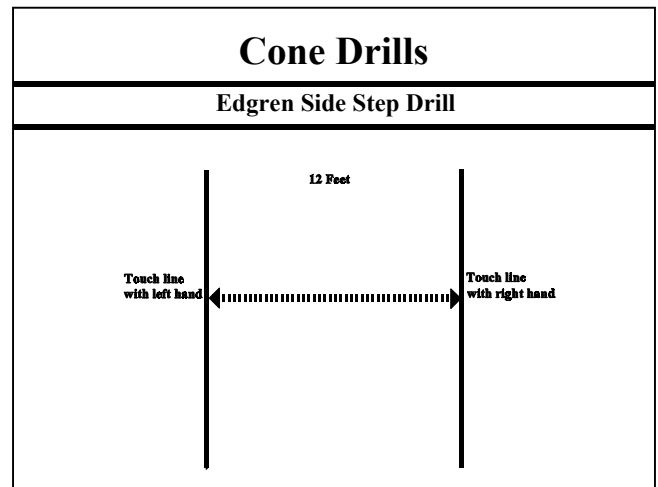
Nebraska Agility Drill

1. Two cones are set up five yards apart and one yard between
2. Start in a three-point stance on the first line
3. Sprint to cone #1 and make a right-hand turn
4. Sprint to cone #2 and make a left-hand turn
5. Sprint five yards and touch line with your hand
6. Backpedal across the starting line



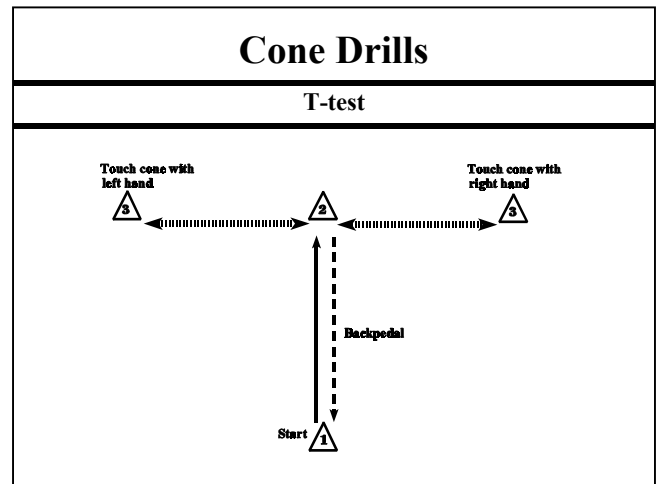
Edgren Side Step Drill

1. Assume a power stance half way between two lines that are 12 feet apart (e.g., free throw lane)
2. Shuffle slide laterally touching each line with the near hand, count one for each line touched
3. Repeat for 15 to 30 seconds



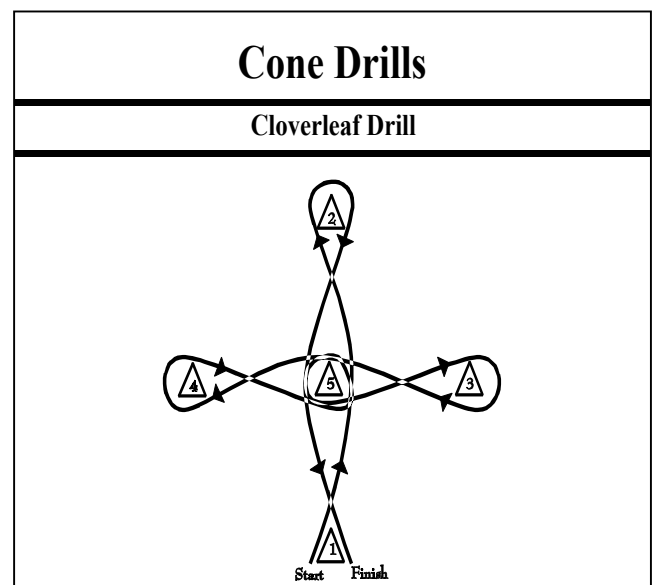
T-test

1. Four cones are arranged as shown
2. Sprint from cone #1 to cone #2 and touch base of cone with right hand
3. Shuffle slide five yards to cone #3 and touch base of cone with left hand
4. Shuffle side ten yards to cone #4 and touch base of cone with right hand
5. Shuffle slide five yards to cone #2 and touch base of cone with left hand
6. Backpedal past cone #1



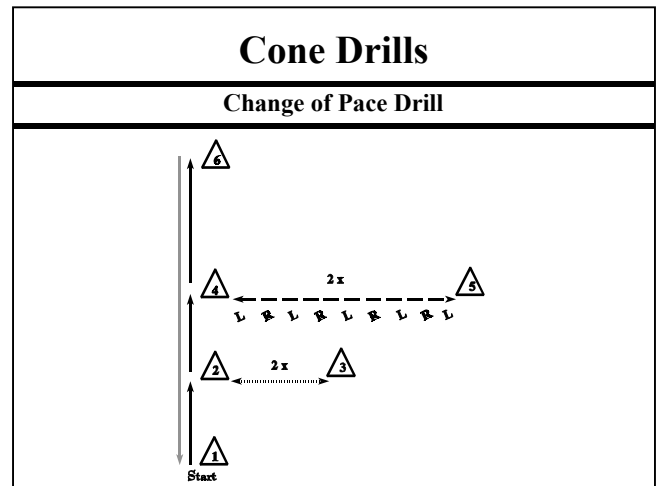
Cloverleaf Drill

1. Five Cones are set up as shown
2. Start on left side of cone #1
3. Turn with left shoulder to middle cone (#5) and right shoulder to outer cones
4. Cone progression is 1-5-2-5-3-5-4-5-1 (see diagram)



