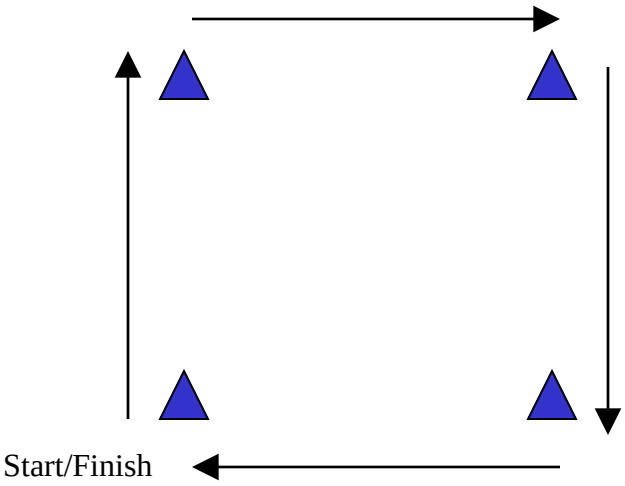
#1 4 Cone Drills (10 Yard Box)

1 Sprint, Sprint, Sprint, Sprint

A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

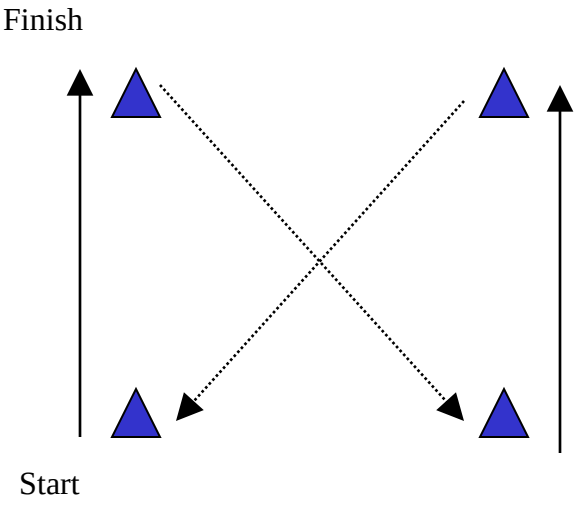
B. Can also begin drill standing sideways using a crossover step to simulate movements on the court



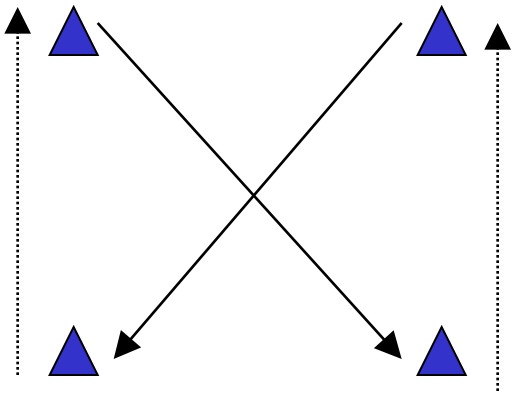
2 Sprint, Diagonal Backpedal, Sprint, Diagonal Backpedal, Sprint

A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court



3 Backpedal, Diagonal Sprint, Backpedal, Diagonal Sprint

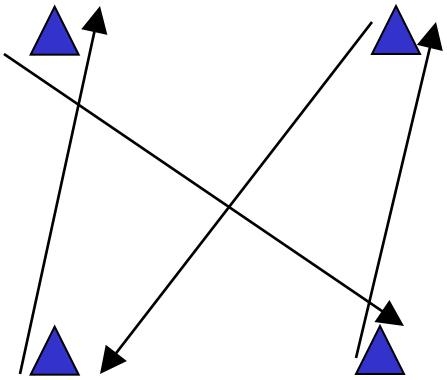


Start/Finish

4 Sprint around cone, Diagonal Sprint around cone, Sprint around cone, Diagonal Sprint around cone

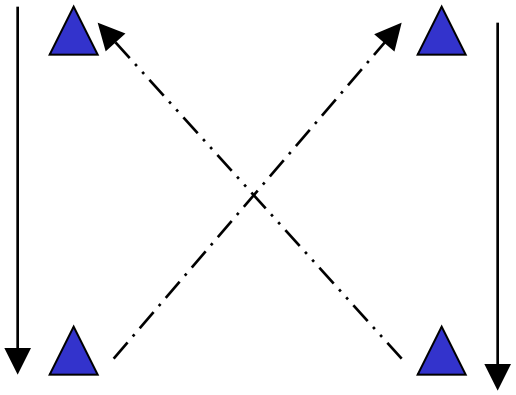
A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court



