Indiana University Agility Development

<u>Workout A</u>

- **Form Running (refer to speed vocabulary)**
  - Distance will be 20yrds
  - Reps / Perform at least one. Make sure athletes are warm before going full speed
    - ¼ speed
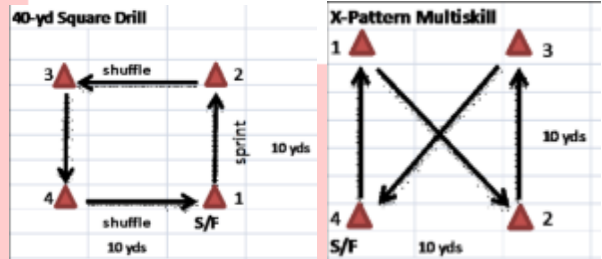   - ½ speed
    - ¾ speed
    - Full speed

Station 1:

40yd Box Drill
  - Sprint / Shuffle / Sprint / Shuffle
  - Sprint / Sprint / Sprint / Sprint
  - Sprint / Backpedal / Sprint / Backpedal
  - Sprint / Lateral Run / Sprint / Lateral Run

Station 2:

X-Pattern Drill
  - Sprint / Shuffle / Sprint / Shuffle
  - Sprint / Sprint / Sprint / Sprint
  - Sprint / Backpedal / Sprint / Backpedal
  - Sprint / Lateral Run / Sprint / Lateral Run

<u>Workout B</u>

- **Form Running (refer to speed vocabulary)**
  - Distance will be 20yrds
  - Reps / Perform at least one. Make sure athletes are warm before going full speed
    - ¼ speed
    - ½ speed
    - ¾ speed
    - Full speed

Station 1:

Ladder Pattern/Footwork
  - 10yds 2 reps each
    - 1ft,2ft
    - Icky Shuffle / Cross Front & Behind
    - Icky w/ In&Out
    - Cross Front w/ Scissor
    - Cross Behind w/ Scissor Twist

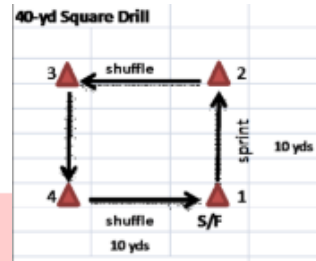Station 2:

Z-Pattern Drill
  - 3 Cones will be 5yds apart in 2 straight staggered lines
  - 2 reps each
    - Sprint / Shuffle / Sprint / Shuffle / Sprint
    - Sprint / Sprint / Sprint / Sprint / Sprint
    - Sprint / Backpedal / Sprint / Backpedal / Sprint
    - Sprint / Lateral Run / Sprint / Lateral Run / Sprint

Workout C

- **Form Running (refer to speed vocabulary)**
    - Distance will be 20yrds
    - Reps / Perform at least one. Make sure athletes are warm before going full speed
        - ¼ speed
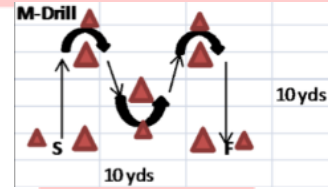   - ½ speed
        - ¾ speed
        - Full speed

Station 1:

40yd Box Drill
  - 4 reps each, reverse direction each rep
    - Sprint / Shuffle / Sprint / Shuffle
    - Sprint / Sprint / Sprint / Sprint
    - Sprint / Backpedal / Sprint / Backpedal
    - Sprint / Lateral Run / Sprint / Lateral Run

Station 2:

M-Pattern Drill
  - 4 reps each, reverse direction each rep
    - Sprint / Backpedal / Sprint / Backpedal
    - Sprint / Open-In / Open-In / Open-In
   - Sprint / Shuffle / Sprint / Backpedal

Workout D

- **Form Running (refer to speed vocabulary)**
    - Distance will be 20yrds
    - Reps / Perform at least one. Make sure athletes are warm before going full speed
        - ¼ speed
   - ½ speed
        - ¾ speed
        - Full speed

Station 1:

V-Pattern Drill
  - 2 Reps each way
    - Sprint / Backpedal / Sprint / Backpedal
    - Shuffle / Shuffle / Shuffle / Shuffle
    - Lateral Sprint / Open-In / Lateral Sprint / Open-Out
    - Sprint / Sprint / Sprint / Sprint
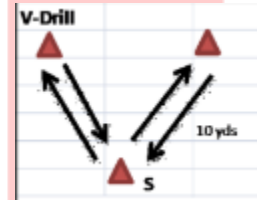
Station 2:

11 Cone Agility Workout:

For this drill you will need 11 cones. Place 10 cones one yard apart. Place the 11th cone 10 yards from the 10th cone. The start line is 1 yard away from the first cone. Complete the first drill as fast as you can with perfect form, after the 10th cone, sprint as fast as you can through the 11th cone, decelerate and jog back to the start line. Immediately start next drill. Perform 1 set of each drill (1-12). Your only rest is the jog back to the starting line.

Start Line   Complete Drill   Sprint
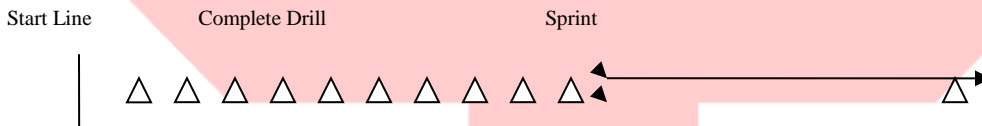
Perform 1 set #1 through #12:
1. Slide (in&out) 1 - facing cones - sprint to far cone - jog back to starting line
2. Slide backwards (in&out) -facing away from cones - sprint to far cone - jog it back to starting line.
3. Sprint/Backpedal (in & out) - sprint to far cone - jog it back to starting line.
4. Sprint/Chop feet (around every other cone) - sprint to far cone - jog back to starting line.
5. Slide/Chop feet (around every other cone) - sprint to far cone - jog back to starting line.
6. Tuck Jump both feet for height (over every cone) - sprint to far cone - jog back to starting line.
7. Tuck Jump1 foot (over every cone) - rt. foot only - then lt. foot only - sprint to far cone - jog it back to starting line.
8. 2 foot lateral Tuck Jump for height over single cone (5 times) - sprint to far cone - jog back to starting line.
9. Sport specific movements