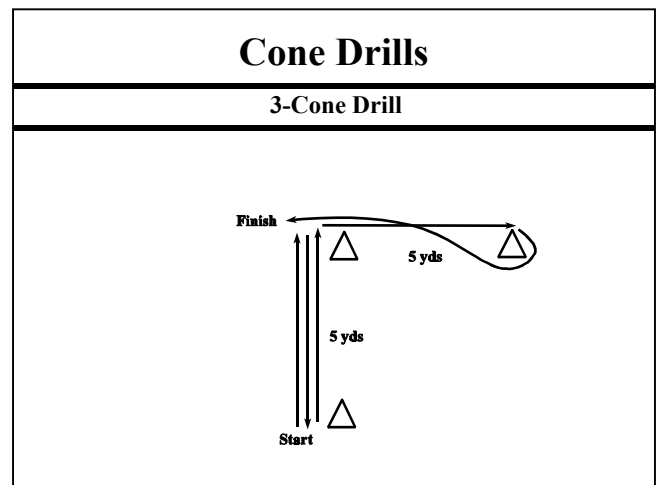
Change of Pace Drill

1. Six cones are set up as shown
2. The athlete starts at cone#1, sprints to cone #2, shuffles slides between cones #2 and #3 twice, sprints to cone #4, uses a cross-over run between cones #4 and #5 twice, sprints to cone#6 and sprints back to cone#1
3. Emphasis is on quick change of direction and maintaining low body position.



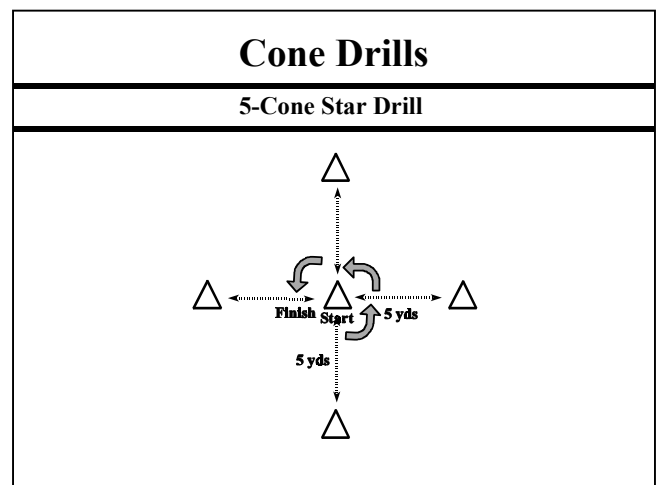
3-Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, sprint back to cone #1, sprint around cone #2 and around cone #3, then sprint past cone #2
3. Emphasis is placed on quick change of direction and maintaining low body position



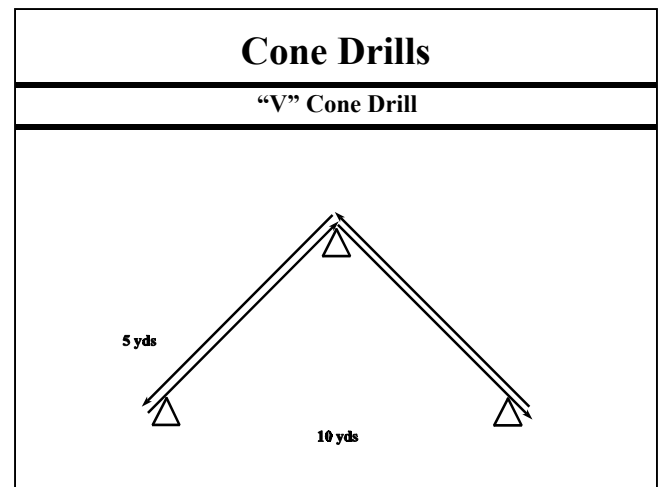
5-Cone Star Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle laterally to cone #2, perform drop step and shuffle to cone #3, and continue in the same manner through all four of the outside cones
3. Emphasis is placed on quick change of direction and maintaining low body position



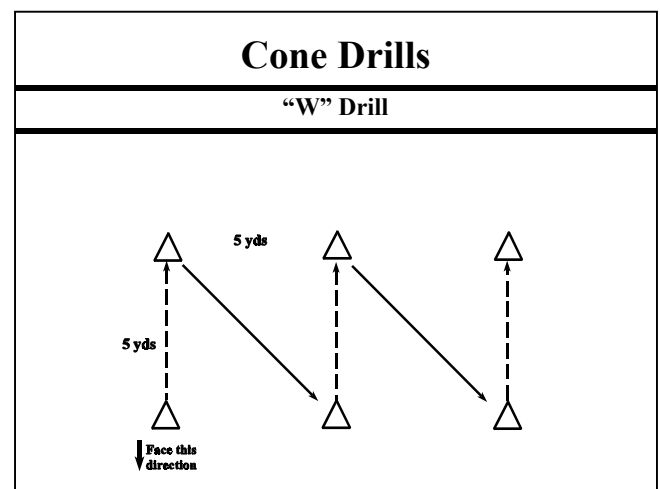
"V" Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint around cone #2 to cone #3, then back around cone #2 to cone #1
3. Emphasis is placed on quick change of direction and maintaining low body position



