

Agility Drills:

LADDER AGILITY 1

Cycle through once then repeat

- High Knee other hole
- High Knee every hole
- Lateral High Knee other hole
- Lateral High Knee every hole
- Carioca
- ½ Carioca
- Hop Scotch
- Near Foot –Near Foot
- Ali Shuffle
- In & Out Shuffle

JUMP ROPE CIRCUIT 1

Cycle through once then repeat. Perform each one for at least 20 sec

- Single Jump
- High Knees
- Left Leg single jump
- Right Leg single jump
- Double Jump
- Slalom
- High knee crossovers
- Boxer
- Explosive Jumps
- Single Jump Burn-Out

DOT MAT CIRCUIT 1

Cycle through once then repeat. Perform each one for at least 20 sec

- Figure 8
- X
- Double X
- Triangle Narrow
- Triangle Wide
- Triangle Circuit
- X Spin
- Figure 8 – 1 leg
- Double X – 1 leg
- Running Figure 8

DOT MAT NOTES:

Spin – go one direction and when you reach the top head back in the opposite direction and then repeat

1 Leg – perform the same pattern but only use one leg. Use equal reps for both legs.

Qtr Turn – only used in Running 8, just simply turn in towards the middle dot each time it asks for a Qtr Turn

Z Pattern – is not shown in drill diagram. Simply use both feet, start at top left, jump to top right, middle, lower left, lower right, and then return in the same direction

LADDER AGILITY 2

Cycle through once then repeat

- Run other hole
- Run every hole
- Crossovers
- Attack & Retreat
- Bunny Hops
- Narrow Slalom
- Wide Slalom
- Single leg Hops
- Single leg Zig Zag's
- Single leg slalom

JUMP ROPE CIRCUIT 2

Cycle through once then repeat. Perform each one for at least 20 sec

- Single Jump
- High Knees
- High Knee Crossover
- Jumping Jacks
- Front & Back
- Right Leg Slalom
- Left Leg Slalom
- Right Leg Front & Back
- Left Leg Front & Back
- Arm Crossovers

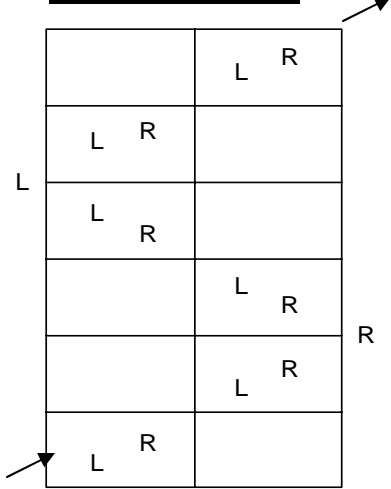
DOT MAT CIRCUIT 2

Cycle through once then repeat. Perform one for at least 20 sec

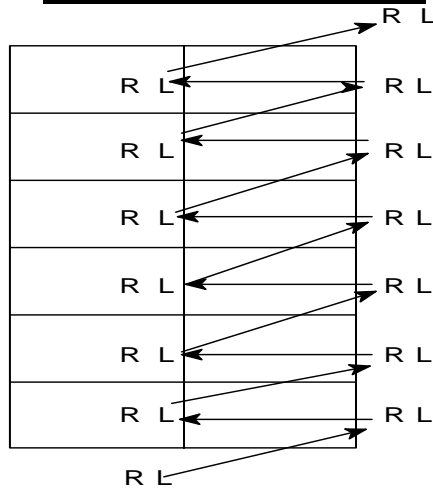
- Box
- Hour Glass
- Hop Scotch
- Z Pattern
- Hop Scotch Spin
- Right Angles
- Arrows
- Box – 1 leg
- Right Angles – 1 leg
- Z Pattern – 1 leg

