

Station 1

Agility drills

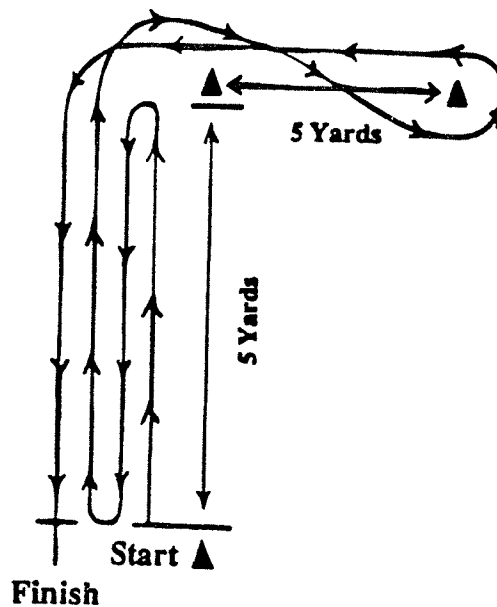
Objectives: To increase the speed and agility of the player in a specific and chaotic manner

Sets & reps: 2-3 times in each direction (timed runs)

Exercise:

1. 3 Cone Agility drill

At the players movement, the clock is started. player is to complete the agility drill in the fast /quickest manner. (see diagram) Each player has 2-3 runs to each side.



3 Cone Agility Drill

Station 2

Agility drills

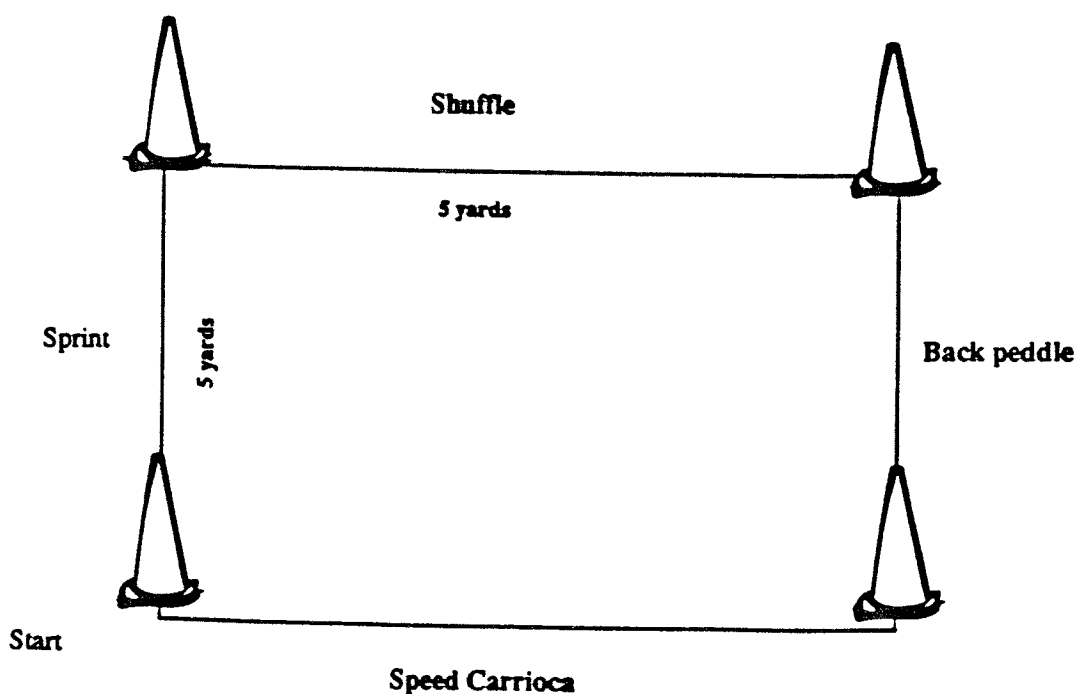
Objectives: To increase the speed and agility of the player in a specific and chaotic manner

Sets & reps: 2-3 times in each direction

Exercise:

1. 4 Cone Agility drill

Start at the right side, player sprints to the first cone, breaks down and shuffles to his right to the next cone, at the next cone he is to change his direction and back peddle to the next cone. Once he passes the next cone he is to break down and speed carrioca to the starting point. After the completion of 2-3 reps change the direction and now start on the left side.



Station 4

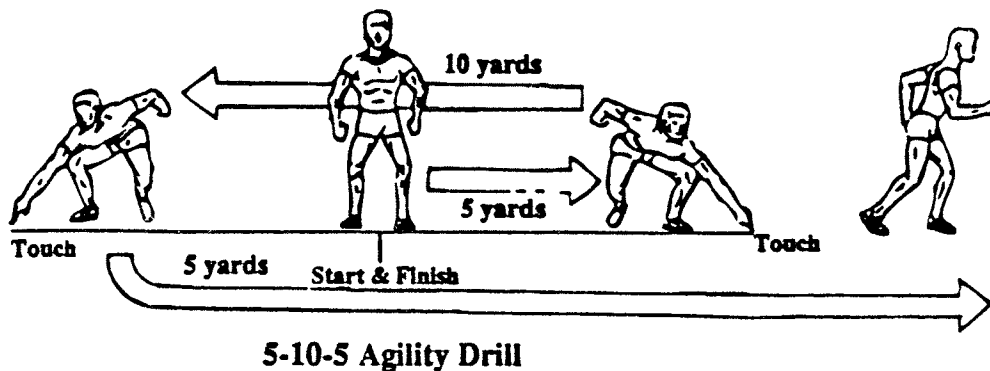
Agility drills

Objectives: To increase the speed and agility of the player in a specific manner (lateral quickness)