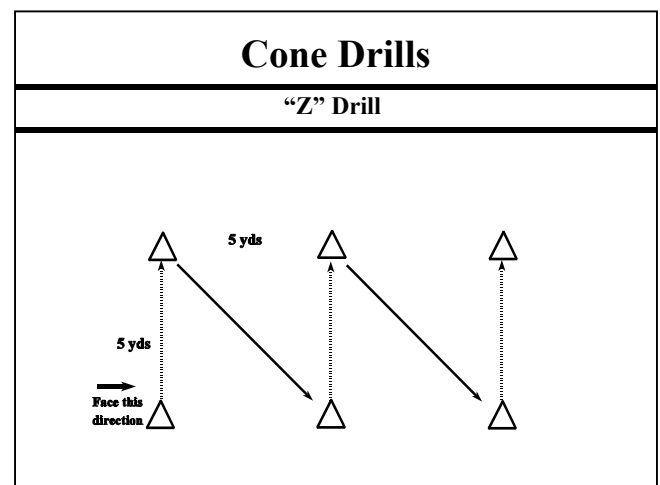
"W" Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, backpedal to cone #3, sprint to cone #4, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position and forward lean



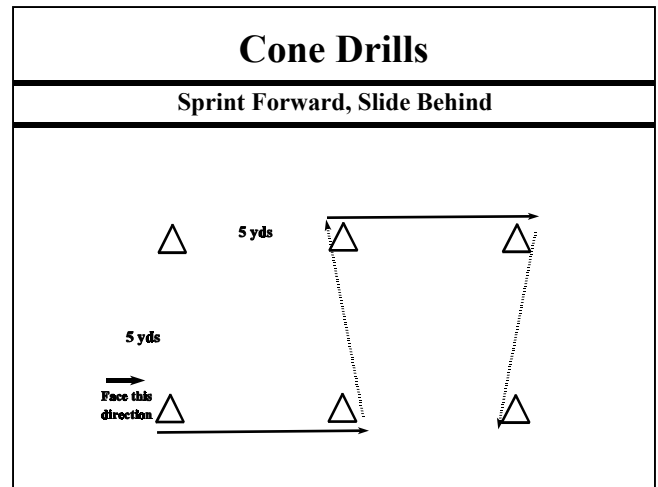
"Z" Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle slide to cone #2, use a drop step to change direction and slide to cone #3, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



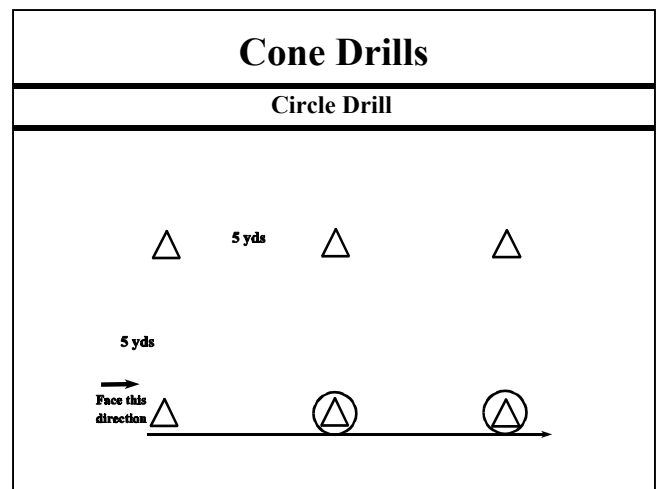
Sprint Forward, Slide Behind Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint past cone #2, then change direction and shuffle slide to cone #3, repeating this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



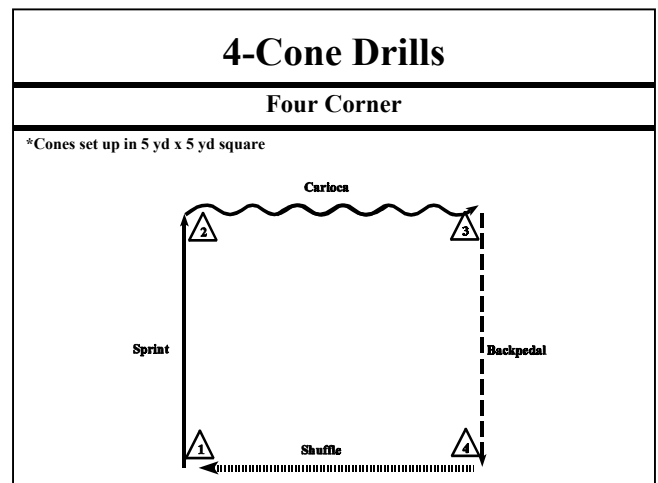
Circle Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2 and circle around it using quick, choppy steps, then repeat this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



