

Speed & Agility Training

-Warm-Up

-Agility Work

-Sprints

-Strength Training Exercises

-Plyometrics

-Stretches

-Fitness Tests

-Conditioning w/ a Ball

-Conditioning w/out a Ball

Warm-Ups

*10 Minute Jog

*Jump Rope (one minute each exercise)

- Double Jump (2 jumps, with one turn of the rope)
- Jogging in Place
- Two-Footed Jumps
- One-Footed Jumps
- High Knee Jumps
- High Jumps (one jump with 2 turns of the rope)
- Bell Jumps
- Skier Jumps
- Criss-Cross Jumps
- As Fast As you Can

*Speed/Agility Ladders

-Beginner

- Two Feet in (forward/backward)
- One Foot in (forward/backward)
- High Knees (two in and one in)
- Hopscotch (two foot to one foot jumps, alternate feet)
- 2 in 2 out jumps
- Single Leg Zig-Zag
- Ice Skater (back-&-forth across ladder)

-Moderate

- 2 in 2 out Shuffle (forward/backward)
- Slalom Jumps (3 Variations)
- Lateral 2 in 2 out Shuffle
- Lateral Shuffle (2 feet in and 1 foot in)
- 2 in 1 out (Ickey Shuffle)
- Cross-over Step

-Advanced

- Carioca Step (1 foot or 2 feet in)
- Scissor Hops
- Ali Shuffle
- In & Out Hand Shuffle
- Power Push-ups

- Two Feet in (<http://www.workoutz.com/exercise/agility-ladder-drills-run-through-2-feet-in>)
- One Foot in (forward/backward)
- High Knees (two in and one in)
- Hopscotch (<http://www.workoutz.com/exercise/agility ladder hop scotch>)
- Ladder Jumps Two in Two Out (<http://www.workoutz.com/exercise/ladder hops two in two out>)
- 2 in 2 out jumps (<http://www.workoutz.com/exercise/jump 2 in 2 out>)
- Single Leg Zig-Zag (<http://www.workoutz.com/exercise/Agility-Ladder-Drills-Ankle-Zig-Zag-Hop-Single-Leg>)
- Ice Skater (<http://www.workoutz.com/exercise/agility ladder drills ice skaters>)
- 2 in 2 out Shuffle (for./back) (<http://www.workoutz.com/exercise/agility ladder drills 2 in 2 out shuffle>)
- Slalom Jumps (3 Variations)
 - (<http://www.workoutz.com/exercise/slalom-agility-ladder-drill-version-1>)
 - (<http://www.workoutz.com/exercise/slalom agility ladder drill 2>)
 - (<http://www.workoutz.com/exercise/slalom agility ladder drill 3>)
- Skater Hops (<http://www.workoutz.com/exercise/agility ladder drills skater hops>)
- Lateral 2 in 2 out Shuffle (<http://www.workoutz.com/exercise/lateral shuffle agility ladder drill>)
- Lateral Shuffle (2 feet in and 1 foot out)
- 2 in 1 out (Ickey Shuffle) (<http://www.workoutz.com/exercise/ickey shuffle agility ladder drill>)
- Cross-over Step (<http://www.workoutz.com/exercise/crossover step agility ladder drill>)
- Carioca Step (<http://www.workoutz.com/exercise/carioca step agility ladder 1 foot in>)
 (<http://www.workoutz.com/exercise/carioca step agility ladder 2 feet in>)
- Scissor Hops (<http://www.workoutz.com/exercise/agility ladder drills scissor hops>)
- Ali Shuffle (<http://www.workoutz.com/exercise/ali shuffle agility ladder drill>)
- In & Out Hand Shuffle (<http://www.workoutz.com/exercise/agility ladder drills in and out hand shuffle>)
- Power Push-ups (<http://www.workoutz.com/exercise/agility ladder drills power pushups>)

Agility Drills

*Agility Poles

- Poles in a Straight Line with and without a Ball
- Poles Staggered with and without a Ball
- Poles Leaning Outward

*"T" Drill

*Pro Shuttle

*3 Cone Drill

*Wheel Drill

*Gut Drills On a Hill

- 4 or 5 Cones 3-5 yds apart sprint up and back, then next cone back etc.

