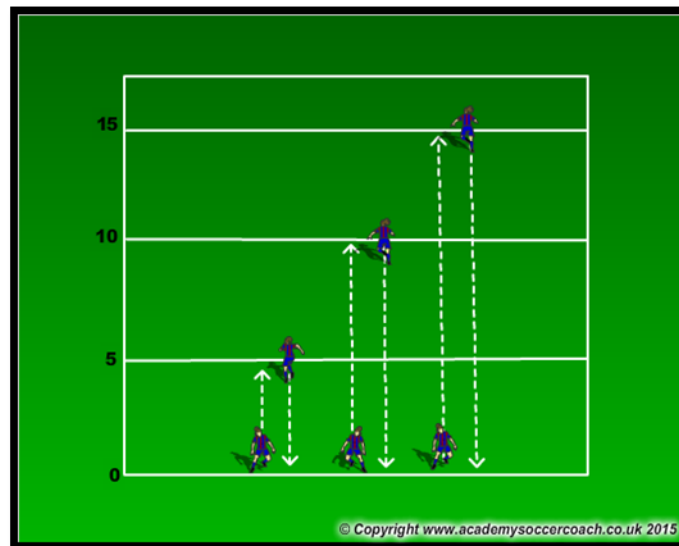


INDEX: Speed & Agility Drills
Exercise Objective, Set-Up, Procedure, and Coaching Points

Backpedal Ladder

- **Objective:** Improve coordination, balance, acceleration, and deceleration when changing directions
- **Set – Up:**
 1. 15 yds long
 2. Cones at 0 yd, 5 yds, 10 yds, 15 yds
- **Procedure:**
 1. Backpedal to first line and touch with either foot
 2. Turn and backpedal to starting cone and touch with hands
 3. Repeat steps for distances:
 - A. 5-10-5 yds
 - B. 10-5-10 yds
 - C. 5-5-5 yds
 - D. 5-10-15 yds
 - E. 15-10-5 yds
- **Coaching Points:**
 1. Stay low when backpedaling
 2. Avoid using more than one step to change direction



Bag Jumps

- **Objective:** Develop explosive power and acceleration
- **Set – Up:**
 1. Series of 24in (height) bags laid out in a line with 24in. between them
- **Procedure:**
 1. Jump over first bag, bringing knees in toward chest
 2. Drive both arms upward as you explode off the ground to reach optimal height
 3. Upon landing, immediately drive upward over the next bag
 4. Sprint 5 yds after clearing the last bag
- **Coaching Points:**
 1. Minimize latent period by quickly exploding to next bag
 2. Avoid taking additional steps in between bags
 3. Feet are brought over the bags and not around the sides

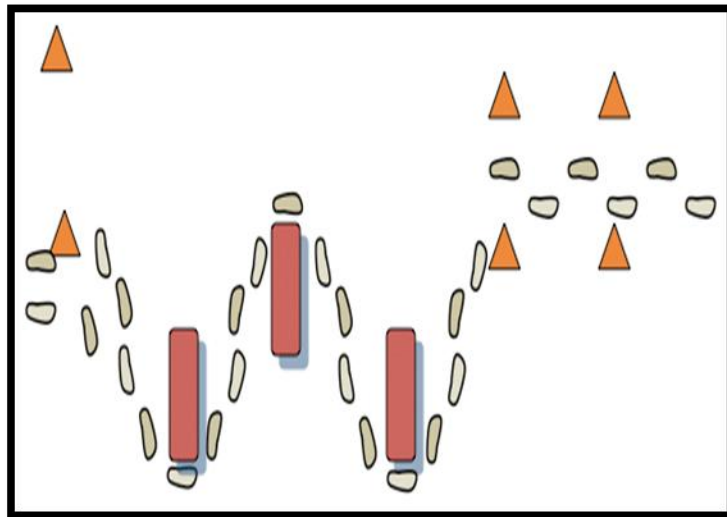


Bag Routine (3)

- **Objective:** develop range of motion of hips, knees, and ankles;
Coordination and balance when accelerating, decelerating and changing direction
- **Set – Up:**
 1. 3 bags placed 5 yards apart in a staggered line
 2. Starting line cone 5 yds from 1st bag
 3. End gates 5 yds from last bag

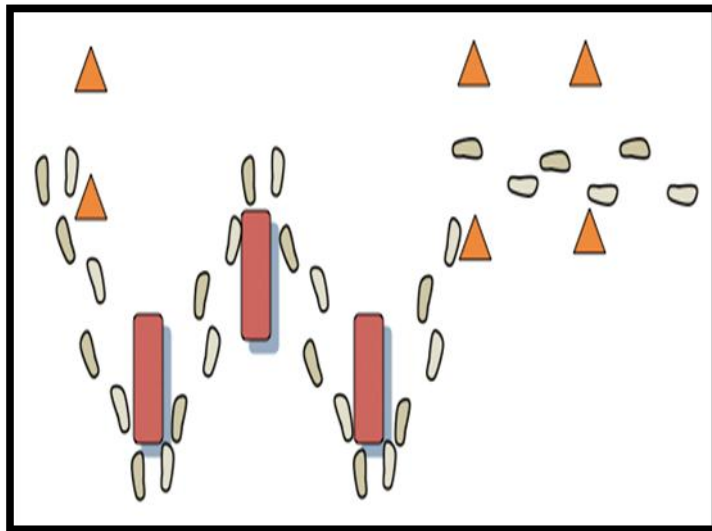
(1) Change of Direction

- **Procedure:**
 1. From starting cone, run forward to far side of bag
 2. Plant with outside foot and run forward to far side of the next bag
 3. Continue weaving pattern through rest of bags
 4. Finish the drill by sprinting 5 yds through end gates
- **Coaching Points:**
 1. Drive knees up
 2. Drive arms opposite to direction of legs
 3. Keep slight forward lean through drill
 4. Only one step around each bag