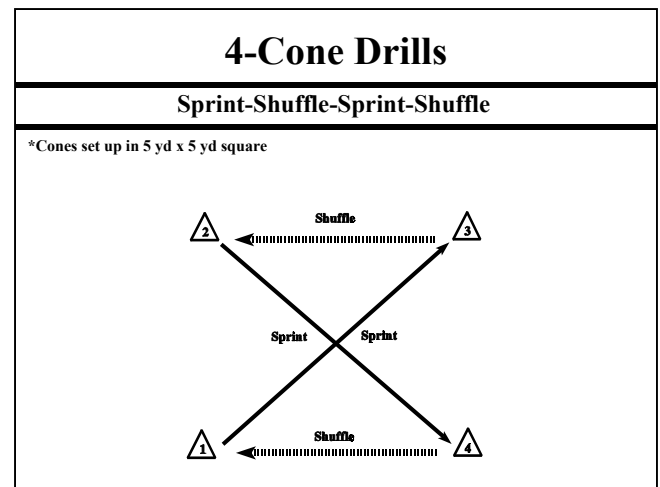
4-Cone Four Corner Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



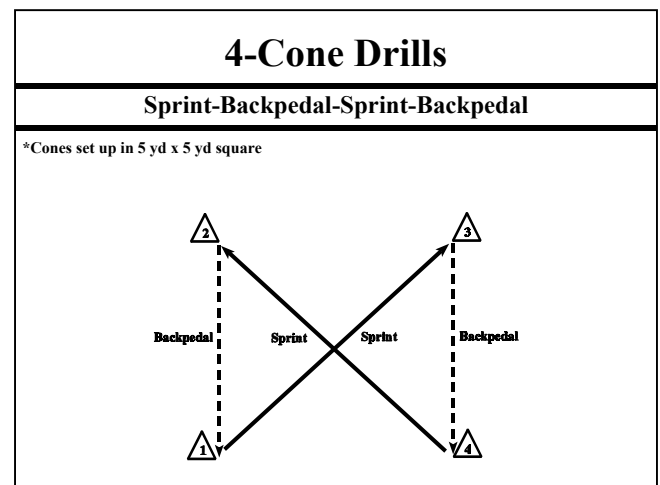
4-Cone Sprint-Shuffle Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, shuffle slide to cone #2, drop-step and sprint to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



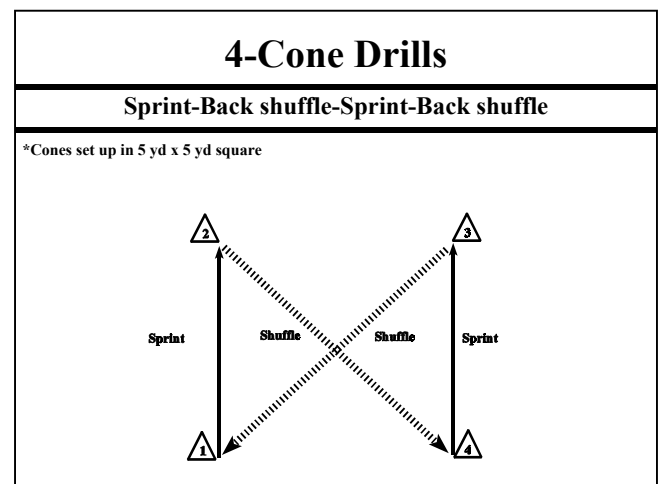
4-Cone Sprint-Backpedal Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, backpedal to cone #4, sprint to cone #2, and backpedal back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



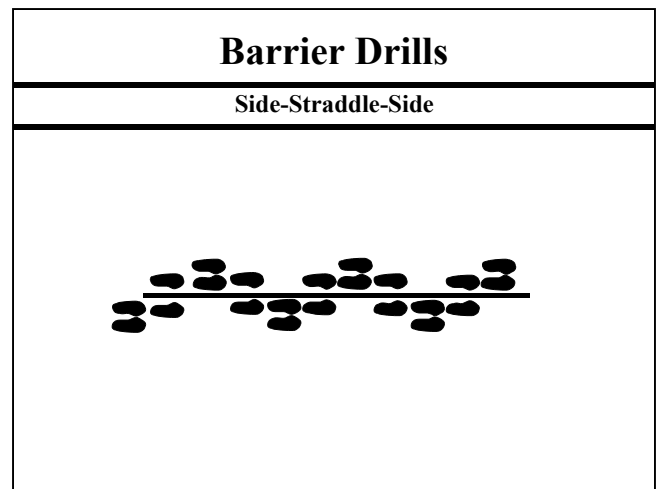
4-Cone Sprint-Back shuffle Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, back shuffle to cone #4, sprint to cone #3, and back shuffle back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



