

AGILITY AND FOOTWORK TO BE COMPLETED 3X A WEEK

1

JUMPROPE PROGRAM

*A wooden court is the ideal surface for jumping rope

*Always remain on the balls of the feet with a slight bend in knees

AGILITY/FOOTWORK:	FOOT SPEED/ENDURANCE
All drills done for :15 with :30 recovery	continuous jumping-start at 5:00 and add 1:00 each workout
Both feet	
Side/Side(2 feet) complete 3x	:30 sprints-sprint for :30 with :30 recovery. Start with 8 sprints and add sprint each workout
Side/side(1 foot)	
Front/Back(2 feet)	:10 sprints-Sprint for :10 with :10 rest . Start with 10 sprints and add 1 sprints each workout
Front/Back(1 foot)	

2

SPEED LADDER
*use grass or turf surface if can/court if have to
Pick 10 patterns and repeat down ladder and back

3

T DRILL	10yd	
	shuffle	
complete 3x each side	5yd	shuffle(block jump)
beat time	backpeddle	sprint
	finish	start

direction: begin drill at start, sprint 10yds, shuffle 5 yds to right, complete one block jump, shuffle all the way across 10 yds to opposite cone, complete one block jump, shuffle back to middle, backpeddle on opposite side though finish point