

## Speed Drills

### 1. Build-ups (40 yards) improves acceleration.

**Procedure:**

1. Start off with a standing start and go into a slow run.
2. Gradually build up speed until you are at full speed at 40 yards.
3. Once full speed is achieved at 40 yards, gradually slow down over the final 20 yards.

**Key Points:**

- Make sure athlete does not accelerate too fast or slow.
- Have athlete run at full speed when 40 yards is reached.

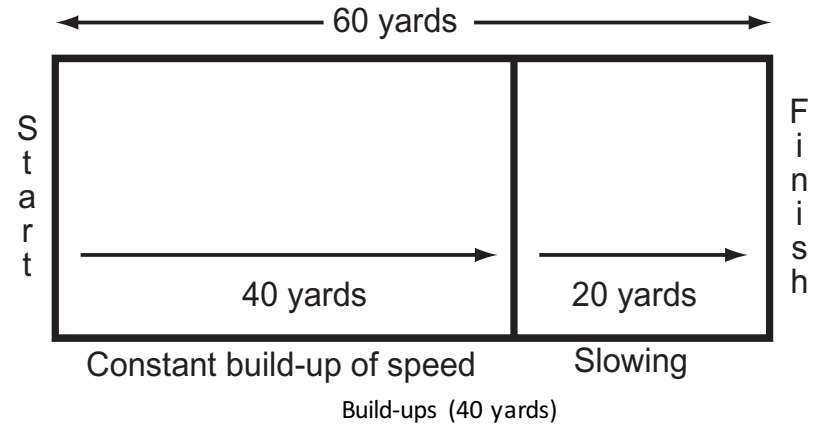
### 2. Form starts - develops good stance.

**Procedure:**

1. Front foot is placed three to six inches behind starting line.
2. The hand opposite the front foot should be high on fingertips directly on the starting line with thumb and forefinger parallel to the line.
3. The other hand is placed on the hip of the forward leg with elbow pointed up.
4. The back foot is six to 12 inches behind the heel of the forward foot and two to four inches to the side.
5. The hips should be slightly above shoulder height.
6. Shoulders should be slightly ahead of the starting line with the majority of the body weight on the front leg and hand.
7. Keep eyes focused two to three feet in front of starting line.

**Key Points:**

- Make sure hips are higher than the shoulders.
- Do not let arm rest on front leg.



Form starts

## Speed Drills

### 3. Position starts - To develop good acceleration from the starting stance.

**Procedure:**

1. Athletes get into their on-the-field starting position stance.
2. On coaches command, the athletes explode out of their starting stance for the required distance.

**Key Points:**

- Good explosion out of their stance.
- Make sure their first step is forward.

### 4. Flying 10s - Improves acceleration and stride frequency.

**Procedure:**

1. Start running at half speed building speed at each stride for the first 30 yards.
2. The acceleration should be continuous throughout the first 30 yards.
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue to sprint for 10 more yards.

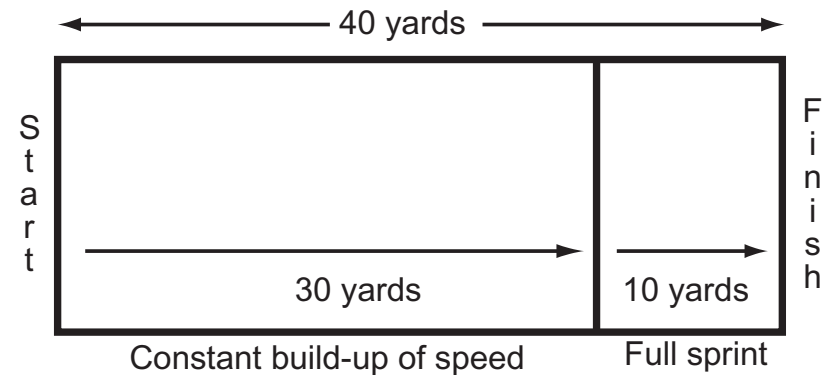
**Key Points:**

- Do not accelerate too fast or slow; the build up should be constant for 10 yards.
- Sprint the entire second 10 yards.

