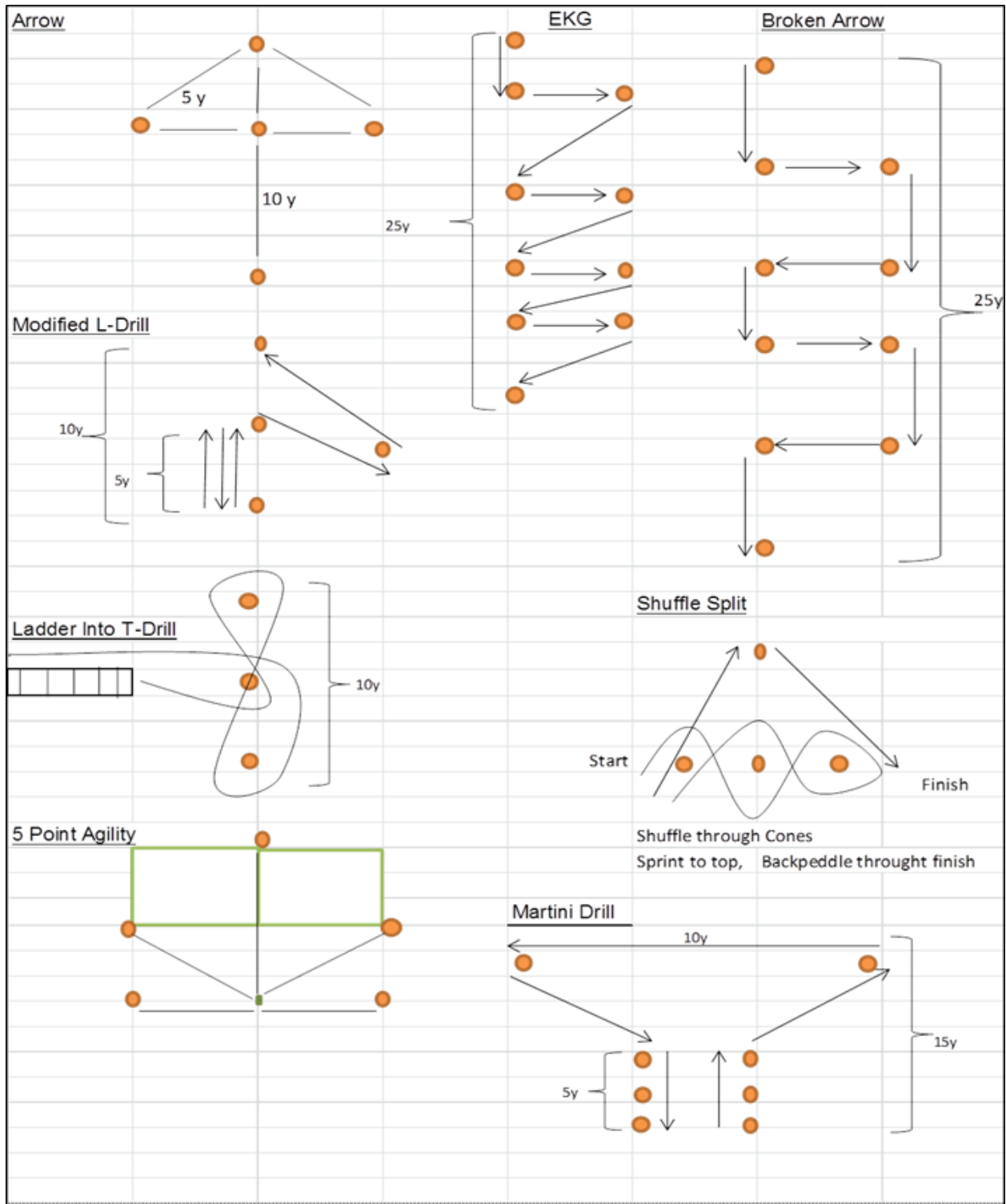
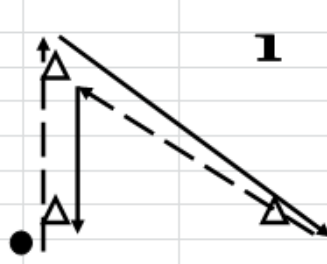
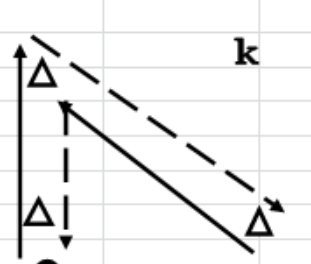
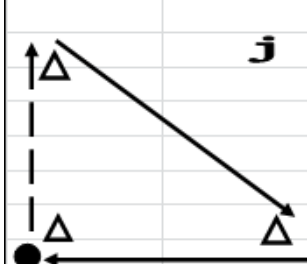
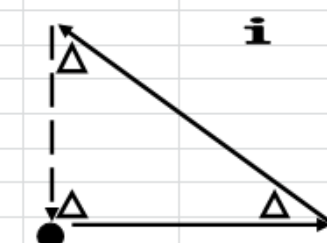
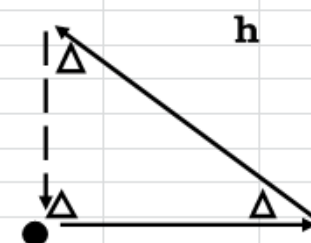
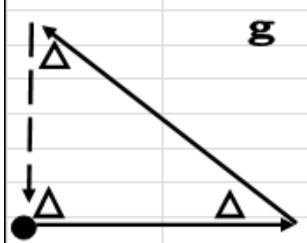
