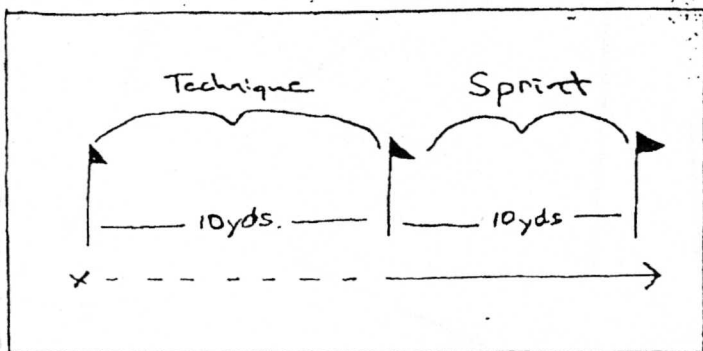
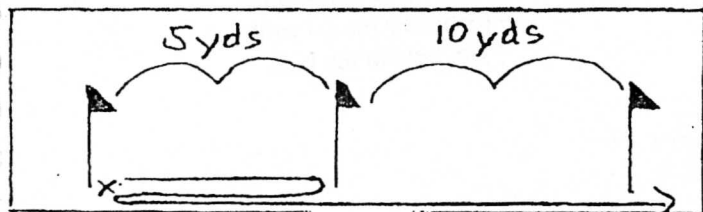


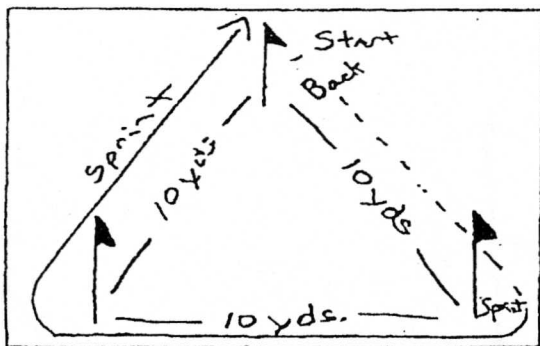
AGILITY WORKOUT



- 4x - High knees 10yds - Sprint through 10yds.
- 4x - Sliding (facing right) 10yds. - Sprint 10yds.
- 4x - Sliding (facing left) 10yds. - Sprint 10yds.
- 4x - Carioca (facing right) 10yds. - Sprint 10yds.
- 4x - Carioca (facing left) 10yds. - Sprint 10yds.
- 4x - High skip 10yds. - Sprint 10yds.
- 4x - Back pedal 10yds. - sprint through 10yds.

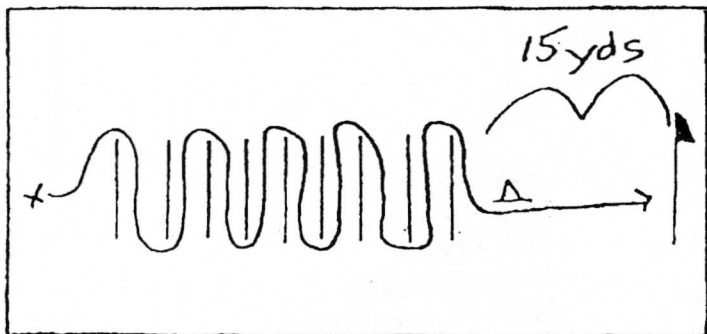


- Ladder - Sprint 5yds. - sprint back 5yds. - sprint through 10yds. (Do seven (7) times).



- Sprint backwards 10yds, turn and sprint around corners back to starting point

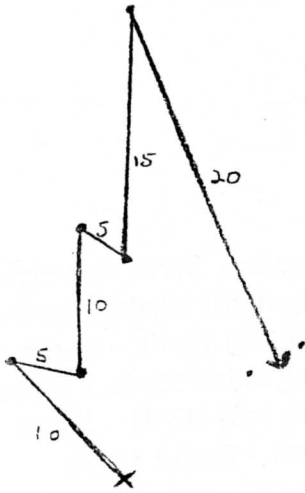
- Do four (4) each way, so you are turning and accelerating in both directions.