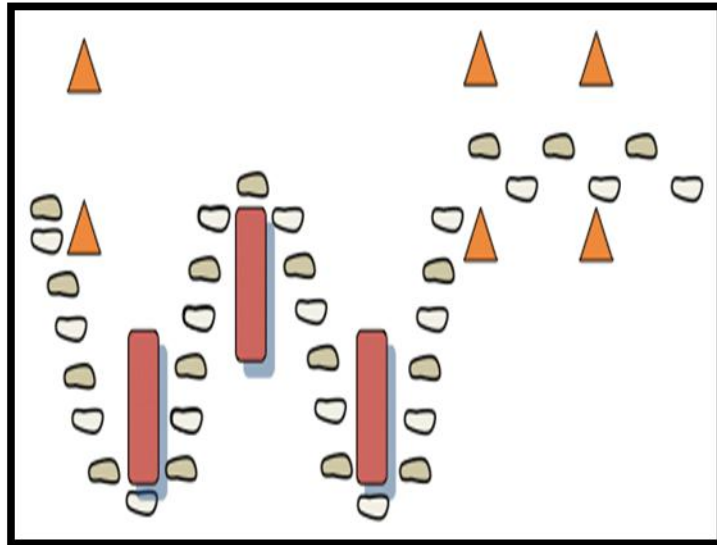
(2) Forward & backpedal

- **Procedure:**
 1. From starting cone, backpedal to far end of first bag
 2. Go into a forward sprint to the far end of the next bag
 3. Continue pattern through rest of bags
 4. Finish the drill by sprinting 5 yds through end gates
- **Coaching Points:**
 1. Stay low through drill
 2. Keep weight on balls of feet for backpedaling
 3. Avoid looking back for bags
 4. Only one step around each bag



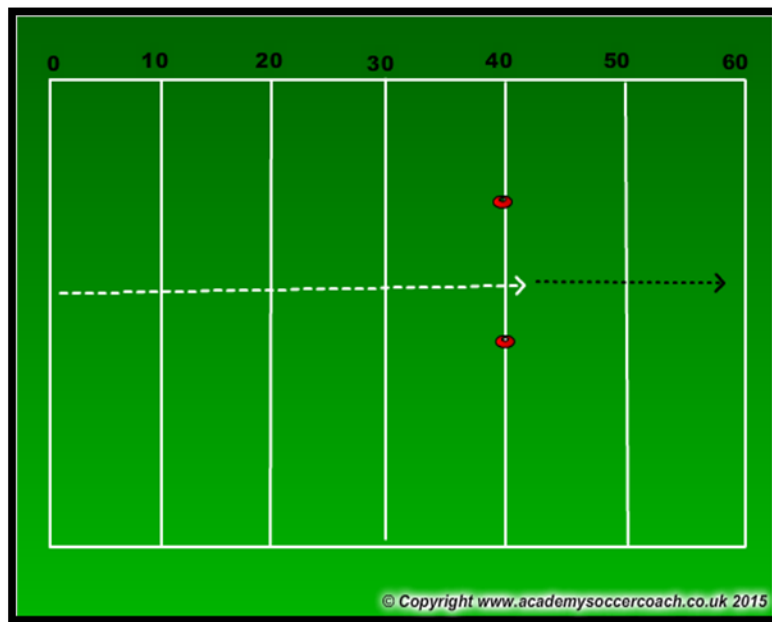
(3) Shuffle

- **Procedure:**
 1. From starting cone, shuffle diagonally to far side of bag
 2. Plant with outside foot and explode diagonally to far side of the next bag
 3. Continue weaving pattern through rest of bags
 4. Finish the drill by sprinting 5 yds through end gates
- **Coaching Points:**
 1. Stay low through drill
 2. Avoid cross-over step
 3. Only one step around each bag



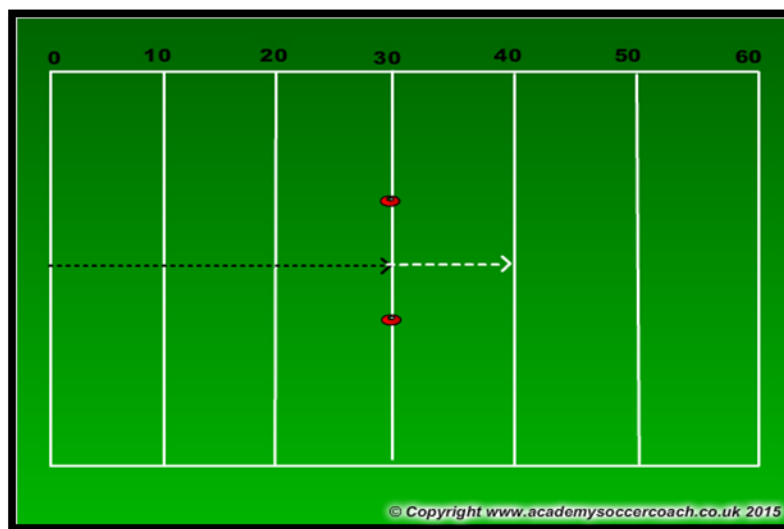
Build-Ups

- **Objective:** develop proper stride length and stride frequency
- **Set – Up:**
 1. 60 yds long total
 2. Cones (finish line) at 40 yds
- **Procedure:**
 1. Start by jogging from start line
 2. Build-up speed so that max speed is attained by 40 yards
 3. Gradually slow pace over last 20 yds
- **Coaching Points:**
 1. Avoid running at max speed after 40 yd finish line
 2. Proper sprinting technique