### 5. Flying 20s and 6. Flying 30s- Continue to sprint for 20/30 more yards.

**Key Points:**

- Do not accelerate too fast or slow; the build up should be constant for 20/30 yards.
- Sprint the entire second 20/30 yards.



## Speed Drills

### 7. Power skips (height) to increase explosion in the legs and hips.

**Procedure:**

1. Begin skipping, pushing off explosively with the back leg.
2. Opposite leg drives knee up as high as possible, trying to achieve maximal height.
3. Prepare for contact with the ground and repeat with opposite leg immediately upon landing.

**Key Points:**

- Make sure athlete skips as high as possible with triple extension of the back leg.
- Make sure athlete drives knee to chest.
- Have athlete use proper arm action.

### 8. Power skips (distance) to increase explosion in the legs and hips.

**Procedure:**

1. Begin skipping pushing off explosively with the back leg.
2. Opposite leg drives knee up and out as high as possible. Try to achieve maximal distance.
3. Prepare for contact with the ground and repeat with opposite leg immediately upon landing.

**Key Points:**

- Make sure athlete skips as far as possible with triple extension of the back leg.
- Make sure athlete drives knee up and out.
- Have athlete use proper arm action.



Power Skips for Height



Power Skips for Distance

## Speed Drills

### 9. Harness Drill- To develop acceleration and get to top speed quickly.

**Procedure:**

1. To perform this drill you need a course that is 50-60 yards of flat running surface.
2. Drive off hind leg extending completely at ankles, knees and hips.
3. Leg carries to high knee.
4. Arms are held at a 90 degree angle.
5. On back swing drive elbows back and up.
6. On forward swing hands come level with the shoulders.
7. Have good forward lean.
8. Eyes focused 20-30 yards to the front.

**Key Points:**

- Make sure the arms are being pumped quickly with good form.
- Make sure there is proper resistance applied.
- Athlete needs to have a correct body lean and running form.
- Have knees and heels driving up.

### 10. Bag Jumps - To develop explosiveness and acceleration.

**Procedure:**

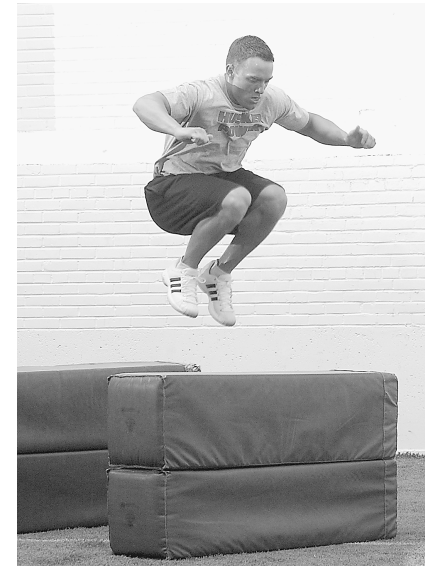
1. Stand facing series of bags stacked two high. Begin by jumping over the first set of bags.
2. The jump should be assisted with the arms moving explosively and knees coming to the chest.
3. After contact with ground, quickly jump over second set of bags.
4. Continue through all sets of bags.

**Key Points:**

- Quick jumps - do not spend a lot of time on the ground.
- Use your arms to help jump over the bags.
- Do not allow the athlete to have a stutter step between the bags.
- Make sure the athletes feet come over the bags and not out around the sides of the bags.



Harness Drill



Bag Jumps

## Agility Drills

### 1. Bag Routine

- a) Change of Direction- To develop quick foot action, flexibility, and high-knee action

#### Procedure

1. Start at either the right or left side at one end of the bags.
2. Run forward toward the other side of the bag.
3. Planting the outside foot at the end of the bag, explode forward toward the other end of the next bag.

#### Key Points

- Push off with the outside foot.
- Maintain good acceleration through the bags.



Bag Routine- Change of Direction

- b) Shuffle- To develop foot coordination, quickness, strength, and flexibility in the abductors and adductors

#### Procedure

1. Start at either the right or left side at one end of the bags facing the row of bags.
2. Shuffle diagonally beyond the first bag.
3. Change directions and shuffle diagonally to the end of the second bag.
4. Continue shuffling through the bags.