- 7x - Slide sideways between hurdles (no crossing legs) Sprint through 15yds.

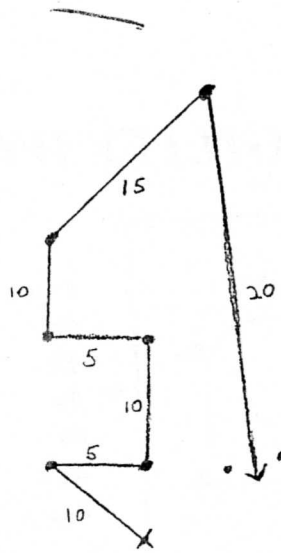
- * Toe touches on stair or bench - 3 x 30 seconds each

1.



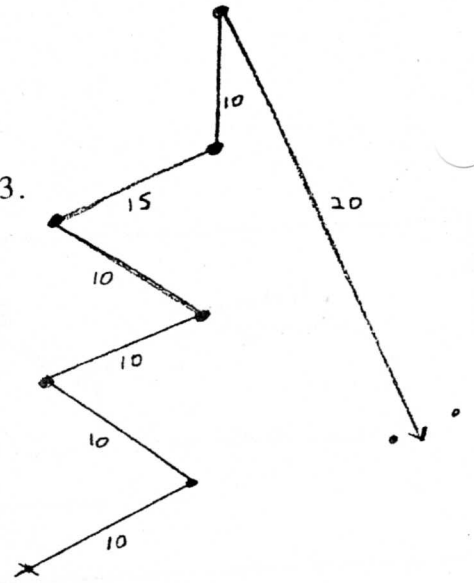
- Sprint diagonal 10 yards
- Back pedal 5 yards
- Sprint Straight 10 yards
- Back pedal 5 yards
- Sprint straight 15 yards
- Recovery run 20 yards
- * get behind the ball !!

2.



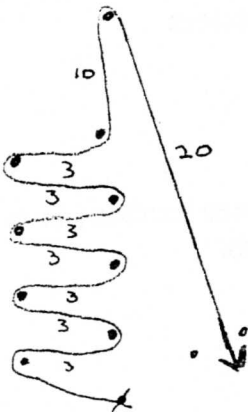
- Sprint 10 yards
- Slide 5 yards
- Sprint 10 yards
- Slide 5 yards
- Sprint 10 yards
- Sprint 15 yards
- Recovery run 20 yards
- * Get behind the ball !!

3.



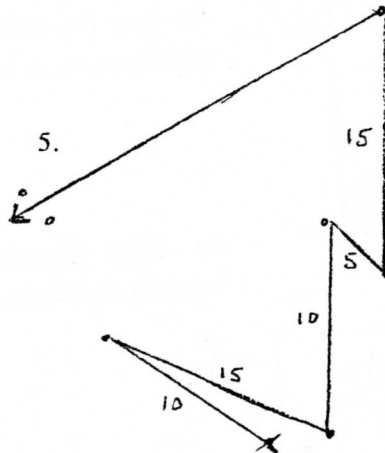
- Sprint all the way
- Accelerate out of turns
- Recovery run 20 yards
- * Get behind the ball

4.



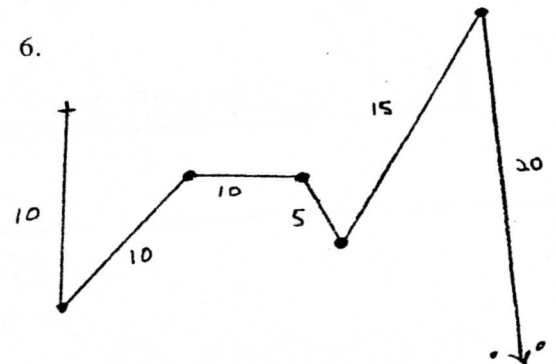
- Cones are 3 yards apart
- Drag Inside hand
- Accelerate out of turns
- Sprint all the way
- Recovery run 20 yards
- *get behind the ball!!