Start/Finish

5 Diagonal Shuffle, Sprint, Diagonal Shuffle, Sprint



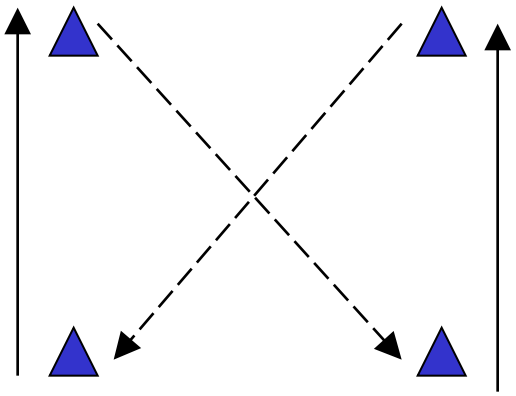
Start/Finish

6 Sprint, Carioca, Sprint, Carioca, Sprint

A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court

Finish



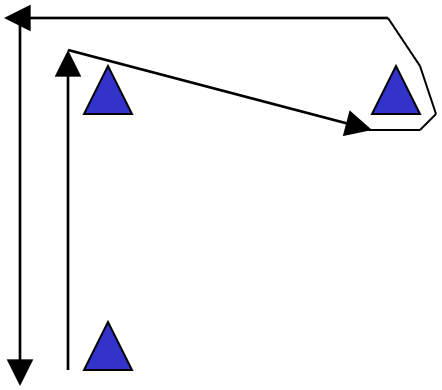
Start

3 Cone Drills (Cones Are 5 Yards Apart)

7 Pro-Agility

A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court

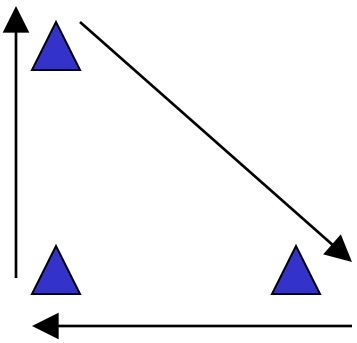


Start/Finish

8 Sprint, Sprint, Sprint

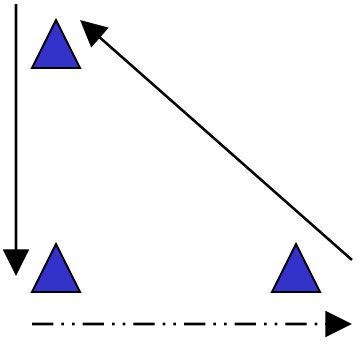
A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court



Start/Finish

9 Shuffle (Right), Sprint, Sprint

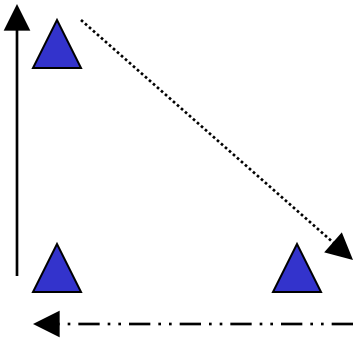


Start/Finish

10 Sprint, Backpedal, Shuffle

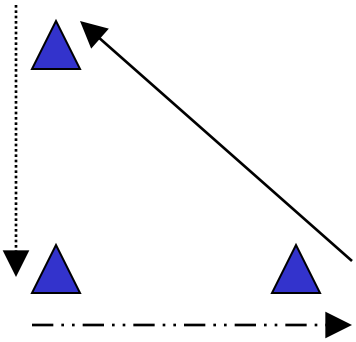
A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court