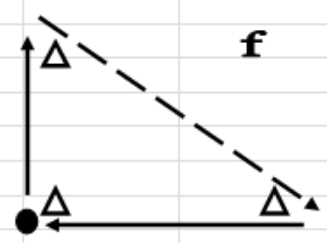
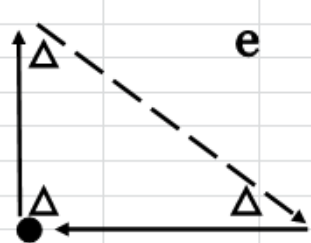
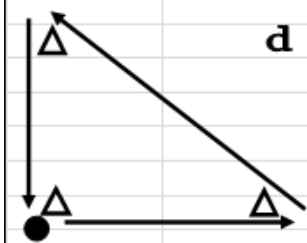
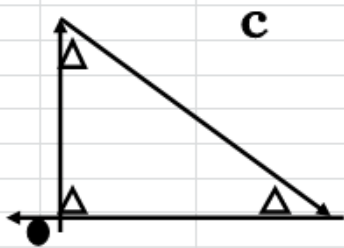
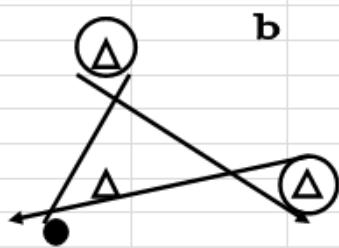
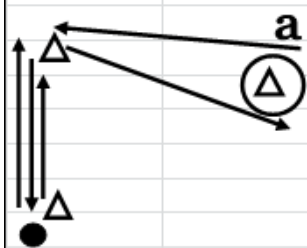