#### Key Points

- Stay low throughout the drill.
- Don't cross your feet.
- Push off with the trailing foot.
- Push off with the outside foot when changing direction.



Bag Routine- Shuffle

## Agility Drills

### Bag Routine Cont.

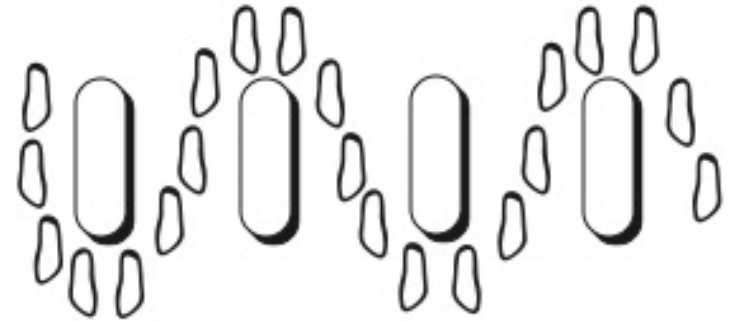
- c) Forward and Backpedal- To develop quick foot action, flexibility, and high-knee action

#### Procedure

1. Assume a two-point stance with knees slightly bent, torso upright, head up, and hands and arms away from body. On command, run forward to the end of the bag.
2. Backpedal through to the other end, then forward.
3. Repeat through all the bags, ending with a five-yard sprint forward.

#### Key Points

- Stay low throughout the drill.
- Keep weight forward during the backpedal.
- Avoid false steps when changing directions.



Bag Routine- Change of Direction

## 2. Jump Rope Routine

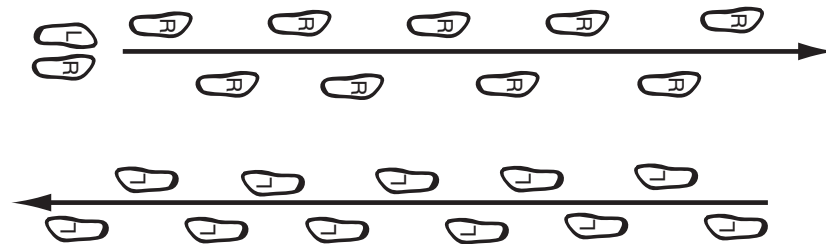
- a) Single Bunny Hop- To develop timing, agility, balance, and leg strength

#### Procedure

1. Stand with feet near a yard line at the sideline.
2. Jump back and forth over the line with one foot as you move forward.
3. Switch feet at the halfway point without stopping.

#### Key Points

- Stay as close to the line as possible.
- Keep eyes and head up.
- You can also do this drill jumping backward.



Jump Rope Routine- Single Bunny Hop

## Agility Drills

### Jump Rope Routine Cont.

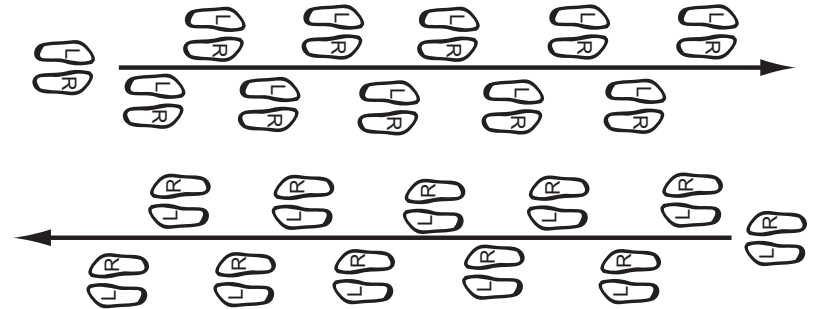
- b) Double Bunny Hop- To develop timing, agility, and balance.

#### Procedure

1. Stand with feet near a yard line at the sideline.
2. Jump back and forth over the line as you move forward.

#### Key Points

- Keep feet close together.
- Stay as close to the line as possible.
- Keep eyes and head up.
- Use quick foot action.
- You can also do this drill jumping backward.