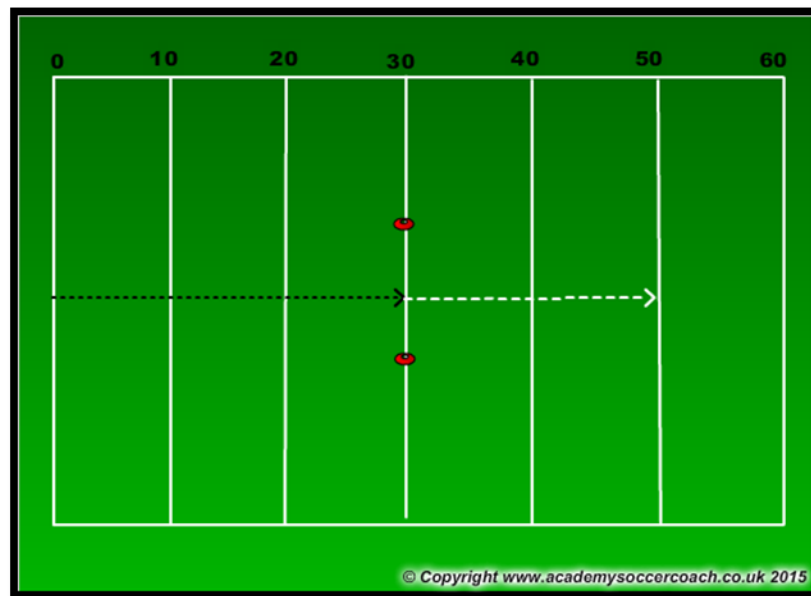
Flying 10s

- **Objective:** develop proper stride length and stride frequency
- **Set – Up:**
 1. 60 yds long total
 2. Cones at 30 yd marker
- **Procedure:**
 1. Start by jogging half speed
 2. Build-up speed so that max speed is attained by 30 yds
 3. Continue sprint at maximum velocity for 10 yds
 4. Gradually decelerate for last 20 yds
- **Coaching Points:**
 1. Maximal sprint for entire 10 yds
 2. Proper sprinting technique



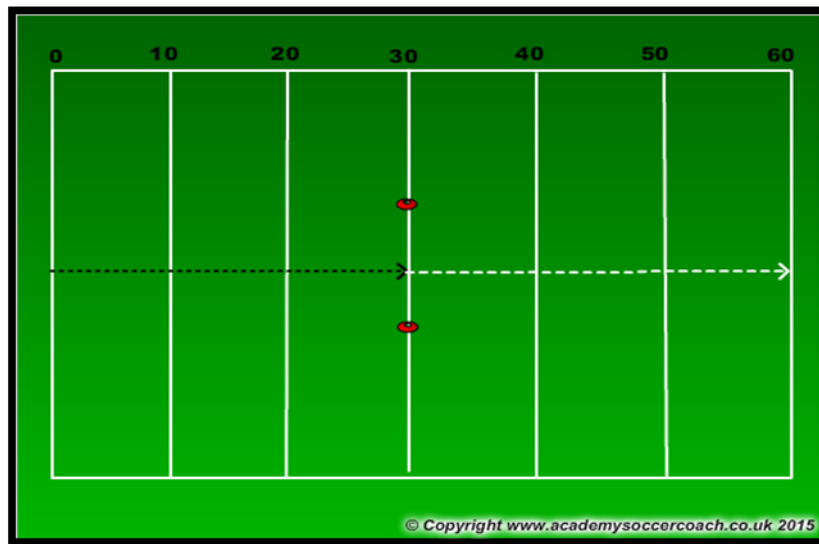
Flying 20s

- **Objective:** develop proper stride length and stride frequency
- **Set – Up:**
 1. 60 yds long total
 2. Cones at 30 yd marker
- **Procedure:**
 1. Start by jogging half speed
 2. Build-up speed so that max speed is attained by 30 yds
 3. Continue sprint at maximum velocity for 20 yds
 4. Gradually decelerate for last 10 yds
- **Coaching Points:**
 1. Maximal sprint for entire 20 yds
 2. Proper sprinting technique