# Agility Work:



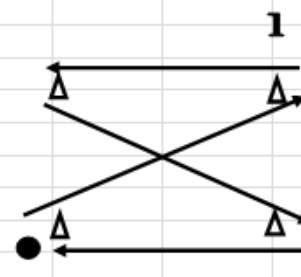
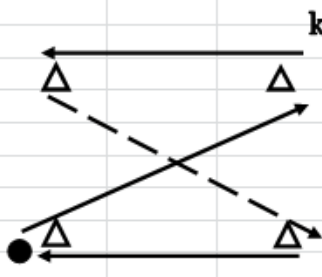
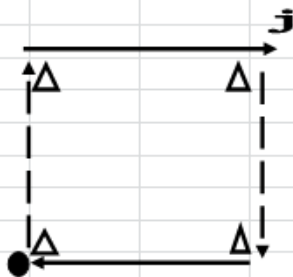
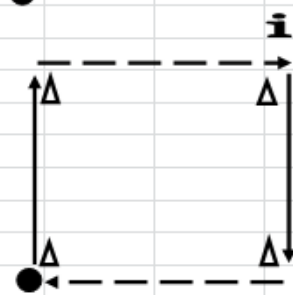
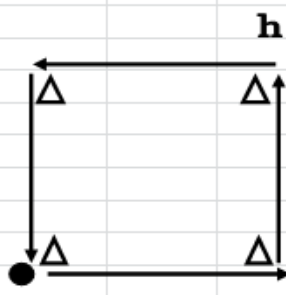
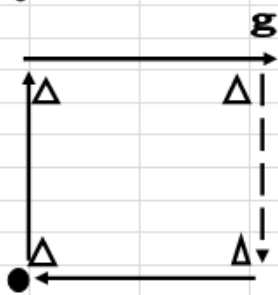
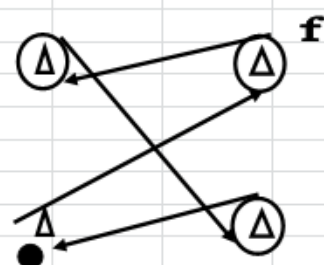
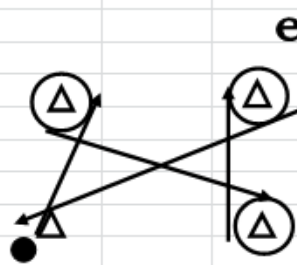
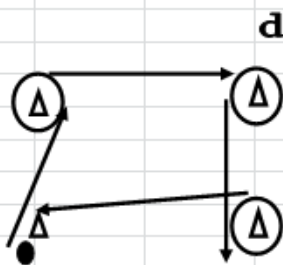
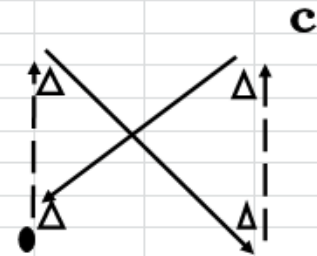
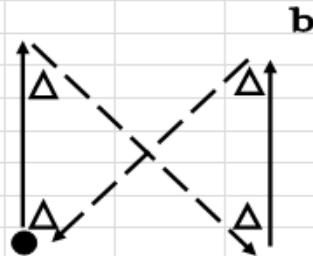
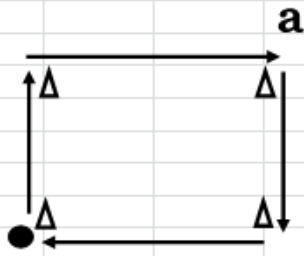
**3 Cone Agility**

- |   |  |
|---|--|
| a. Pro Agility Drill                          | b. Sprint, circle, sprint, circle, spr |
| c. Sprint, sprint, sprint                     | d. Shuffle, sprint, sprint             |
| e. Sprint, backward run, sprint               | f. Sprint, backward run, shuffle       |
| g. Shuffle, sprint, backward run              | h. Sprint, sprint, backward run        |
| i. Backward run, Sprint, Backward run         | j. Back run, shuff., sprint            |
| k. Sprint, backward run, sprint, backward run | l. Back run, sprint, back, sprint      |



#### 4 Cones

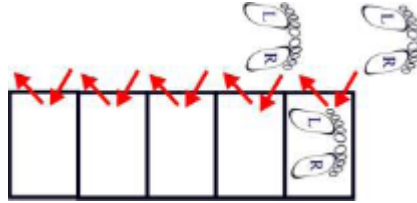
- a. Sprint, sprint, sprint, sprint.
- b. Sprint, diagonal backward run, sprint, diagonal backward run.
- c. Backward run, diagonal sprint, backward run, diagonal sprint.
- d. Sprint, around, sprint, around, sprint, around, sprint.
- e. Sprint, around, diagonal sprint, around, sprint, around, diagonal sprint.
- f. Diagonal sprint, around, sprint, around, diagonal sprint, around, sprint.
- g. Sprint, shuffle, backward run, shuffle.
- h. Shuffle, sprint, shuffle, sprint
- i. Sprint, backward run, sprint, backward run.
- j. Backward run, sprint, backward run, sprint.
- k. Diagonal sprint, shuffle, diagonal backward run, shuffle
- l. Diagonal shuffle, sprint, diagonal shuffle, sprint