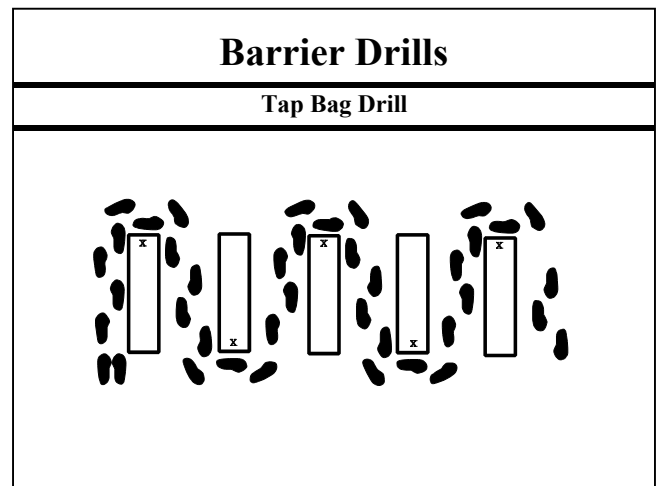
Side-Straddle-Side

1. A row of barriers is set up end to end for a total distance of approximately 10 yards
2. Start with both feet on the right side of the barriers
3. While hopping in a forward direction, first straddle the barriers, then land with both feet on the left side of the barriers, straddle the barriers again and finally land with both feet on the right side of the barriers
4. Sequence is continued over all the barriers, maintaining rhythm, control and body balance



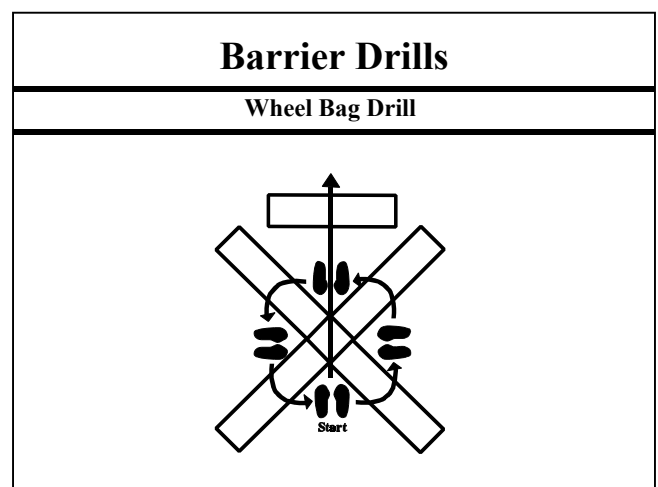
Tap Bag Drill

1. Six blocking bags or twelve cones are set up 3-4 yards apart as shown
2. Sprint through the series of barriers, placing the inside hand at the edge of the barrier while changing direction
3. Emphasis is placed on quick change of direction and maintaining low body position



Wheel Bag Drill

1. Four blocking bags are set up at 90° to each other with a fifth bag two yards away as shown
 2. Start with hands in the middle of the bags and perform a shuffle step around the wheel
 3. When both feet reach the starting point, reverse directions around the wheel
 4. When you reach the starting point again, sprint over the intersection of the bags and finally over the fifth bag
 5. Finish timing when athlete steps over last bag.
- Agility Drills



Dot Drill Series

Paint dots on the floor or put tape marks down as shown (24 in. wide by 24 in. high for women; 24 in. wide by 36 in. high for men). Begin each drill in the power position. Exercises should be quick and last no more than 30 seconds.

1. **Scissors Drill**

- a. Begin with both feet on bottom of square; left foot on 1, right foot on 2.
- b. Jump both feet to 3, then jump to 4-5(left to 4/right to 5).
- c. Repeat backwards, from feet on 4-5 jump to 3, then to 1-2.
- d. Repeat steps a-c as quickly as possible.

2. **Scissors & Pivot Drill**

- a-b. Same as Scissors Drill.
- c. Pivot with a jump, switching left foot from 4 to 5 and right foot from 5 to 4.
- d. Repeat steps a-c as quickly as possible.

9 **Four Corner Drill**

- a. Begin with both feet on 1.
- b. Jump in a counterclockwise direction keeping feet together; jump from 1 to 2 to 5 to 4.
- c. On coach or partner's command, change direction i.e., from 2 to 1 to 4 to 5.

4. **One Foot Four Corner**

- a. Same as "Four Corner" Drill except drill is executed on either the left or right foot only.
- b. Perform drill with each foot.

5. **Figure Eight Drill**

- a. Begin with both feet on 1.
- b. Jump from 1 to 2 to 3 to 4 to 5.
- c. Repeat as quickly as possible.

6. **One Foot Figure Eight**

- a. Same as "Figure Eight" Drill except drill is executed with one foot only.
- b. Perform drill with each foot.

7. **Command Jump Drill**

Begin with feet on 1-2 and respond to your partner's visual signals as follows:

- a. Both palms up facing toward player--feet on 1-2.
- b. Clap hands--jump to 3.
- c. Both palms on thighs--feet on 4-5.

*** For advanced drills try exercises while jumping rope.**

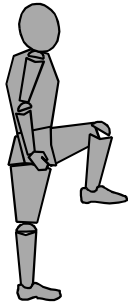
Hexagon Drill

1. Paint numbers on a floor or put tape down as shown
2. Jump to the first corner of the hexagon and back to the center, then proceed around each corner of the hexagon
3. The drill may be done for a specific number of trips around the hexagon or for total time (e.g., 30 sec).