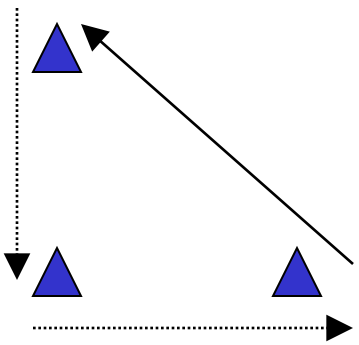
Start/Finish

11 Shuffle, Sprint Backpedal



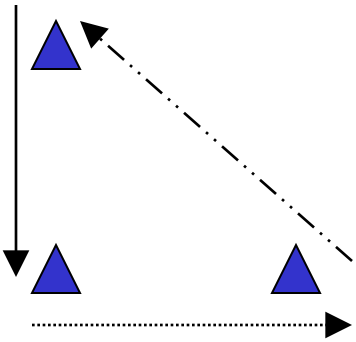
Start/Finish

12 Backpedal, Sprint, Backpedal



Start/Finish

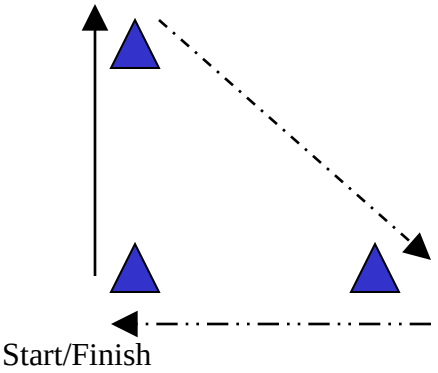
13 Backpedal, Shuffle, Sprint



14 Sprint, Crossover Run, Shuffle

A. Can also begin drill by facing backward and turning over one shoulder to simulate movements on the court

B. Can also begin drill standing sideways using a crossover step to simulate movements on the court

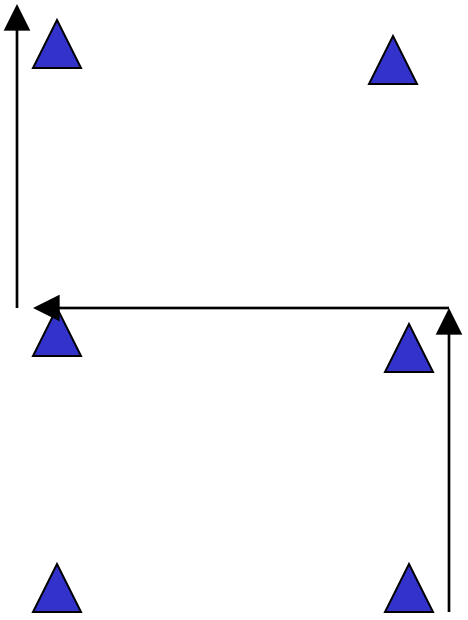


Ladder Runs (Cones Are 10 Yards Apart)

15 Sprint all the way through

- Start from both sides

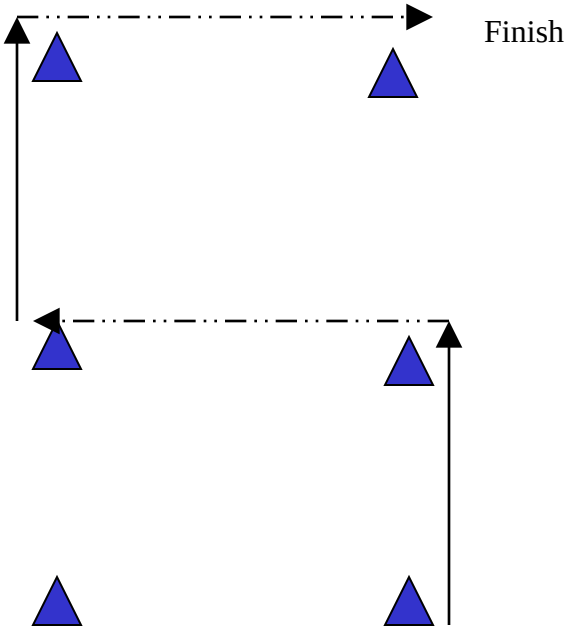
Finish



Start

16 Sprint, Shuffle, Sprint, Shuffle

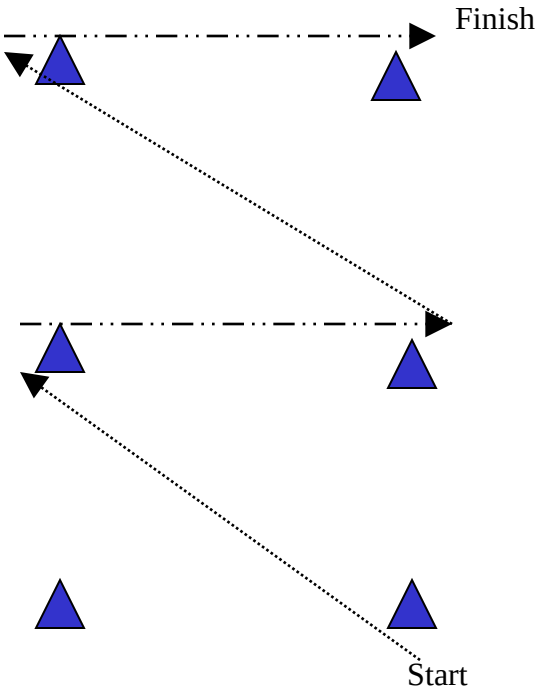
- Start from both sides



Start

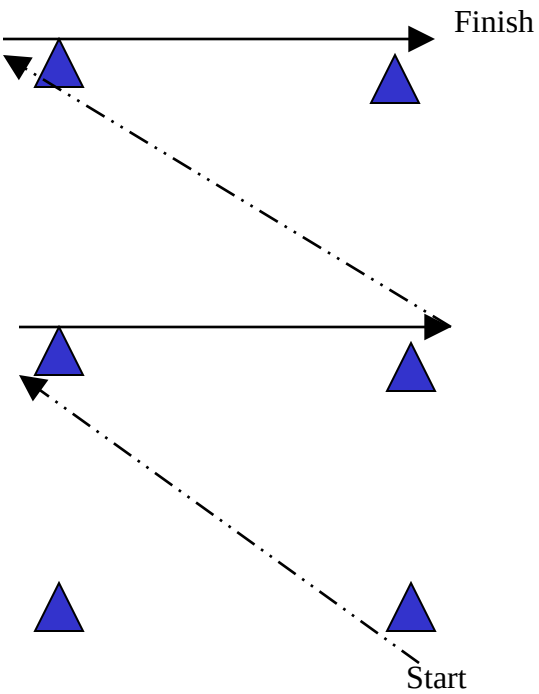
17 Diagonal Backpedal, Shuffle, Diagonal Backpedal, Shuffle