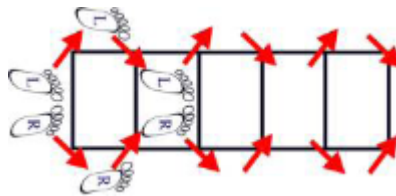
# Ladder Drills

1) One Foot Every Other Square – Forward and Backward

2) 2 In 2 Out (Left Side) – Backward and Forward

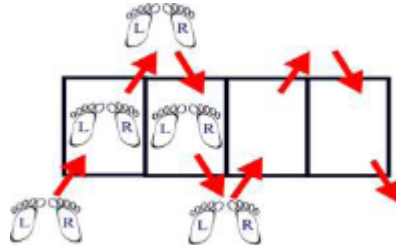


3) Jumping Jacks For Power – Forward and Backward



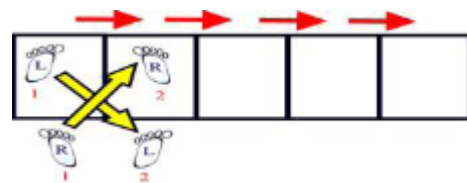
4) Two Feet Every Square – Forward and Backward

5) 2 In 2 Out (Forward/Backward) – Left and Right

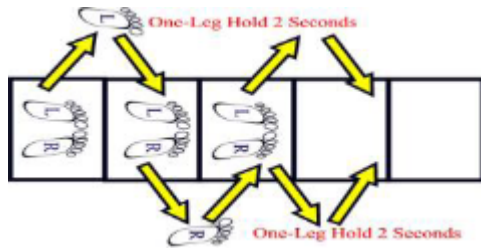


6) 2 In 2 Out (Right Side) – Backward and Forward

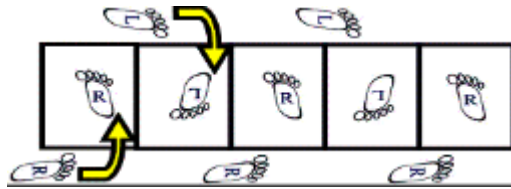
7) Scissor – Left and Right



8) 2 In 2 Out Hold On One Leg (Hockey Style) – Forward

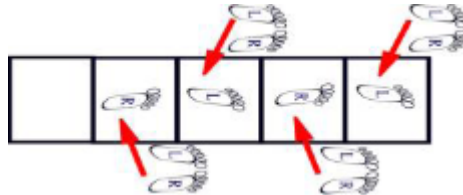


**9) One Leg Snake– Backward and Forward**



**10) Ickey Shuffle – Forward and Backward 2 times**

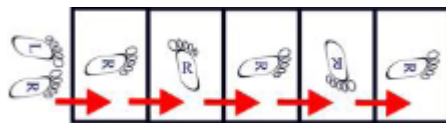
**11) 2 In 1 Out Right and Left – Forward and Backward**



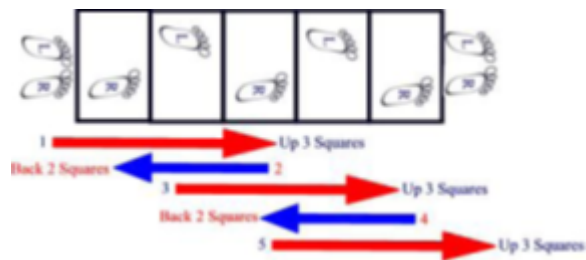
**12) Outside Foot In Behind– Backward**

**13) One Leg Hops – Forward and Backward, Left Foot and Right Foot**

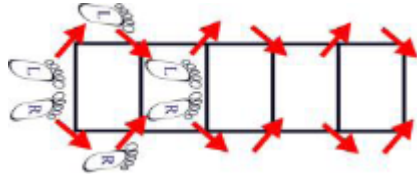
**14) 90° Side Turns – Forward and Backward, Left Foot and Right Foot**



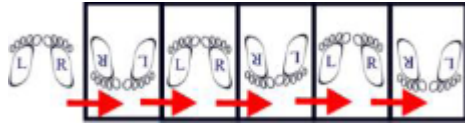
**15) Hesitation Drill – Forward and Backward**



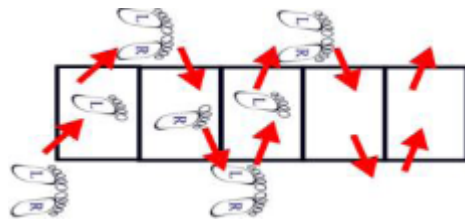
**16) Jumping Jacks For Speed – Forward and Backward**