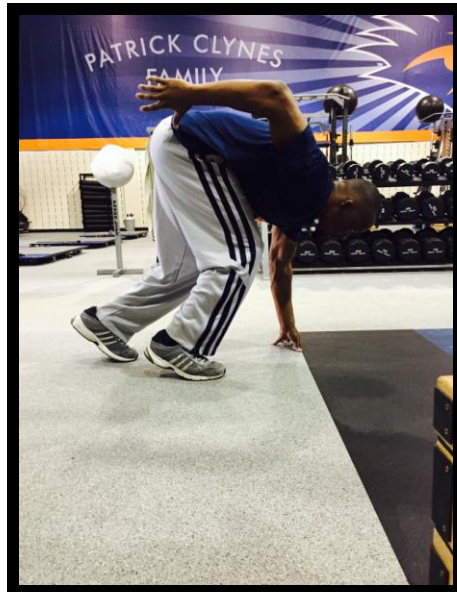
Flying 30s

- **Objective:** develop proper stride length and stride frequency
- **Set – Up:**
 1. 60 yds long total
 2. Cones at 30 yd marker
- **Procedure:**
 1. Start by jogging half speed
 2. Build-up speed so that max speed is attained by 30 yds
 3. Continue sprint at maximum velocity for 30 yds
 4. Gradually decelerate at 60 yds
- **Coaching Points:**
 1. Maximal sprint for entire 30 yds
 2. Proper sprinting technique



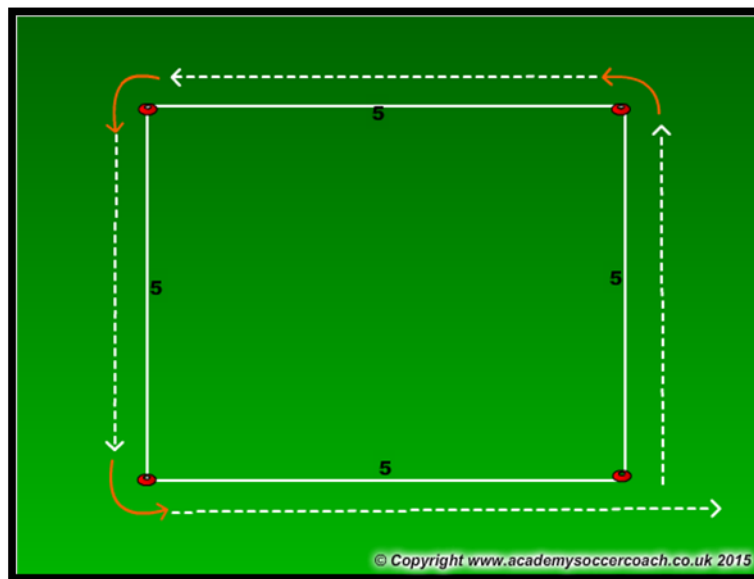
Form Starts

- **Objective:** Develop proper stride length, stride frequency and body position from a static start
- **Set – Up:**
 1. 20 yds long
 2. Cones at 0 yds, 10 yds, and 20 yds
- **Procedure:**
 1. Place one foot directly behind start line
 2. Place other foot 6-12 in. behind the heel of the lead foot and 2-4 in. to the inside of front foot
 3. Hand opposite of lead foot is placed right behind start line
 4. Other arm is extended behind body with bend at elbow
 5. Hips sit higher than shoulders
 6. Slight forward lean
 7. Eyes focused 2-3ft in front of start line
- **Coaching Points:**
 1. Push off with both feet
 2. Forward lean with head down during first 10 yds
 3. Gradually become more erect through last 10 yds
 4. Use this start for future speed drills



Four-Corner Drill

- **Objective:** Improve coordination, balance, acceleration, and deceleration when changing directions
- **Set – Up:**
 1. 4 cones; 5 x 5 yd square grid
- **Procedure:**
 1. Begin in form start position
 2. Sprint forward to cone, plant with right foot and cut 90 degrees to move left
 3. Sprint forward to next cone and repeat until back at the starting cone
 4. Sprint through starting cone
 5. Perform drill in opposite direction so you are planting with the left foot
 6. Can also use shuffling and backpedaling in place of sprinting
- **Coaching Points:**
 1. Stay low when changing direction
 2. Avoid using more than one step to change directions around cones
 3. Keep head and eyes up; avoid looking for cones



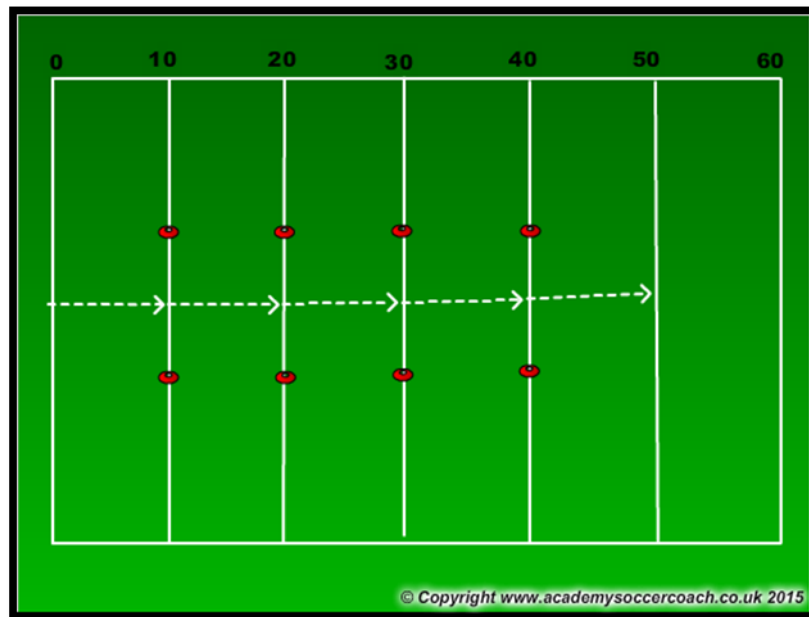
Harness Routine

- **Objective:** develop proper body positioning during acceleration phase and minimize the time needed to attain maximum velocity
- **Set – Up:**
 1. Attach harness around waist and attach back of harness to stationary object or have a coach hold
 2. 60 yds long
 3. 1 repetition = sprinting in place, sprinting 10 yds, jogging 10 yds, and sprinting 10 more yards
- **Procedure:**
 1. In place, drive lead leg upwards so thigh is parallel to ground
 2. Full extend trail leg at ankle, knee and hip
 3. Drive arms in opposite direction of legs
 4. Elbows should be at 90 moving forward, and fully extended moving backward
 5. Arms swing parallel to body, not across
 6. Slight forward lean
- **Coaching Points:**
 1. Maintain proper forward lean
 2. Monitor rest intervals