- Start from both sides



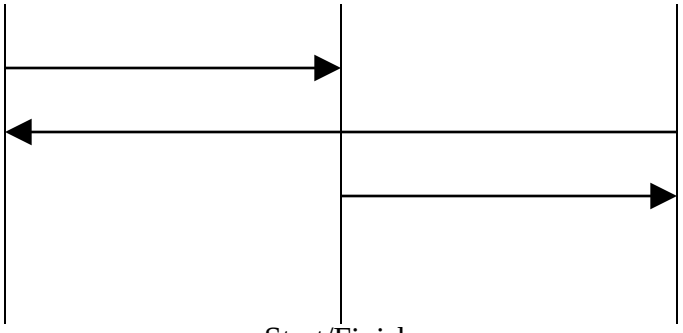
18 Shuffle, Sprint, Shuffle, Sprint

- Start from both sides



Short Shuttle (Cones at 0, 5, 10 Yards)

Mark off 10 yards, with cones at 0, 5, and 10 yards

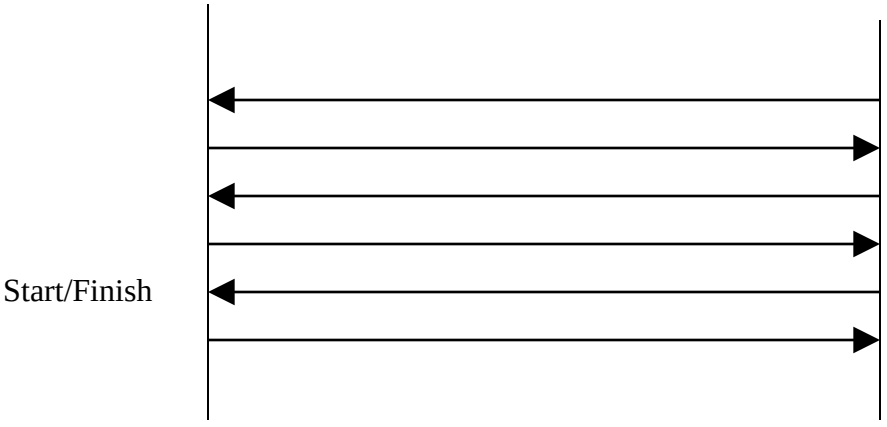


1 Straddle the middle line with feet hip-shoulder width apart and a lowered center of gravity. Turn and sprint to the right 5 yards, touch the line with your right foot, turn back and sprint 10 yards, touch the line with your left foot, turn and sprint back through the middle line. Alternate the direction in which you start

2 Straddle the middle line 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. Alternate the direction in which you start.

4 Straddle the middle line 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, shuffle back through the middle line. Alternate the direction in which you start.

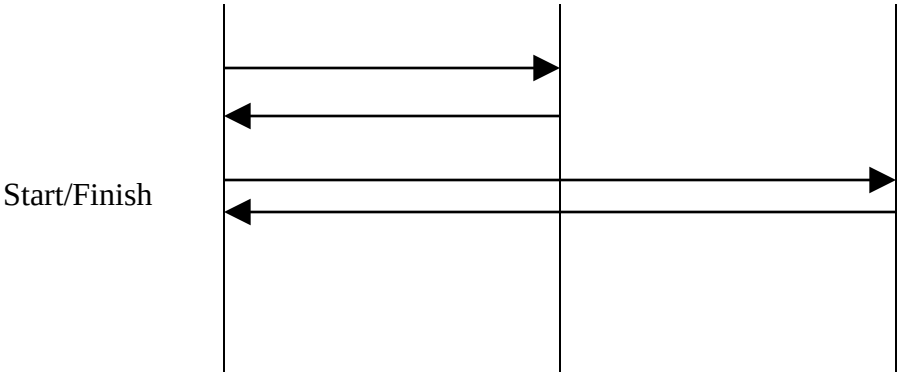
Colgate Agility (Cones Are 10 Yards Apart)



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

Short Suicide (Cones At 0, 5, 10 Yards)

Mark off 10 yards, with cones at 0, 5, and 10 yards

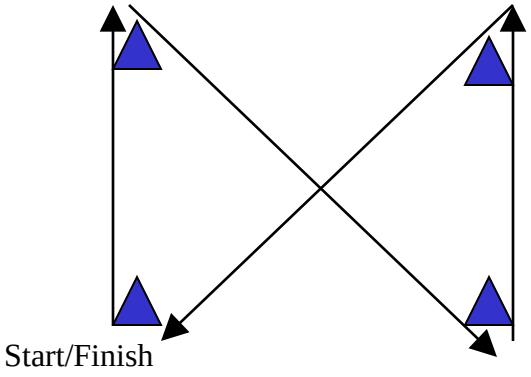


1 Start on the end line in a staggered stance and a lowered center of gravity. Sprint to the 5 yard line, touch the line with your right foot and sprint back to the end line touching with your left foot, turn and sprint to the 10 yard line, touch the line with your right foot, turn back and sprint 10 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 you practice turning over both shoulders.

2 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 to the start/finish line.