Sets & reps: 2 times in each direction (timed runs)

Exercise:

1. 5-10-5 Lateral drill This drill is also known as the pro-agility drill. Player straddles the line with his body, on his movement the clock starts. He sprints to the right for 5 yards, touches the line with his hand, then changes direction and sprints for 10 yards to his left, again touches the line, then sprint 5 yards past his original starting spot.(clock stops) Repeat twice and to both sides



Station 5

3 Cone "V" pattern

Objectives: To increase both front and lateral quickness

Sets & reps: 2 -3 x 3 each direction

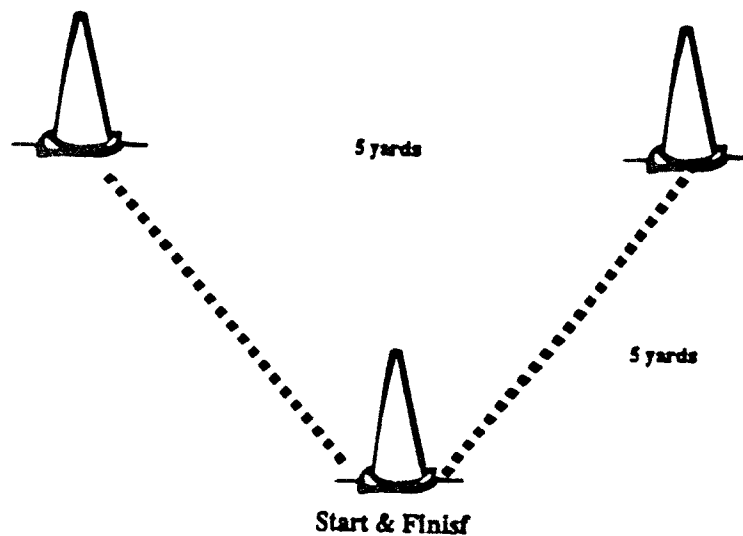
Exercise:

1. 3 Cone "V"

From the middle cone. Sprint to the right cone touch it and return to the start. Touch that cone and then sprint to the left cone and touch it. Return to the start and repeat the steps until the player has completed three full trips.

2. 3 Cone "V"

Repeat the drill but in a lateral slide manner.



3 Cone "V" Drill

Station 6

5 Cone drill - Star drill

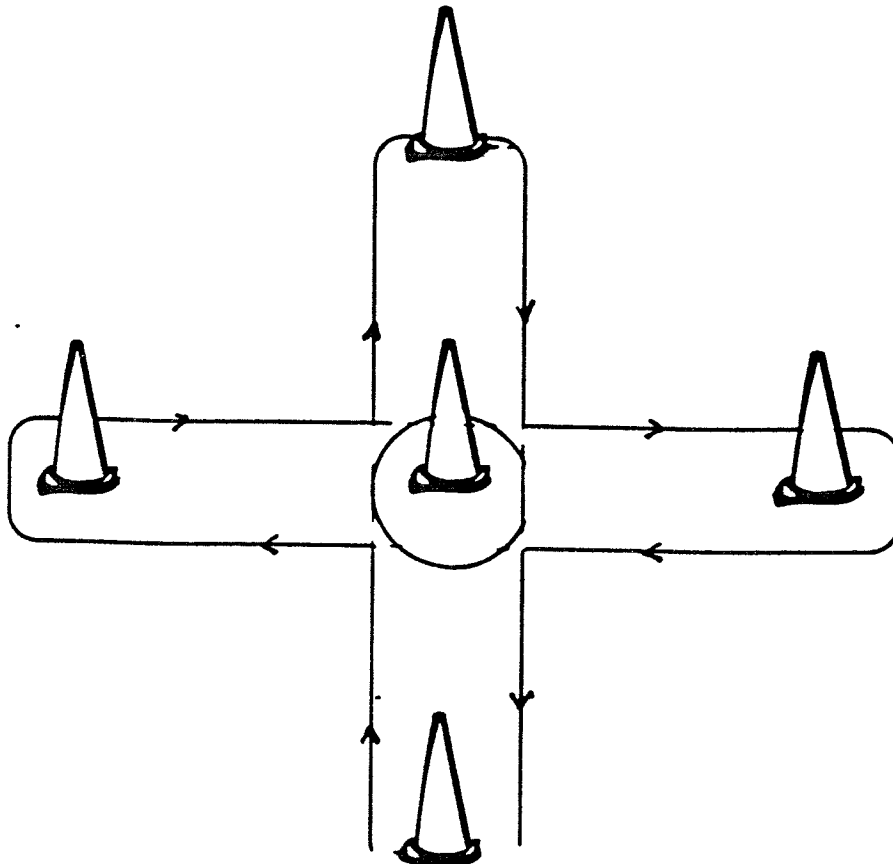
Objectives: To increase the players change of direction, body control and agility.

Sets & reps: 3 - 4 reps

Exercise:

1. 5 Cone star drill

Start by either making a right or left turns (be sure to do both) Example: to make a right turns start on the left side of the first cone and sprint to the middle cone turning right, then to the outside cone going around the outside, make a right hand turn back to the middle cone, make another right turn and around up to the top and back to the middle, make another right turn going to the outside, go around and back to the middle, then sprint to the finish. Be sure you perform this drill both ways.



5 Cone Star Drill