Jump Rope Routine- Double Bunny Hop

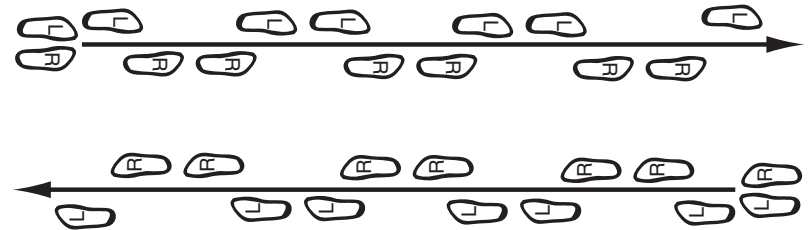
- c) Scissors- To develop timing, agility, balance, and lateral movement.

#### Procedure

1. Stand at the sideline with feet straddling the yard line.
2. Scissors-step down the line and back.

#### Key Points

- Stay on the line as you move forward.
- Keep eyes and head up.
- Each foot stays on its own side of the line.



Jump Rope Routine- Scissors

## Agility Drills

### Jump Rope Routine Cont.

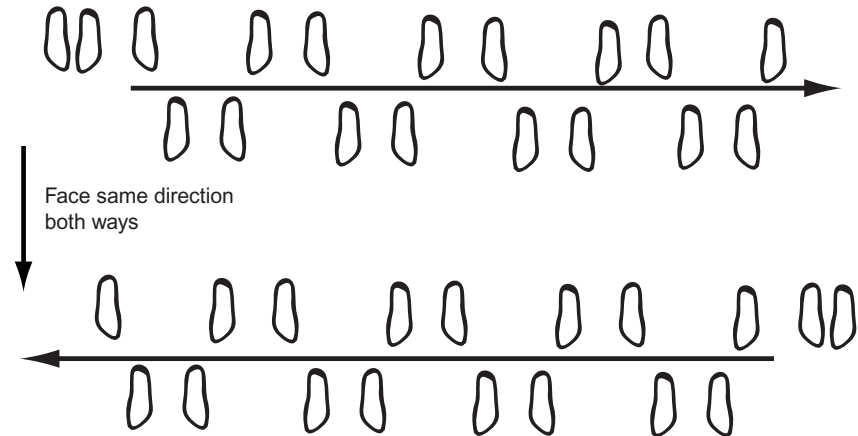
d) Ali Shuffle- To develop timing, agility, and coordination.

#### Procedure

1. Stand at the sideline with feet to one side of the yard line.
2. Do the Ali shuffle as you move laterally down the line. (One foot goes forward of the line, and the other foot stays behind the line. Switch feet as you jump into the air to the front and back of the line).

#### Key Points

1. Go to the front and back of the line as you switch feet.
2. Keep eyes and head up.
3. Go both to the right and left.



Jump Rope Routine- Ali Shuffle



## Agility Drills

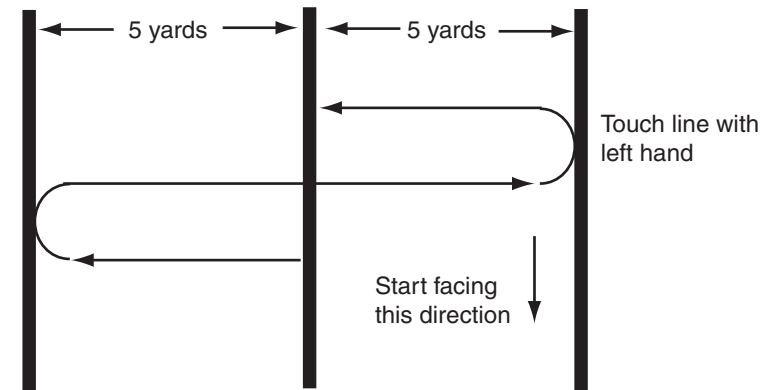
### 3. Pro Agility- To improve footwork, change of direction, and reaction time

#### Procedure

1. From a two-point stance, straddle the middle line.
2. Sprint to the right line and touch it with the right hand.
3. Push off forcefully and sprint back across the middle line to the left line and touch that line with your left hand.
4. Sprint back to the right, finishing at the middle line.

