

AGILITY, QUICKNESS, & PLYO

"Champions are willing to do what they hate in order to get what they love."

"Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill." ~Muhammad Ali

LINE DRILLS

Perform each agility 3X for 45 seconds

1 foot hops from side to side

1 foot hops forward

1 foot hops figure 8

Double foot hops forward

Double foot hops sideways (skis)

Double foot hops figure 8

Forward/Backward shuffle – short/quick shuffles forward (about 2 feet)/short quick shuffles backward (about 2 feet)

Heisman – Explode off of outside leg and jump sideways about 2 feet. Land on opposite foot. Immediately explode off of that back to the other side. Stay low with knees bent and soft landings.

Suicides – on tennis court touch each line, returning to the doubles sideline after each touch or place 2 rackets about 10 feet apart. Start with 5 balls on 1 racket. Run from the 1st racket to the racket with the balls. Grab 1 ball and carry it to the 1st racket. Continue until all balls have been moved rackets. Work on quickness and body control

Ball taps – Set a ball at your feet. With side to side movement, begin alternating tapping the ball with your toes as fast as you can with control without rolling the ball

Jump Roping

FOOTWORK LADDER

Icky Shuffle

Dance Moves

Skis

Snowboard

Carioca

Scissors

Side Step

Centipepe – 1 in – 2 out (you will alternate going forward and backward)

Riverdance – in-behind-out

Single Leg Shuffle – only the inside foot touches the boxes (repeat both sides)

Double Trouble – in-in-out-out (you will be straddling the ladder)

CONE DRILLS

X-Drill – Set 4 cones up in a square. Sprint diagonal from Cone 1 in back right corner to Cone 2 in front left corner. Shuffle across to Cone 3 in front right corner and backpedal back to Cone 4 in back left corner.

1-2-3 Back – With a partner - Set up 3 cones in a straight line 5 yards apart. Set up 1 cone directly across from the middle cone about 3 yards. Start at the single cone. Sprint Forward then to the center cone, etc. When partner calls "Back" you will backpedal to single cone. Partner may call back at anytime. After arriving at single cone continue forward to the next cone you would have sprinted to.

L-Drill – Set cones up in an L shape. Begin at the first line cone and sprint to the center cone. Touch the cone with your hand and sprint back to first cone. Touch that cone with your hand and sprint to 3rd cone. Plant inside foot to make turn to the last cone. Touch cone with your hand and plant foot inside foot again at center cone when turning to head back to lead cone.

Agility Shuffle – Set up 3 cones 5 yards apart (total 10 yards). Start at center cone. Sprint to the left and touch the cone with your left hand. Immediately sprint to the far right cone and touch with your right hand. Immediately sprint all the way back to the far left cone.

Run-Shuffle-Run – Set up 4 cones 5 yards apart. Sprint from the 1st cone to the 2nd cone. At the 2nd cone, shuffle from the 2nd cone to the 3rd cone. At the 3rd cone, sprint from the 3rd cone to the 4th cone. From the 4th cone sprint back to the 3rd cone. Shuffle between the 3rd and 2nd cone. Sprint from 2nd cone to the 1st cone.

Cone-Alley 1 – Set up 4 cones 4 yards apart in a row. Set up 3 more cones across (just offset) 4 yards apart. Starting at the first back cone, sprint forward/diagonal to the 2nd cone. From the 2nd cone, back pedal diagonally to the 3rd cone. Continue the forward sprint/backpedal until you have gone through and back 1 time.

Cone-Alley 2 – Set up 4 cones 4 yards apart in a row. Set up 3 more cones across (just offset) 4 yards apart. Starting at the first back cone, sprint forward/diagonal to the 2nd cone. Adjust your direction and sprint forward to all cones. Continue the forward sprint until you have gone through and back 1 time.

Cone-Alley 3 – Set up 4 cones 4 yards apart in a row. Set up 3 more cones across (just offset) 4 yards apart. Starting at the first back cone, sprint forward/diagonal to the 2nd cone. Adjust your direction and shuffle to across to the next cone. Sprint forward to the next back cone. Continue the forward sprint/shuffle/sprint until you have gone through and back 1 time.

Run-Shuffle-Shuffle-Run – Set up 3 cones 5 yards apart. Sprint from the 1st cone to the 2nd cone. At the 2nd cone, shuffle from the 2nd cone to the 3rd cone. At the 3rd cone, shuffle from the 3rd cone back to the 2nd cone. From the 2nd cone sprint back to the 1st cone.

MINI PLYO HURDLES

1-Step – Quick/controlled run through the hurdles with 1 foot clearing/landing between each of the hurdles

2-Step – Quick/controlled run through the hurdles with 2 feet clearing/landing between each of the hurdles

Hurdle Hop – 2 foot hop over the hurdles. Once you clear/land one hurdle, immediately explode into the next hop over the next hurdle

3 Hops & Run – Hurdle hop over first 3 hurdles. After hopping over 3rd hurdle, immediately convert to a 1 Step running through the remaining hurdles

Side Step – Side step through each hurdle landing with both feet between each hurdle

Crossover – Side run through the hurdles with only 1 foot touching between each hurdle

3 Step – Running through the hurdles, touch ground between hurdles 3 times before going over next hurdle. Alternate lead foot with each hurdle

Spatial Illusion – 10 hurdles 4 yards apart. Sprint through hurdles as quickly as possible