Hollow Sprints

- **Objective:** develop proper stride length and stride frequency, as well as explosive power
- **Set – Up:**
 1. 60 yds long
 2. Cones at every 10 yds
- **Procedure:**
 1. Jog for 10 yds
 2. Sprint for 10 yds
 3. Jog for 10 yds
 4. Sprint for 10 yds
 5. Jog for 10 yds
- **Coaching Points:**
 1. Smooth transition between running speeds
 2. To decelerate, sit into a partial squat; do not stick chest out
 3. Sprint at full speed for each interval before decelerating



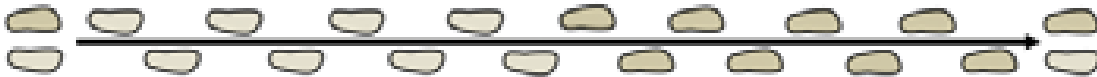
Line Jump Routine (4)

- **Objective:** Develop range of motion in ankles, lower body strength, coordination, and balance when changing directions
- **Set – Up:**
 1. Straight line on field or court

(1) Single Bunny Hop

Figure 10.1 Example

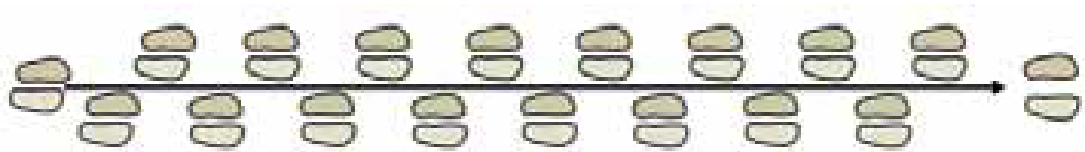
- **Procedure:**
 1. Stand at straight line
 2. Jump back and forth over line, moving forward, with one foot
 3. At halfway, switch feet without stopping
- **Coaching Points:**
 1. Stay as close to the line as possible
 2. Keep head up with eyes focused ahead
 3. Perform backwards



(2) Double Bunny hop

Figure 10.2 Example

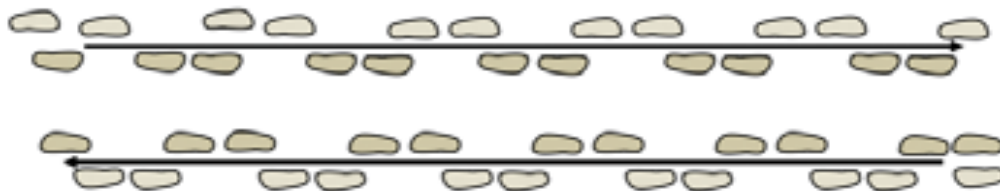
- **Procedure:**
 1. Stand on one side of the line
 2. Jump with both feet back and forth over the line, moving forward
- **Coaching Points:**
 1. Stay as close to the line as possible
 2. Keep head up with eyes focused ahead
 3. Perform backwards



(3) Scissors

Figure 10.3 Example

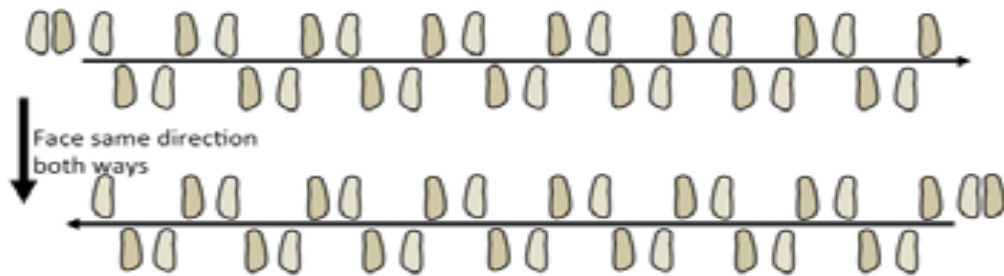
- **Procedure:**
 1. Stand with one foot on both sides of line
 2. Shuffle back and forth across the line, moving forward
- **Coaching Points:**
 1. Stay as close to the line as possible
 2. Keep head up with eyes focused ahead
 3. Perform backwards