5.

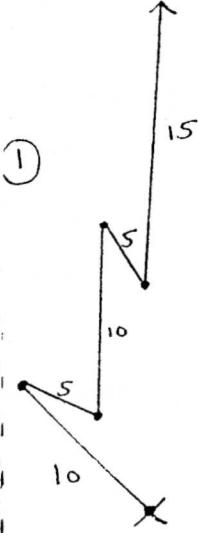


- Sprint 10 yards diagonal
- Sprint back 15 yards
- Sprint 10 yards straight
- Back pedal 5 yards
- Sprint 15 yards straight
- Recovery run 20 yards
- * Get behind the ball

6.

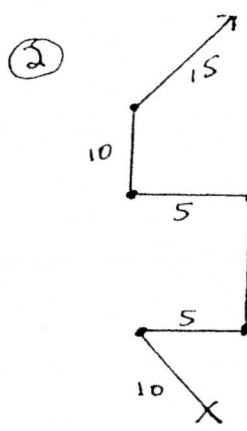


- Back pedal 10 yards
- Sprint 10 yards diagonal
- Slide 10 yards
- Back pedal 5 yards
- Sprint 15 yards diagonal
- Recovery run 20 yards
- * Get behind the ball!!



①

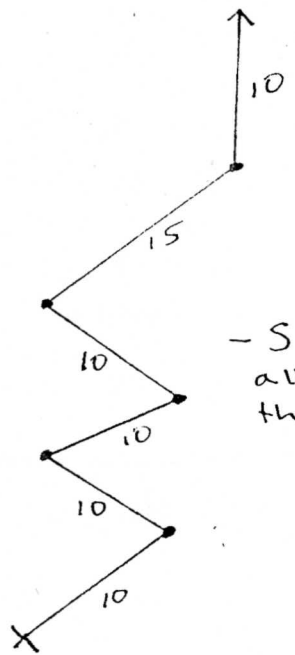
- Sprint (10) diagonal
- Back pedal (5)
- Sprint Straight (10)
- Back Pedal (5)
- Sprint Straight (15)



②

- Sprint (10)
- Slide (5)
- Sprint (10)
- Slide (5)
- 10 - Sprint (10)
- Sprint (15) Diagonal

③



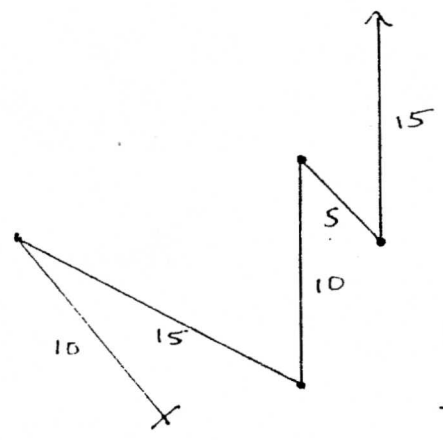
- Sprint all the way through



④

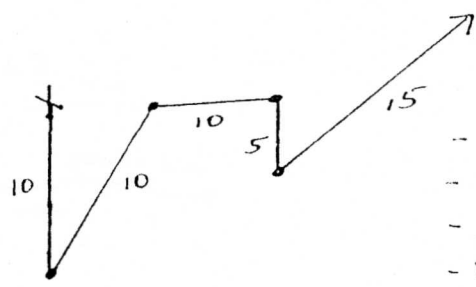
- Cones are (3) yards apart
- Sprint through
- Low to ground
- accelerate out of each turn
- touch inside hand to ground on the turns for balance

⑤



- Sprint
- Sprint (15)
- Sprint
- Back P. (5)
- Sprint

⑥



- Back Pedal (10)
- Sprint (10)
- Slide (10)
- Back Pedal (5)
- Sprint (15)