Balance Drills

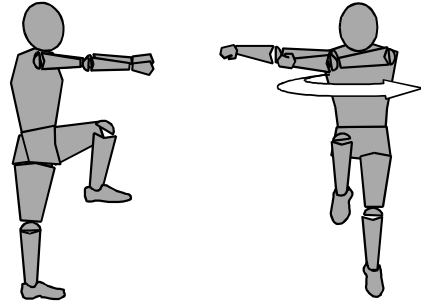
Balance Drills

Regular (Balance Position) / Eyes Closed



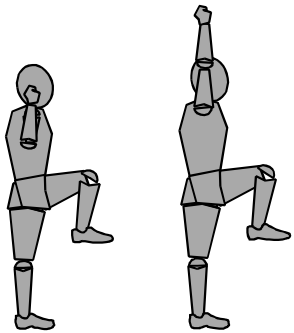
Balance Drills

Arms Side-to-Side



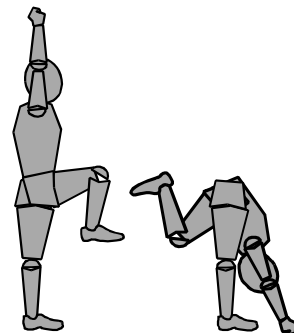
Balance Drills

Arms Overhead



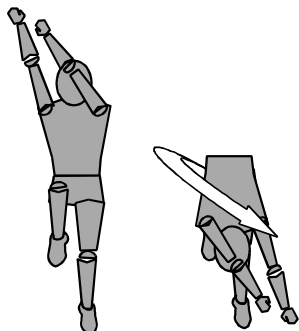
Balance Drills

Trunk Flexion/Extension



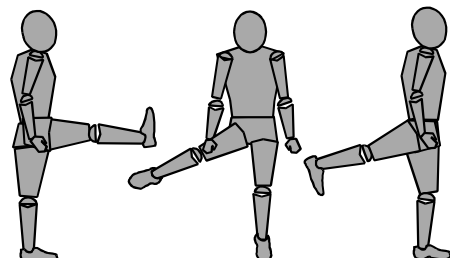
Balance Drills

PNF (Angular Trunk Flexion/Extension)