#### Key Points

- When running to the right, always touch the line with the right hand; when running to the left, always touch the line with the left hand. This ensures that you push off with the opposite feet.
- Be sure to touch the line with your hand.
- Stay low when changing directions.
- You can have up to five athletes do the drill at the same time and race each other.
- A coach can stand in front and point to the right or left to start the athletes.



Pro Agility

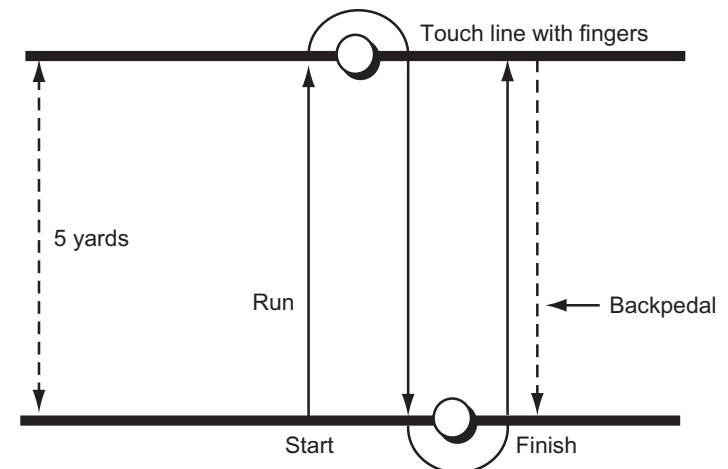
### 4. Nebraska Agility- To improve foot quickness and change of direction

#### Procedure

1. Start in a three-point stance on the first line.
2. Sprint to the first cone and make a right turn.
3. Return to the starting line. Go around the second cone with a left turn.
4. Run to the five-yard line and touch it with your fingers, then backpedal across the starting line to the finish.

#### Key Points

- Don't knock the cones over.
- Be sure to touch the line with your hand.
- Stay low on the backpedal.
- Keep feet moving around the cone as quickly as possible while staying low.



Nebraska Agility

## Agility Drills

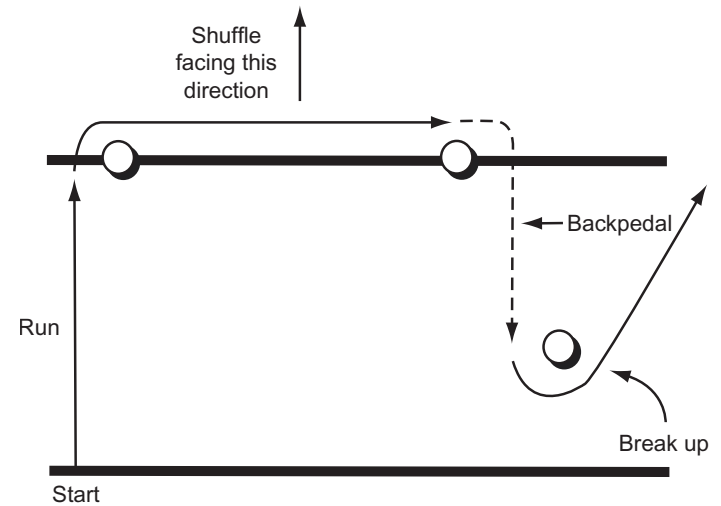
5. Three Corner Drill- To improve footwork, change of direction, acceleration, and deceleration

### Procedure

1. Start in a three-point stance on the first line.
2. Sprint to the first cone, plant your left foot and drive off it, shuffling right to the second cone.
3. At the second cone, backpedal to the third cone.
4. At the third cone, plant the left foot and break at a 45-degree angle.

### Key Points

- Have good acceleration while sprinting to the first cone.
- Don't cross the legs on the shuffle step.
- Stay low on the backpedal.
- Maintain good acceleration after the third cone.
- Keep eyes up; don't look for cones.