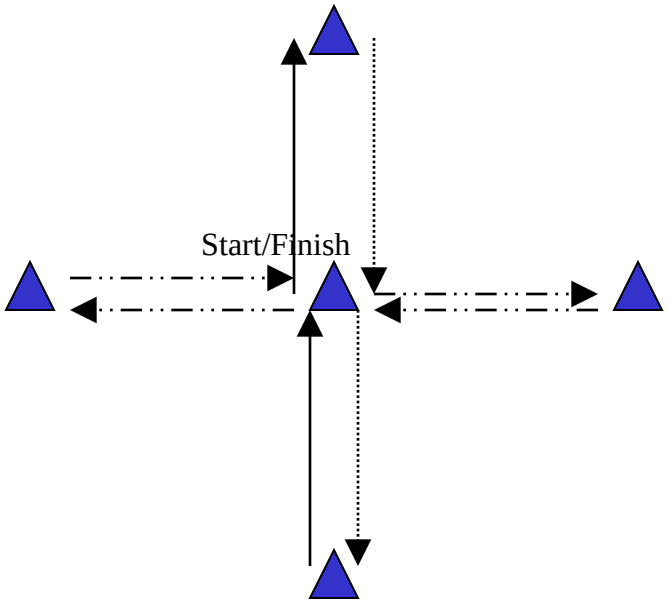
X Drill (10 Yard Box)

1) Sprint, Sprint, Sprint, Sprint



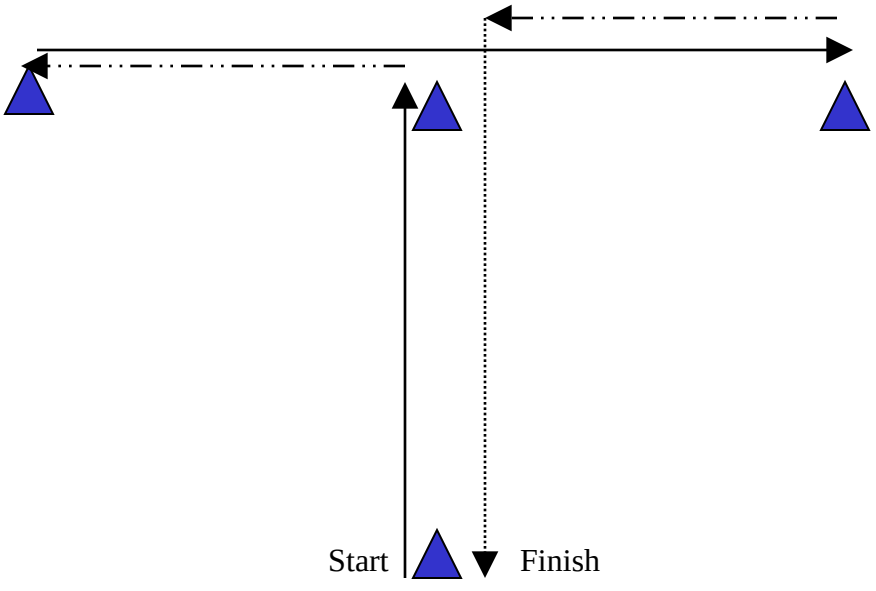
Clockwork Drill

Set up cones 5 yards out from a middle cone at 12, 3, 6, and 9 positions of a clock



Sprint up to 12 and backpedal back to center, Shuffle out to 3 and back, Backpedal back to 6 and sprint back to center, Shuffle out to 9 and back

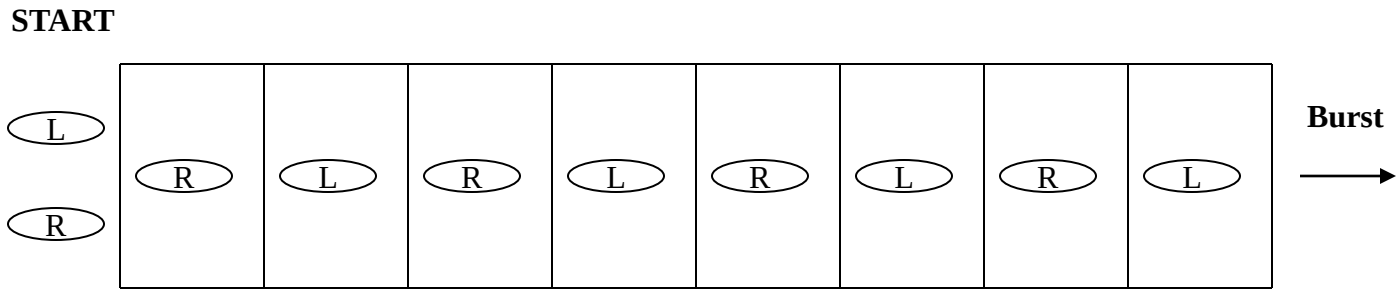
T Drill (Cones are 10 yards apart)