(4) Ali Shuffle

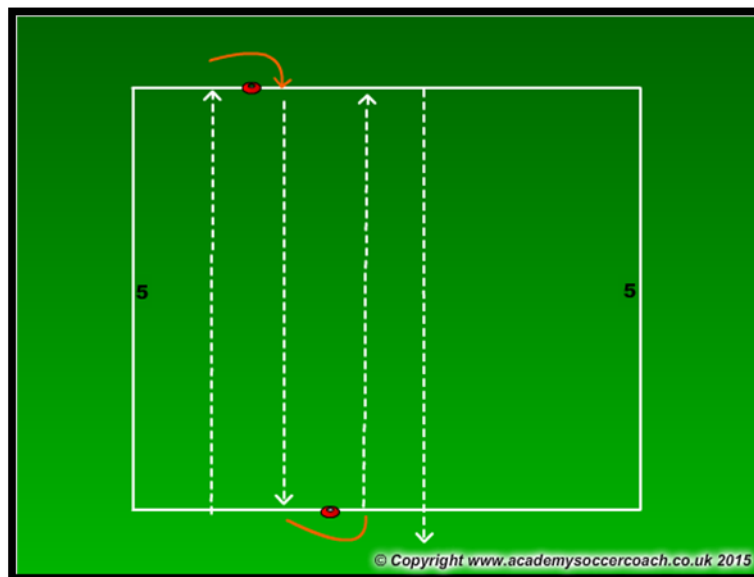
Figure 10.4 Example

- **Procedure:**
 1. Stand on either side of the line
 2. Right foot toe and left foot heel is on line
 3. Moving laterally down line, switch feet while jumping in the air
- **Coaching Points:**
 1. Stay low to the ground while jumping
 2. Keep head up while eyes focusing ahead
 3. Shuffle to the right and left



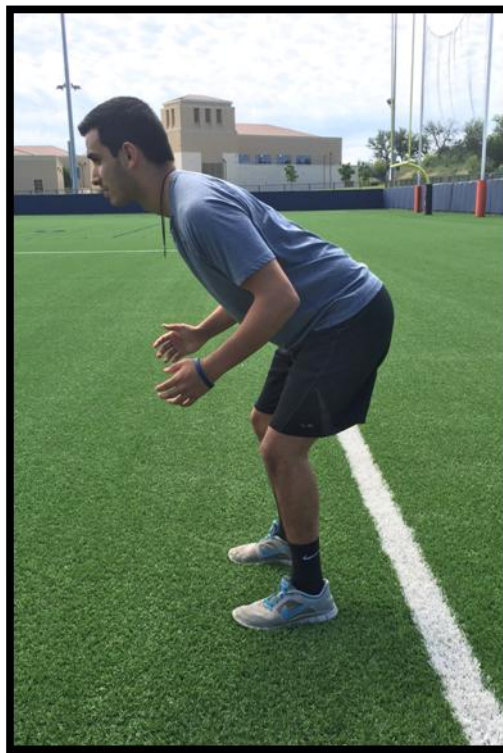
Nebraska Agility

- **Objective:** improve coordination, balance and acceleration when changing direction
- **Set – Up:**
 1. 2 cones staggered 5 yds apart; use two straight lines on court or field
- **Procedure:**
 1. Begin in form start position
 2. Sprint forward to cone, and plant left foot to make a 180 right turn towards second cone
 3. Sprint to second cone and plant right foot to make a 180 left turn
 4. Sprint forwards 5 yds and touch the line
 5. Backpedal across starting line
- **Coaching Points:**
 1. Stay low when changing directions and backpedaling
 2. Avoid using more than one step to change direction
 3. Touch the line with both hands before you backpedal



Position Starts

- **Objective:** develop proper stride length, stride frequency, and body position in static start
- **Set – Up:**
 1. 10 yds long
- **Procedure:**
 1. Begin in athletic stance (hips, knees and ankles slightly flexed with hands in front of body)
 2. On cue, explode out of position in the designated direction
- **Coaching Points:**
 1. Stay in athletic stance until cue is given
 2. Initial step out of stance should be powerful and explosive

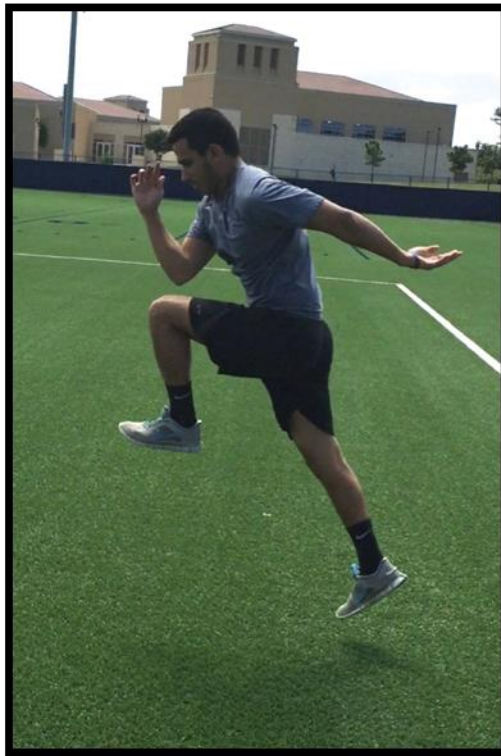


Power Skips (2)

- **Objective:** develop explosive power in the lower body
- **Set – Up:**
 1. 20 yds long

(1) For Distance

- **Procedure:**
 1. High skip while driving the lead knee forward and upward, making a 90 degree angle
 2. Land on take-off or trail leg (extended)
- **Coaching Points:**
 1. Take-off leg should reach triple extension at hip, knee and ankle
 2. Goal is to skip as far as possible, not as high



(2) For Height

- **Procedure:**

1. High skip while driving the lead knee upward making a 90 degree angle
2. Land on take-off or trail leg (extended)
3. Try to achieve maximal height
4. Drive arms in opposite direction of legs