Ladder Drills

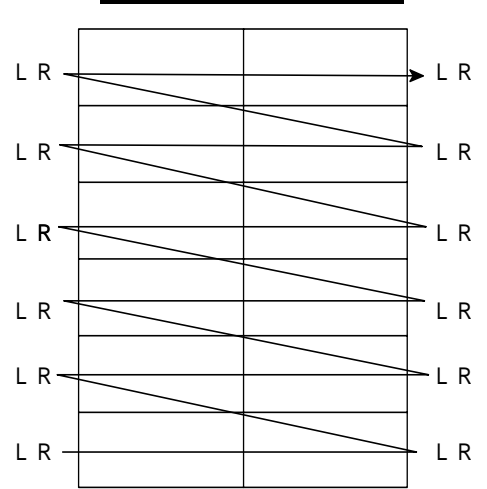
NEAR FOOT



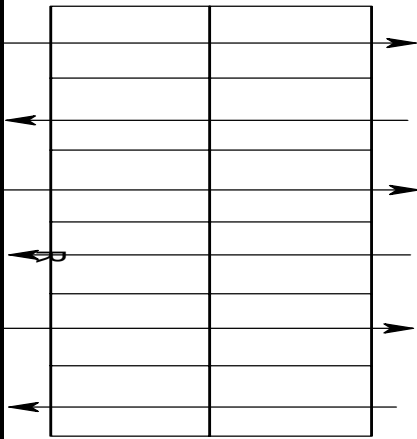
NARROW SLALOM



WIDE SLALOM

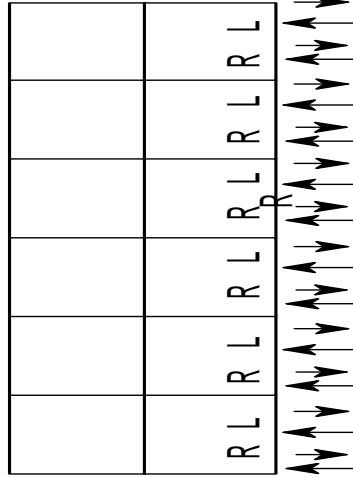


ATTACK & RETREAT



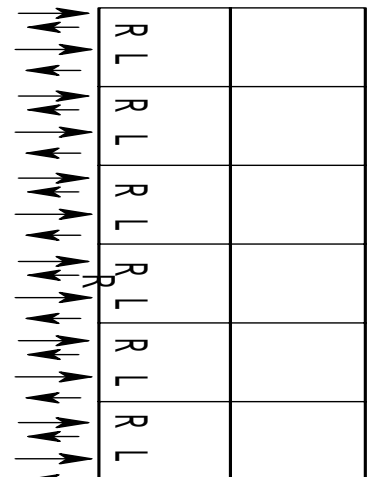
Start at side of ladder, run up and backpedal down

IN & OUT SHUFFLE



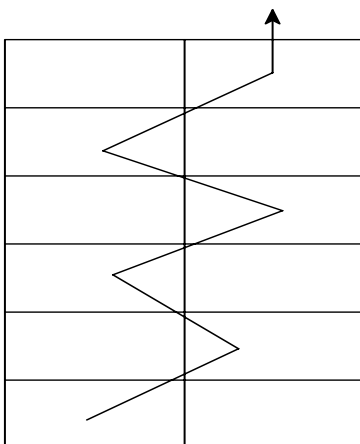
Move in and out as quick as possible

ALI SHUFFLE

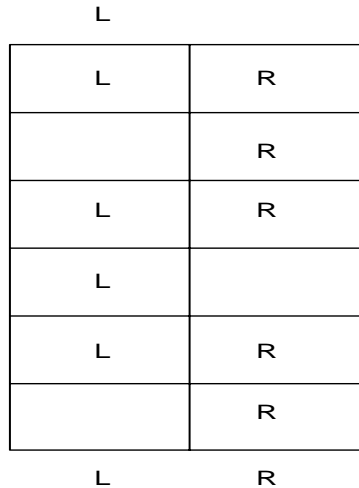


Bounce in and out like a boxer. Think light feet.