Balance Drills

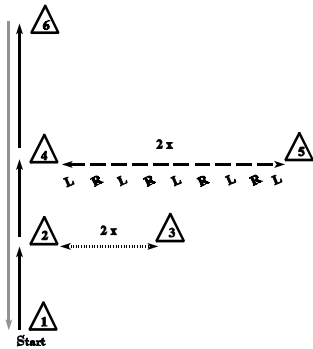
Leg Forward/Side/Back



Agility Drills

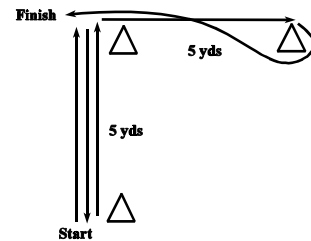
Cone Drills

Change of Pace Drill



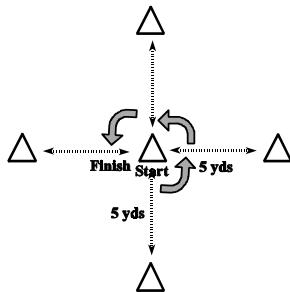
Cone Drills

3-Cone Drill



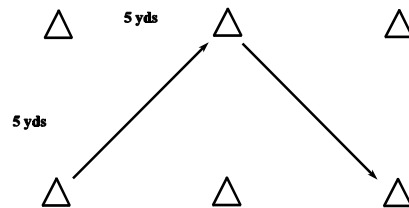
Cone Drills

5-Cone Star Drill



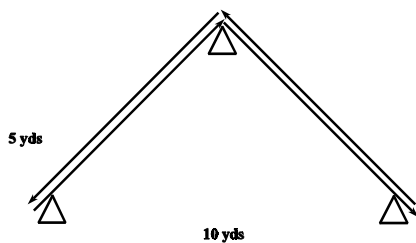
Cone Drills

Angle Cone Drill



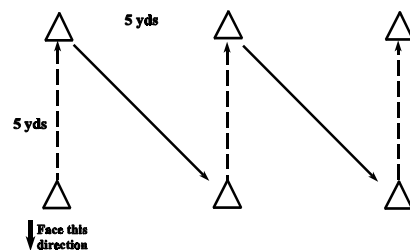
Cone Drills

"V" Cone Drill



Cone Drills

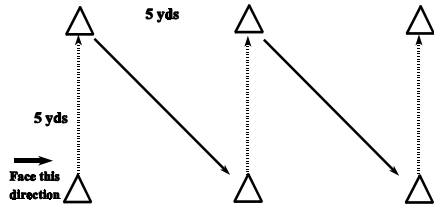
"W" Drill



Agility Drills

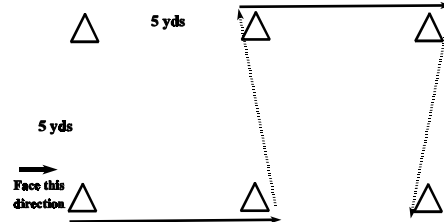
Cone Drills

"Z" Drill



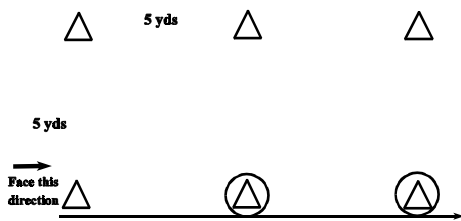
Cone Drills

Sprint Forward, Slide Behind



Cone Drills

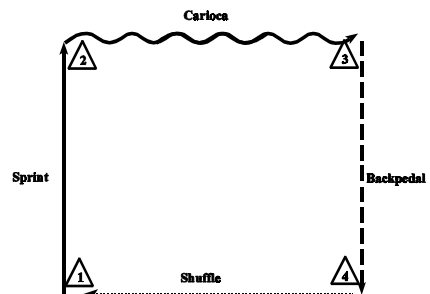
Circle Drill



4-Cone Drills

Four Corner

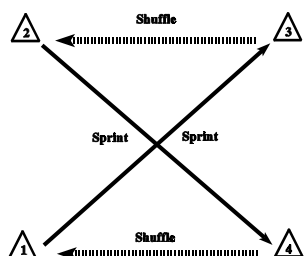
*Cones set up in 5 yd x 5 yd square



4-Cone Drills

Sprint-Shuffle-Sprint-Shuffle

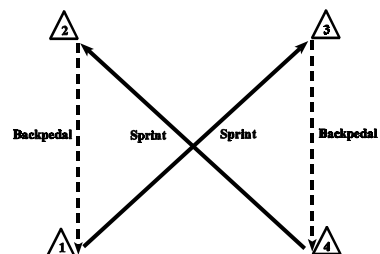
*Cones set up in 5 yd x 5 yd square



4-Cone Drills

Sprint-Backpedal-Sprint-Backpedal

*Cones set up in 5 yd x 5 yd square

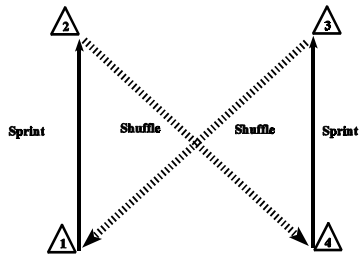


Agility Drills

4-Cone Drills

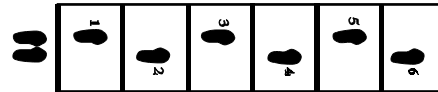
Sprint-Back shuffle-Sprint-Back shuffle

*Cones set up in 5 yd x 5 yd square



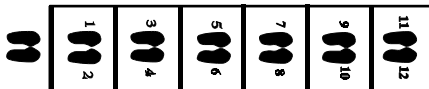
Ladder Drills

1-in-the-Hole Forward



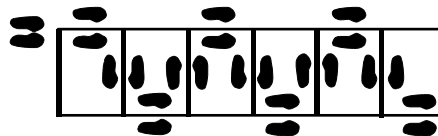
Ladder Drills

2-in-the-Hole Forward



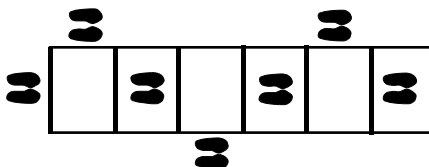
Ladder Drills

90° Turns



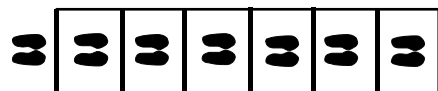
Ladder Drills

Slalom



Ladder Drills

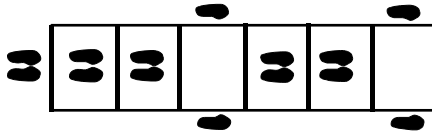
2-Foot Hops



Agility Drills

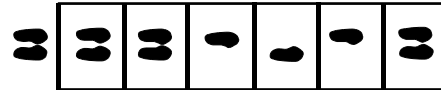
Ladder Drills

Hop Scotch



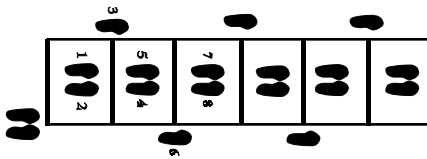
Ladder Drills

Hop Scotch - High Knees



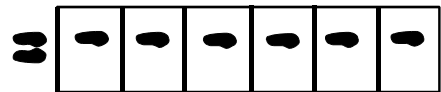
Ladder Drills

Ickey Shuffle



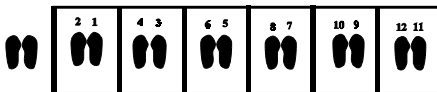
Ladder Drills

1-Foot Hops



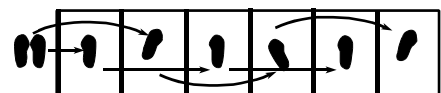
Ladder Drills

2-in-the-Hole Lateral



Ladder Drills

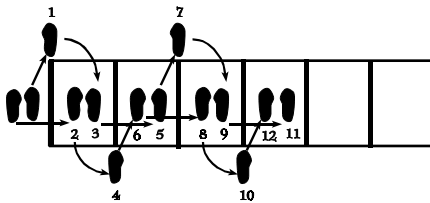
Carioca



Agility Drills

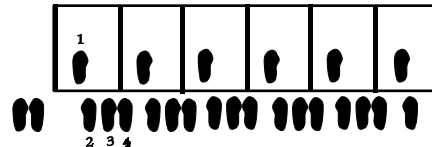
Ladder Drills

Front-Back Shuffle



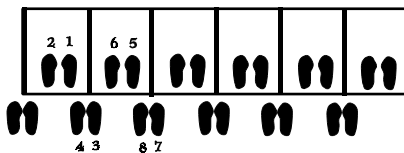
Ladder Drills

In-Out Shuffle (1-foot)