**17) 180° Side Turns – Forward and Backward, Left Foot and Right Foot**

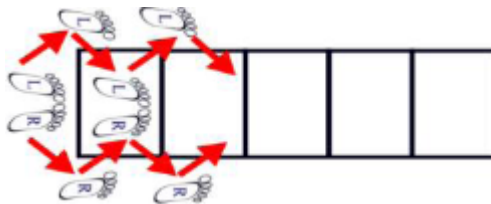


**18) Ice Skater 2 Feet Out – Forward and Backward**

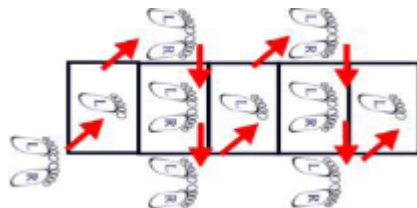


**19) 2 Feet Every Other Square – Forward and Backward**

**20) In and Out – Forward and Backward**

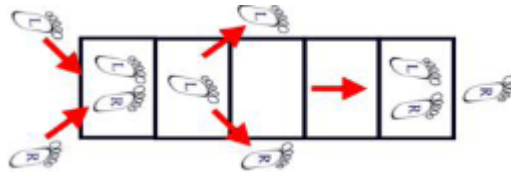


**21) Lightning Bolt – Forward and Backward**

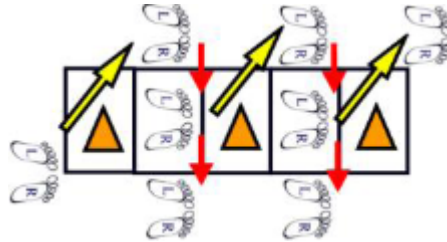


**22) 1 Foot In – Forward and Backward**

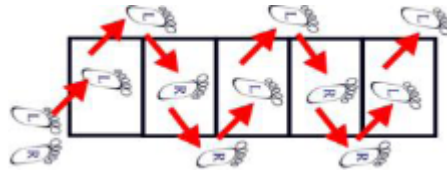
**23) Hop Scotch – Backward and Forward**



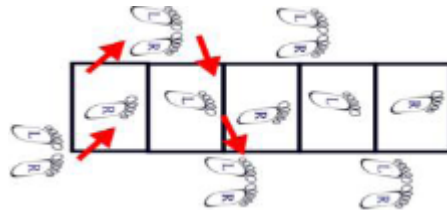
**24) Power Lightning Bolt Shuffle (w/ Cones) – Forward and Backward**



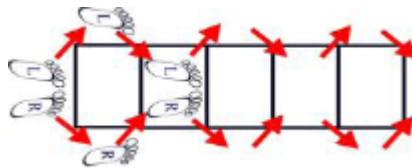
**25) Ice Skater 1 Foot - Forward and Backward**



**26) Outside Foot In Front – Forward**



**27) Jumping Jacks For Power – Forward and Backward**



## Extra Conditioning:

<b>Quick Body Weight Blast!</b>				
<b>Circuit #1</b>	2-5 Rounds		<b>Circuit #2</b>	2-5 Rounds
Push Up	x8		Plank Hold Hip Circles	x6ea
Glute Bridge	x10		Back Step Lunge	x10ea
Bench Dips	x12		Side Plank Hip Drops	x12ea
Bird Dogs	x10ea		Decline Push Ups	x8
Alt Plank Hip Drops	x12ea		Runner Balance Touches	x10ea
Walking Lunges	x10ea		Single Leg V-Up	x12ea
<b>Circuit #3</b>	2-5 Rounds		<b>Circuit #4</b>	2-5 Rounds
Squat Jumps	x10		Alt Hand Touch Vertical Jump	x5ea
Push Ups	x10		Seated Twists	x15ea
Single Leg Glute Bridge	x10		Walking Lunges	x10ea
Windmill Abs	x15ea		Burpees	x10
Burpees	x10		Push Ups	x10
Superman Y's and T's	x6ea		Split Lunge Jumps	x5ea
<b>Circuit #5 w/ MB</b>	2-5 Rounds		<b>Circuit #6 w/MB</b>	2-5 Rounds
MB Alt Wall Shots	x8ea		MB Squat Thrust	x10
MB Squat Jumps	x8		MB AX Slam	x6ea
MB Single Leg V-Up	x12ea		MB Plank Leg Lift	x10ea
MB Push Ups	x6ea		MB Lateral Wall Shot	x6ea
MB round the World Slam	x8ea		MB Overhead Split Lunge	x5ea