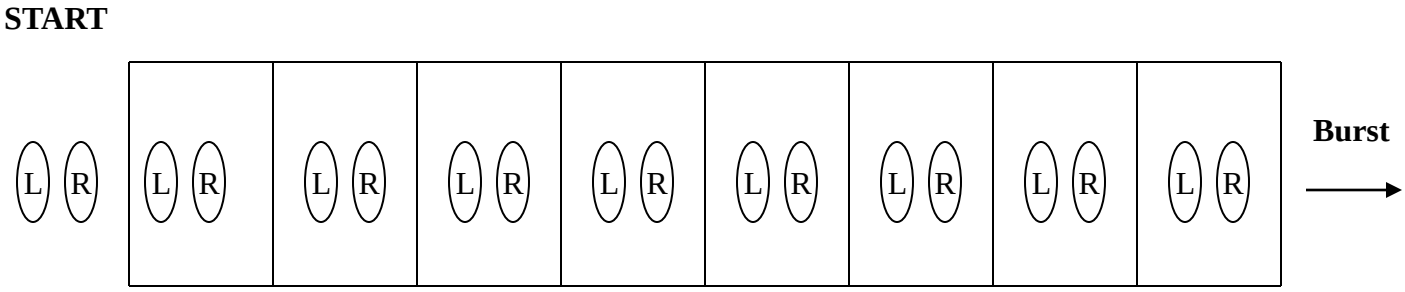
Sprint, Shuffle, Sprint, Shuffle, Backpedal
- Start from both sides

