

Agility (FIELD)

Warm Up (activates focus for day): ~15mins

Step/Slide/Replace Side Shuffle
Walking Karaoke, Swinging Gate
Fast Feet Shuffle (flip 1/2 way)
Shuffle (flip 1/2 way)
Karaoke (flip 1/2 way)
Side Cross Over Run



Station 1: 5-10-15yd RAT time ~10mins

First day of Strong/speed and we want BASELINE marks in some specific skills. Station 1 will focus on hand timing the 5-10-15yd RAT. Athletes will begin at start line and sprint 5, TOUCH line with HAND, return to start, TOUCH line with HAND, continue to 10 yards, TOUCH w HAND, etc... Time begins on their movement and ends when they cross the finish line returning from 15 yd mark.

Station: Line Drills ~10mins

Quick feet is the ability to pick up feet and put them back in the ground with purpose. The hips cannot go without the feet! Athletes should lower their center of gravity by bending their knees NOT hips. Calves are popping because the athlete should stay on the balls of their feet. Using a line (or rolled T shirt) as a reference the athlete will:

1. Side to side (2 legs and 1 leg)
2. Front to back (2 legs and 1 leg)
3. Skater/Nordic Tracker
4. 180 turns (side to side or front to back)

Station: Ropes ~8mins

Quick feet is the ability to pick up feet and put them back in the ground with purpose. The hips cannot go without the feet! Use the ropes to challenge the athletes (RBs should be good):

1. Bunny hop (left foot left side, right foot right side)
2. Skier (bunny hop feet into right side then forward ONE and cross to opposite side) zig and zag...
3. High stepper (left foot every box left side and right foot every box right side)
4. Cross over (left foot every right side box and right foot every left side box)
5. Shuffle (both ways)

Station: 5 cone ~10mins

Set up TWO of the these: four cones 5 yards apart in a box (1,2,3,4) with a 5th cone in the center (5).

1. Shuffle hourglass (1,5,2,3,5,4,1)
 - a. Facing middle | facing outside
2. Sprint-Back Pedal (Sprint 1-2...backpedal 2-5...Sprint 5-3...back pedal 3-4... sprint 4-5 back pedal 5-1)
3. Starfish (1-5... around 2 back to 5... around 3 back to 5... around 4 back to 5... 1 to finish)

Station: Tire ~10mins

Set up tires for agility work. Flip hopscotch.

Toe taps for time (30s bursts)

Hip Toss.

Partner Push Ups (decline)

Conditioning: Bear Crawl/Shuffle Rats

Athletes will execute 4 Rats of the bearcrawl variety with 60sec rest in between. Then athletes will execute 4 rats of the shuffle variety with 60 sec rest in between. Coach can alternate crawl, shuffle, crawl if they choose...

Conditioning: 60 yd Shuttle

60 yard shuttle is always a 5yd sprint and return to start (10yds total) IMMEDIATELY followed by a 10yd sprint and return to start (20 + 10 = 30 yds total) IMMEDIATELY followed by a 15yd sprint and return to sum up to a total of 60 yards per rep. FOUR TOTAL (repeat each twice)

1. Face 95th bear crawl 5yd/5yd | Face stadium shuffle 10yd/10yd | Face 95th sprint back pedal 15yd/15yd
2. Sprint all legs (5,5,10,10,15,15)

Conditioning: 60 yard shuttle

Sprint 5 yards touch line with hand return to startline (touch it), then sprint 10 yards touch line with hand and return to startline (touch it), then sprint 15 yards touch line with hand and sprint through start line to finish 1 shuttle.

- ★ 6 reps