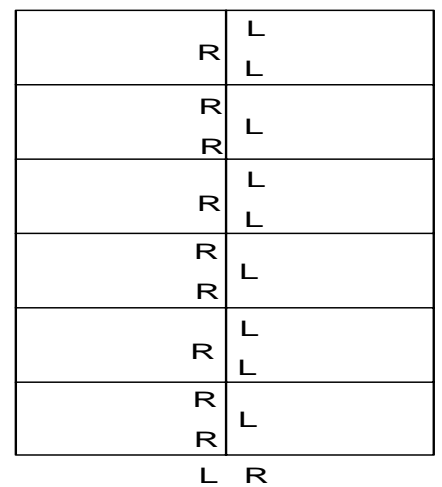
ZIG ZAGS



HOP SCOTCH

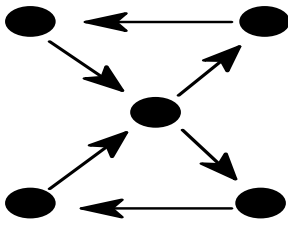


CROSS OVER



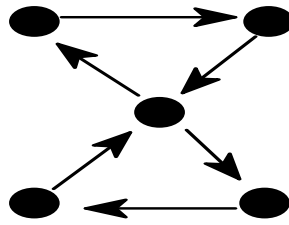
Dot Mat Drills:

FIGURE 8



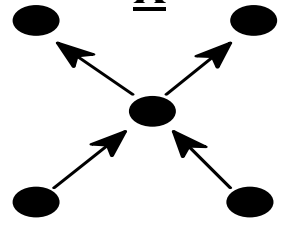
Start at low left, use both feet and face the same direction

HOUR GLASS



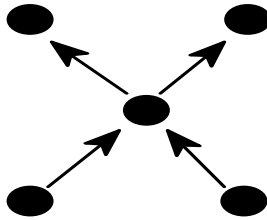
Start at low left, use both feet and face the same direction

X



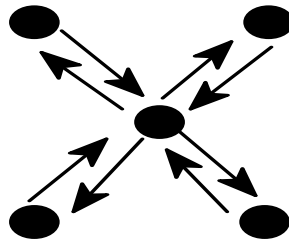
Start on both low dots, use both feet and face the same

HOP SCOTCH



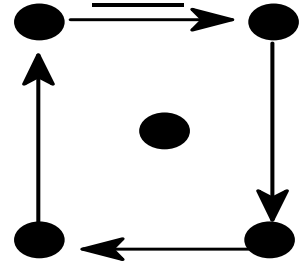
Same as "X", but land one foot in middle, continue, and then land opposite foot in middle

DOUBLE X



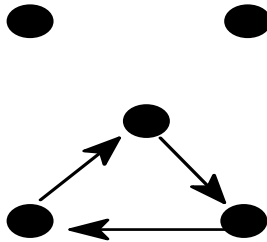
Start on low left, use both feet and face the same direction

BOX



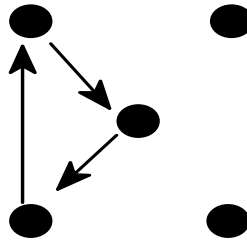
Start on low left, use both feet and face the same direction

TRIANGLE NARROW



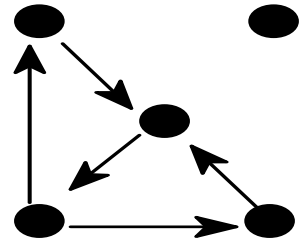
Start on low left, use both feet and face the same direction

TRIANGLE WIDE



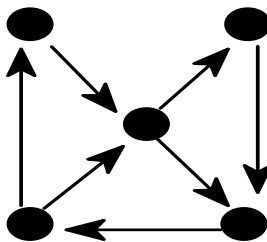
Start on low left, use both feet and face the same direction

TRIANGLE CIRCUIT



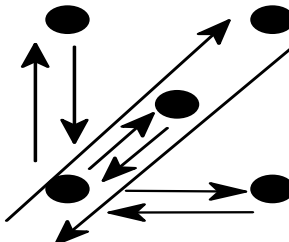
Perform a wide triangle followed by a narrow triangle

RIGHT ANGLES



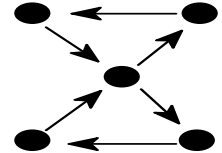
Start at low left, use both feet, face the same direction

ARROWS



Start at low left, use both feet, jump top left, jump middle, jump bottom right, jump top right, then repeat

RUNNING FIGURE 8



Start on left leg at low left, land in mid on right, top right on left, qtr turn, top left on right, mid on left, bottom right on right, qtr turn, low left on left, then repeat