Agility Ladder Drills

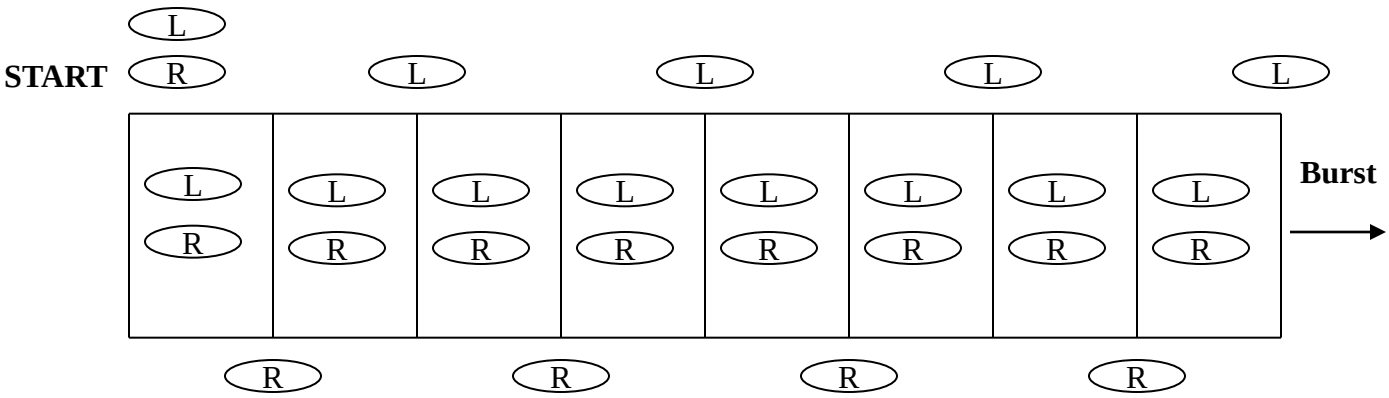
HIGH KNEES



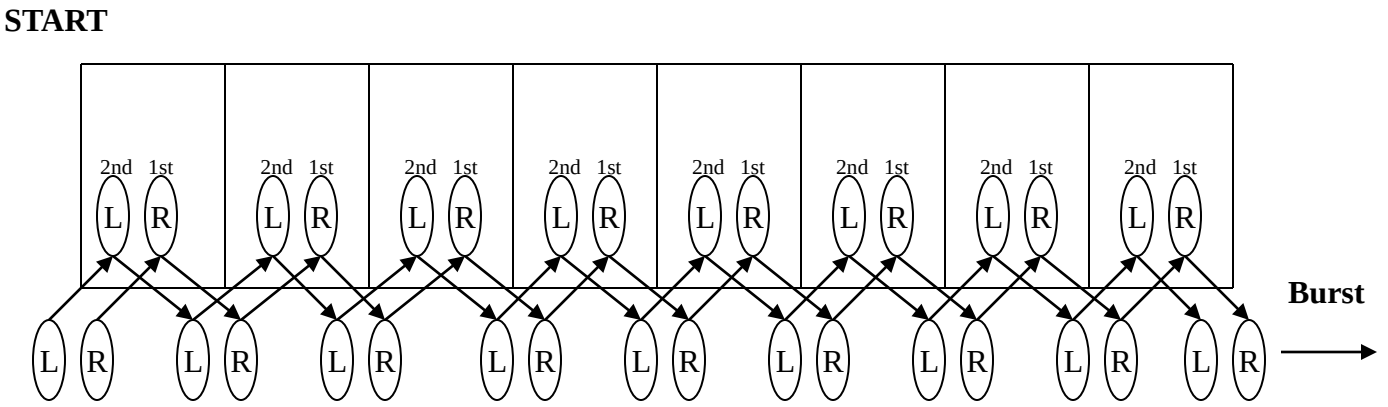
LATERAL SHUFFLE



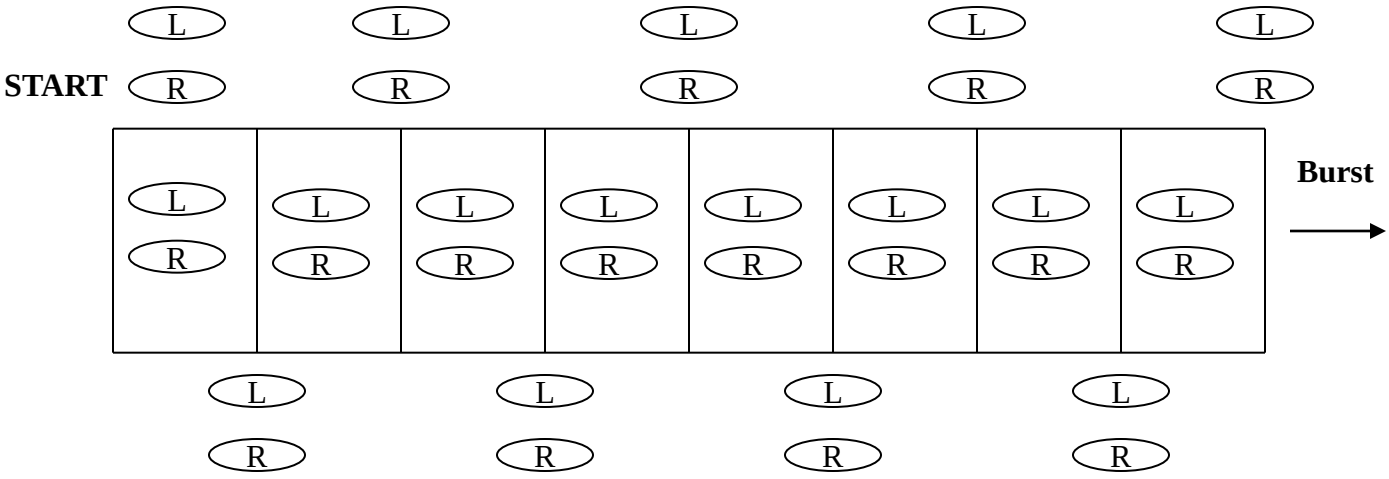
ICKY SHUFFLE



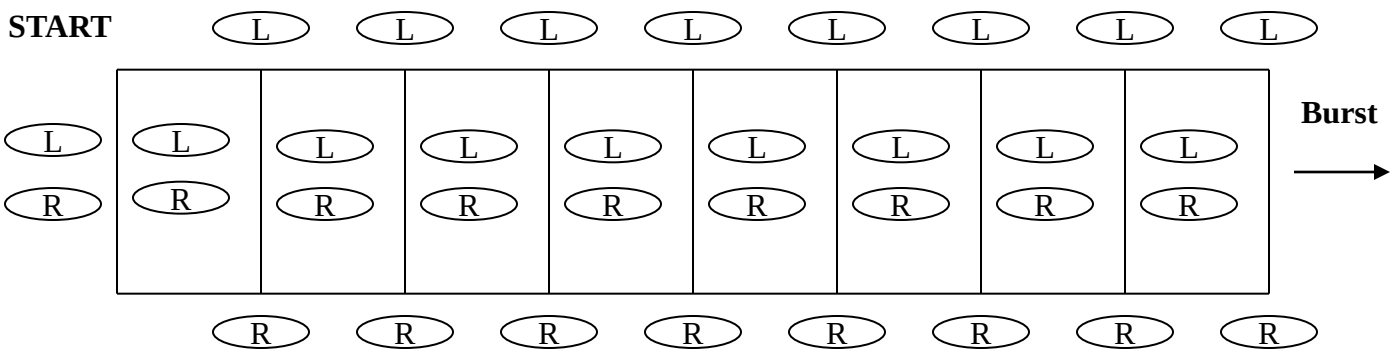