Three Corner Drill

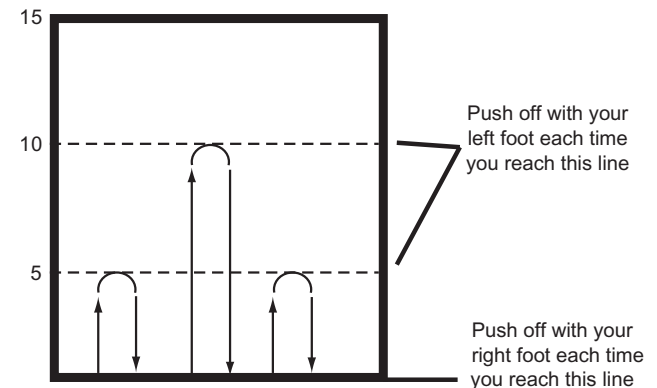
6. Sprint Ladder- To develop agility and conditioning

### Procedure

1. Begin in a three-point stance on the start line.
2. Sprint 5 yards to the first line and touch it with your right foot; return to the starting line and touch it with your left foot.
3. Sprint 10 yards to the second line and touch it with your right foot; return to the starting line and touch it with your left foot.
4. Sprint 5 yards to the first line and touch it with your right foot; return to the starting line.

### Key Points

- Touch the line at 5-yard intervals with the right foot and the starting line with the left foot (push off with each leg, and don't run in circles).
- Run all runs at full speed.



Sprint Ladder

## Agility Drills

### 7. Shuffle Ladder- To develop agility, conditioning, strength, and flexibility in the abductor and adductors

#### Procedure

1. Begin in a two-point stance perpendicular to the start line.
2. Shuffle 5 yards to the first line and touch it with your right foot; shuffle to the starting line and touch it with your left foot.
3. Shuffle 10 yards to the second line and touch it with your right foot; shuffle to the starting line and touch it with your left foot.
4. Shuffle 5 yards to the first line and touch it with your right foot; shuffle to the starting line and touch it with your left foot.

#### Key Points

- Touch the line at 5-yard intervals with the right foot and the starting line with the left foot (push off with each leg, and don't run in circles).
- Don't cross your feet.
- Keep back straight while staying low.
- The coach should stand so the athletes are always facing him or her.

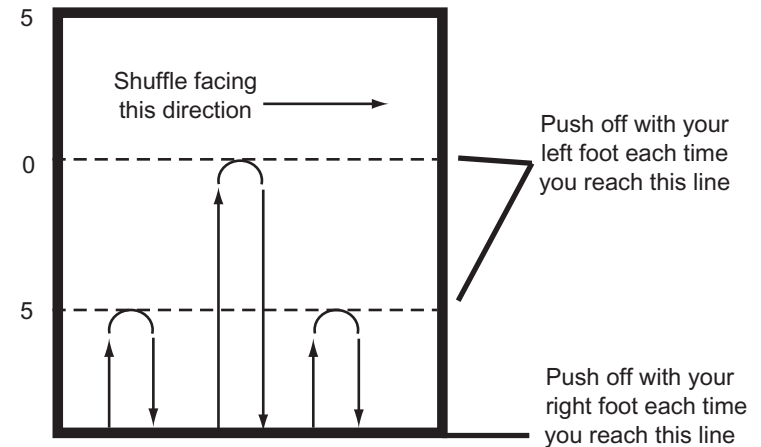
### 8. Backpedal Ladder- To develop agility, conditioning, and change of direction

#### Procedure

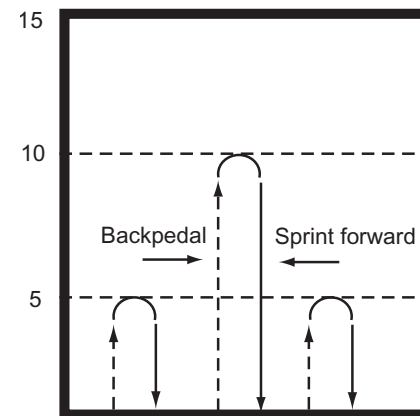
1. Begin in a two-point stance standing with your back to the start line.
2. Backpedal 5 yards to the first line, touch the line with either foot; sprint to the start line and touch it with either foot.
3. Backpedal 10 yards to the second line and touch it with either foot; sprint to the start line and touch it with either foot.
4. Backpedal 5 yards to the first line and touch it with either foot; sprint back to the start line.

#### Key Points

- Keep low on the backpedal.
- Run all runs at full speed.
- Maintain good acceleration coming out of the backpedal.



Shuffle Ladder



Backpedal Ladder