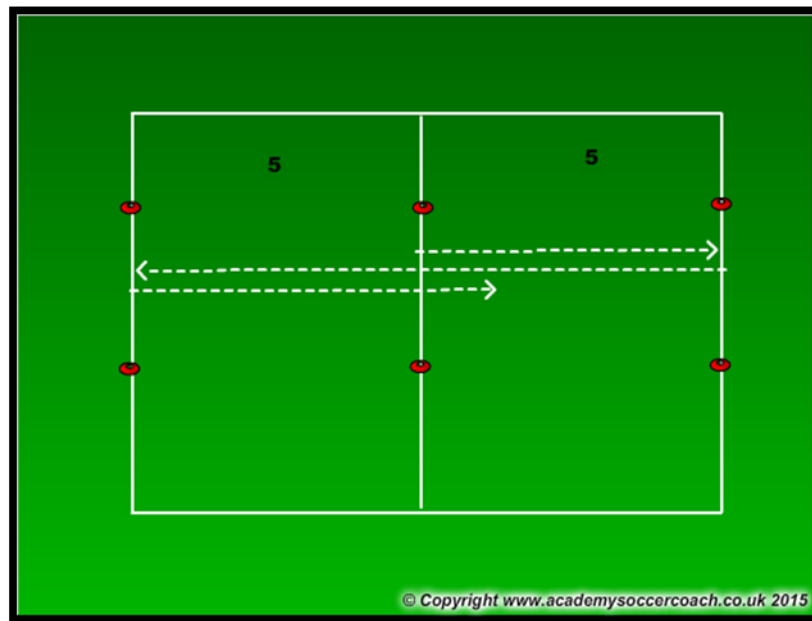
- **Coaching Points:**

1. Take-off leg should reach triple extension at hip, knee and ankle
2. Goal is to skip as high as possible, not as far



Pro-Agility

- **Objective:** Improve reaction time, coordination, balance and acceleration when changing direction
- **Set – Up:**
 1. 10 yds long
 2. Middle line for starting position
 3. 2 cones, 5 yds from middle line, on both sides
- **Procedure:**
 1. Begin in athletic stance straddling middle line
 2. Sprint to right cone, touch it with right hand
 3. Turn and sprint through middle line to opposite side cone, and touch with left hand
 4. Sprint through middle line
- **Coaching Points:**
 1. Stay low when changing directions
 2. Make sure to touch cones with corresponding hand

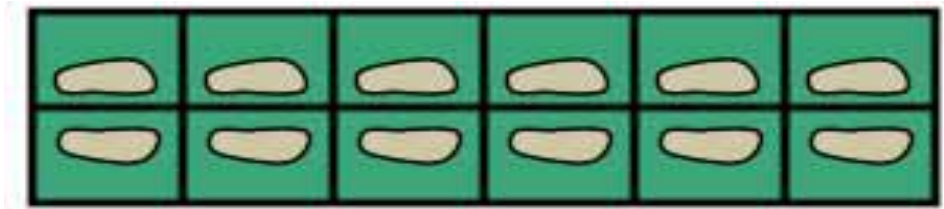


Rope or Ladder Routine (3)

- **Objective:** Develop range of motion of the hips, knees, and ankles; coordination and balance
- **Set – Up:**
 1. Rope or ladder

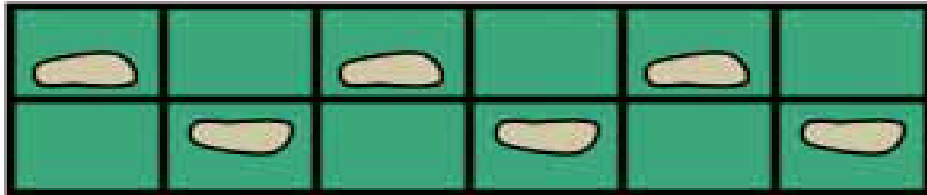
(1) Every Hole

- **Procedure:**
 1. Run forward, stepping in every hole with each foot
 2. Drive knees upward for each step
 3. Drive arms in opposite direction of legs
 4. Slight forward lean
- **Coaching Points:**
 1. Right foot hits every hole on right side, left foot hits every hole on left side
 2. Head up with eyes focused ahead



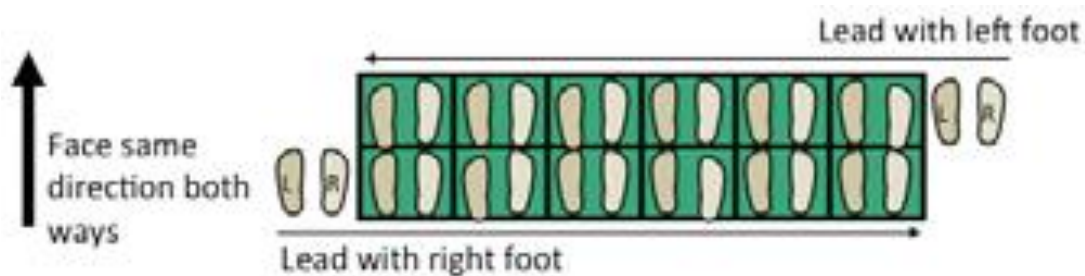
(2) Every Other Hole

- **Procedure:**
 1. Run forward, stepping into every other hole with each foot
 2. Drive knees upward for each step
 3. Drive arms in opposite direction of legs
 4. Slight forward lean
- **Coaching Points:**
 1. Right foot hits every other hole on right side, left foot hits every other hole on left side
 2. Head up with eyes focused ahead