SCISSORS



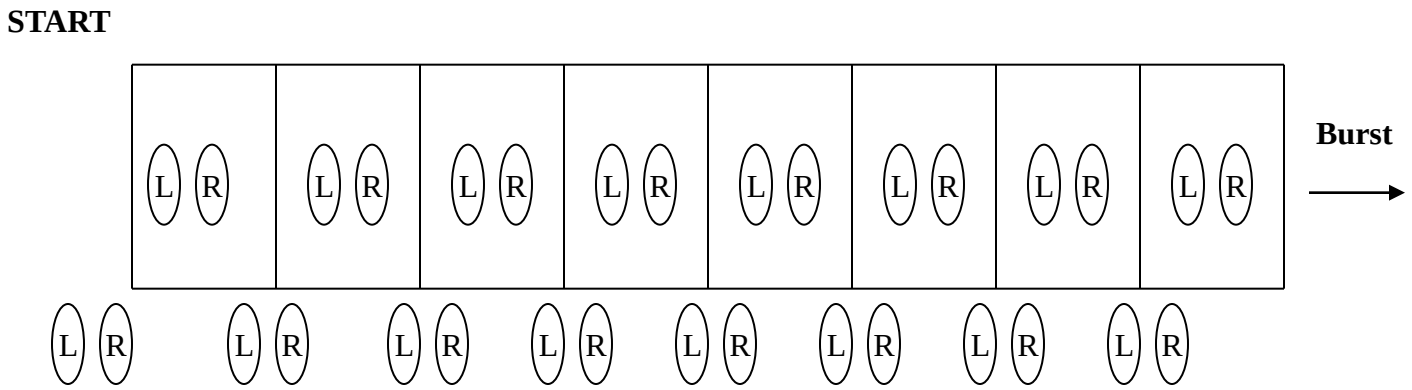
TWO IN/TWO OUT



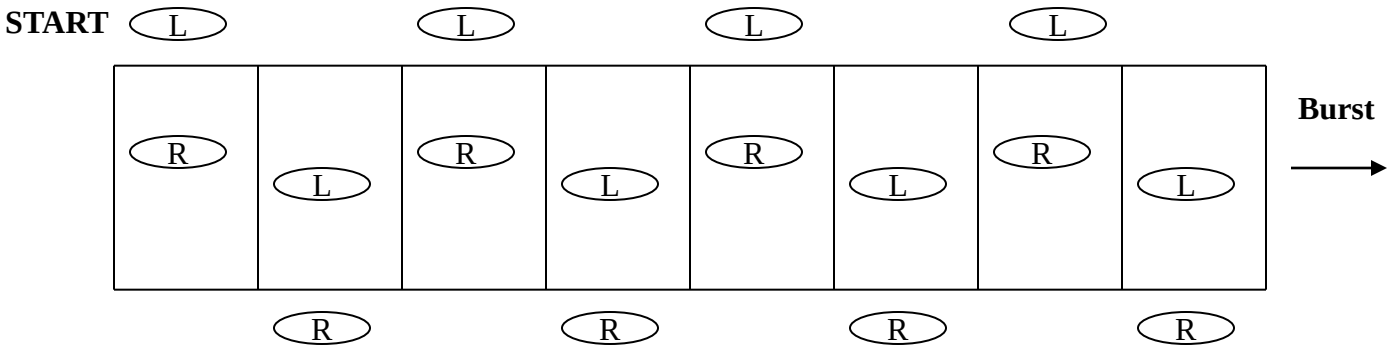
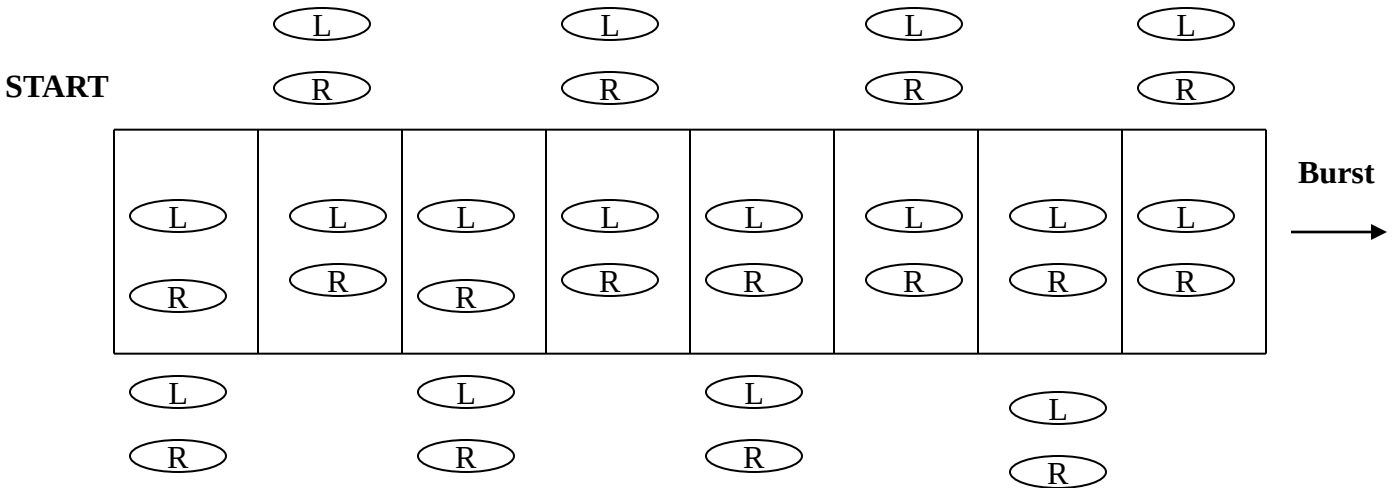
HOUR GLASS



LATERAL TWO IN TWO OUT



SLALOMS



TRIPLE STEP