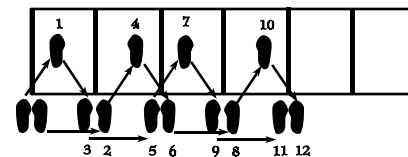
Ladder Drills

In-Out Shuffle (2-foot)



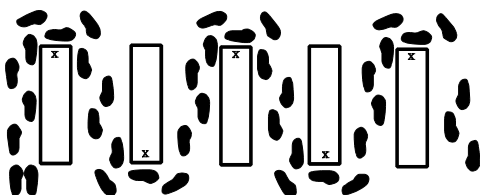
Ladder Drills

Agility Shuffle



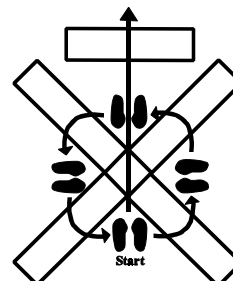
Barrier Drills

Tap Bag Drill



Barrier Drills

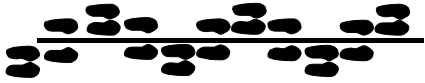
Wheel Bag Drill



Agility Drills

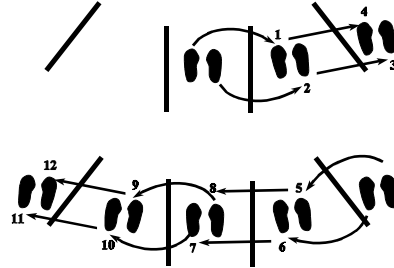
Barrier Drills

Side-Straddle-Side



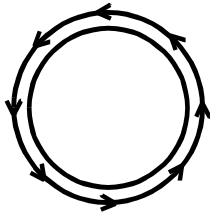
Barrier Drills

Crossover & Step



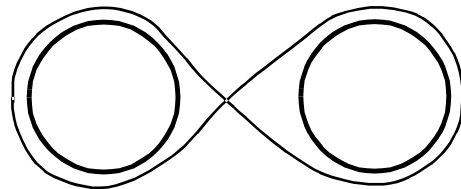
Hoop Drills

Circle Tag



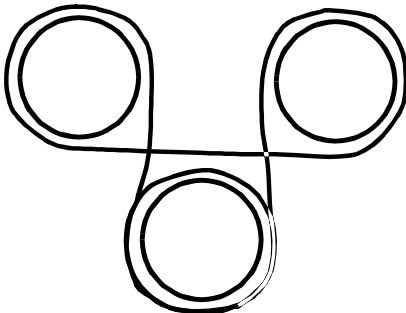
Hoop Drills

Figure 8



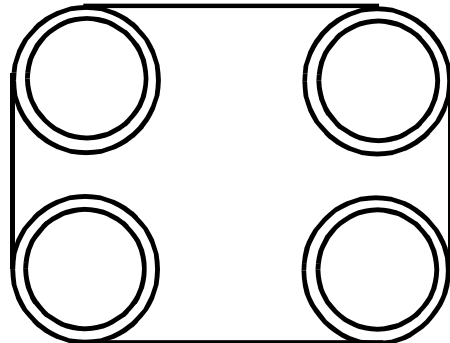
Hoop Drills

Double Figure 8



Hoop Drills

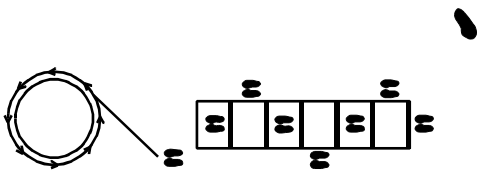
Four Corner



Agility Drills

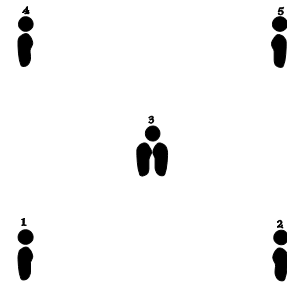
Combination Drills

e.g., Ladders and Hoops



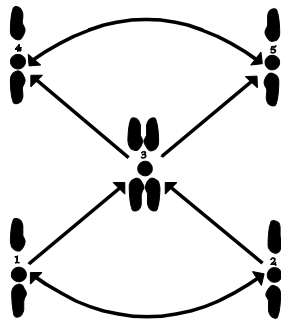
Dot Drills

Scissors



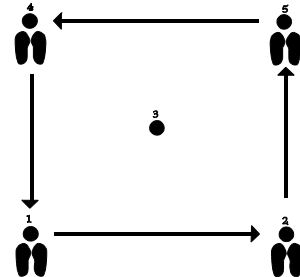
Dot Drills

Scissors with Pivot



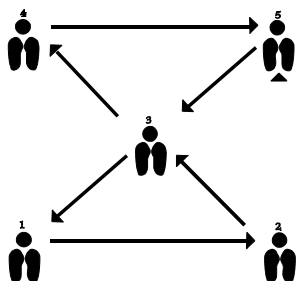
Dot Drills

Four Corner



Dot Drills

Figure Eight



Dot Drills

Hexagon