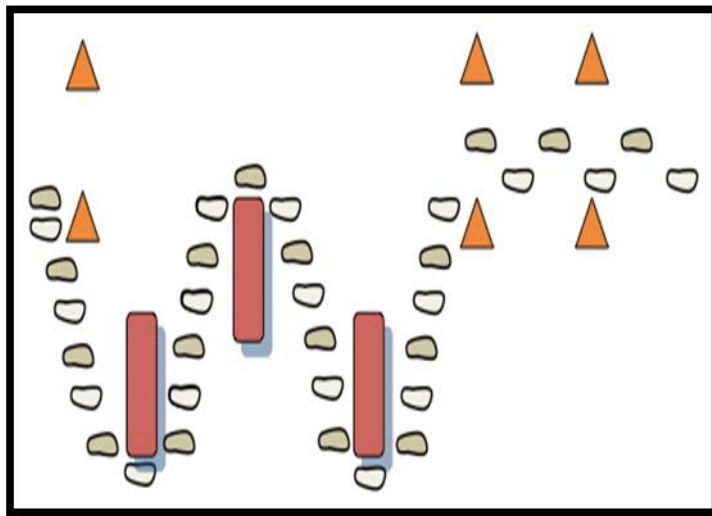
(3) Lateral Step

- **Procedure:**
 1. Run laterally, stepping into every hole with each foot
 2. Use only one side of the ladder for each direction
 3. Drive arms in opposite direction of legs
 4. Slight forward lean
- **Coaching Points:**
 1. Right foot hits every hole on right side, left foot hits every hole on left side
 2. Head up with eyes focused ahead



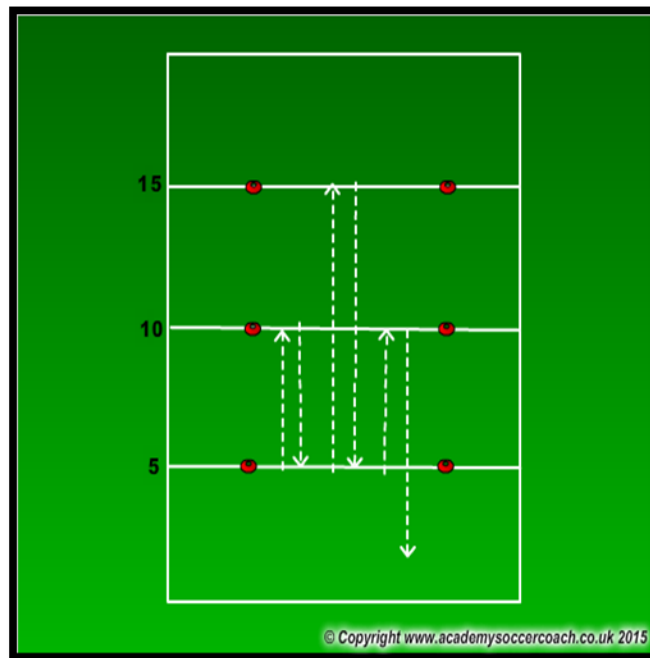
Shuffle Ladder

- **Objective:** Improve coordination, balance and strength in the adductors and abductors
- **Set – Up:**
 1. 15 yds long
 2. Markers at every 5 yds
 3. Starting line at 5 yd line
- **Procedure:**
 1. Begin in athletic stance straddling starting line
 2. Shuffle to first line and touch with outside hand
 3. Shuffle back to middle line and touch with outside hand
 4. Shuffle to opposite side and touch with outside hand
 5. Finish through the starting line
 6. Repeat steps for distances:
 - A. 5-10-5 yds
 - B. 10-5-10 yds
 - C. 5-5-5 yds
 - D. 5-10-15 yds
 - E. 15-10-5 yds
- **Coaching Points:**
 1. Stay low when shuffling
 2. Touch lines with outside hand



Sprint Ladder

- **Objective:** Improve coordination, balance, acceleration, and deceleration when changing directions
- **Set – Up:**
 1. 15 yds long
 2. Cones at every 5 yds
- **Procedure:**
 1. Begin in form start position
 2. Sprint forward to first cone and touch with right hand
 3. Turn and sprint back to starting line and touch with left hand
 4. Repeat for 10 yd marker and 15 yd marker
 5. Repeat steps for distances:
 - A. 5-10-5 yds
 - B. 10-5-10 yds
 - C. 5-5-5 yds
 - D. 5-10-15 yds
 - E. 15-10-5 yds
- **Coaching Points:**
 1. Stay low when changing directions
 2. Avoid using more than one step to change direction
 3. Keep turns sharp and avoid rounding turns



Three-Cone Drill

- **Objective:** improve coordination, balance, acceleration, and deceleration when changing directions
- **Set – Up:**
 1. 3 cones at 5 yds apart, making a right triangle
 2. Do not use middle cone as starting cone
- **Procedure:**
 1. Begin in front start position
 2. Sprint forward and plant right foot to make a 90 degree turn to the left
 3. Sprint to far side of next cone, plant left foot and make a 180 degree turn to the right
 4. Sprint back to middle cone, plant left foot to make a 90 degree right turn
 5. Sprint through starting cone
- **Coaching Points:**
 1. Stay low when changing directions
 2. Avoid using more than one step to change direction
 3. Keep head and eyes up; avoid looking for cones