*Sprint & Slide Drill

*Shadow Slide Drill

*Attack & Retreat Square Drill

*Card Catch

*Speed Ladder (inside 2' 8', 5' 5', 8' 11', 13' 2', 18' 9', 25' 7', 33' 9', 41' 8', 51' 3')

3-Cone Drill (http://www.workoutz.com/exercise/3_cone_drill)

"T" Drill (<http://www.topendsports.com/testing/tests/t-test.htm>)

Pro Shuttle (<http://www.stack.com/exercise/2013/Pro-Agility-Drill/>)

Wheel or Clock Drill (<http://www.stack.com/exercise/2012/Agility-Wheel/>)

Attack Retreat Drill

(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Speed%20Agility%20And%20Endurance/Cone%20Drills/Attack%20and%20Retreat.wmv>)

Sprints (Speed Training)

***Acceleration Sprints**

-Jog 10 yds, Sprint 10 yds, Jog 10 yds, Sprint 10 yds, decelerate within 5yds, walk back to start

***Pick-Up Sprints**

-50% for 10 yds, 75% for 10 yds, 100% for 15 yds, then walk back to start

***Sprint Ladders**

-20 yds. (2), 40 yds. (2), 60 yds. 1, 40 yds. (1), 20 yds. (1)

***Sprint Relays**

-1-3-1
-1-3-5-3-1
-1-3-1

***Running Stairs/Bleachers**

-Every Step
-Skip a Step
-Skip 2 Steps
-Two/One Footed Jumps
-Skip a Step Jumps

***Running Hills**

-Forwards and Backwards

***Agility Parachute Sprints**

***Down Hill Running**

***Wall Drills (#1, #2, #3, #4)**

***Partner Resistance Sprints**

-With and Without Release

Partner Resistance

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Sprints/Partner%20Resisted%20Sprint.wmv>)

Partner Resistance w/ Release

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Sprints/Partner%20Resisted%20Sprint%20w%20Release.wmv>)

Wall Drills

#1

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Acceleration/Wall%20Drill%20-%201%20Count.wmv>)

#2

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Acceleration/Wall%20Drill%20-%202%20Count.wmv>)

#3

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Acceleration/Wall%20Drill%20-%203%20Count.wmv>)

#4

(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Speed%20Agility%20And%20Endurance/Acceleration/Wall%20Drill%20-%20Continuous.wmv>)

Strength Training Exercises

*Abdominals

-Rectus Abdominis

- Medicine Ball Weave Between Straight Legs
- Double Crunch
- Exercise Ball Exchange
- Reverse Crunch (with Exercise or Medicine Ball)
- Knee Tuck with Exercise Ball
- Leg Throw Downs
- Ab Rollers
- Exercise Ball Crunches
- Crunches (legs straight out, knees bent, knees 90°, Legs straight up)
- Big/Sm. Flutterers
- Scissor Kicks
- Bicycle Kicks
- Single Leg V-Ups (+ Med. Ball)
- Double Legged V-Ups (+ Med. Ball)
- Heel Touches
- Medicine Ball Partner Toss
- Toe Touches (+ Med. Ball)
- Hanging Knee Raises
- Inverted Exercise Ball Leg Pull Ins

-Obliques

- Dumbbell Side Bends
- Dynamic Side Bridge
- Elbow-to-Knee Crunch
- Figure-4 Side Crunch
- Lying Side Crunch
- V-Sit Medicine Ball Rotations (with or without Medicine Ball Toss)
- Medicine Ball Oblique Wall Throws
- Medicine Ball Oblique Tosses
- Medicine Ball Circuit
- Medicine Ball Single Leg Chop

*Legs

-Quads

- Lunges (with or without Medicine Ball)
- Scissor Lunges
- One-Legged Squats (Pistol Squats)
- Split Squat
- Reverse Lunge
- Side Lunge
- Ball Wall Squat
- Walking Lunges

-Hamstrings

- Leg Curl with Medicine Ball
- Exercise Ball Hamstring Curls
- Single Leg Deadlift w/ Med. Ball
- Partner Hamstring
- Scooter Pull

-Calves

- Calf Raises
- Raised Calf Raises
- With Medicine Ball or Dumbbells

***Upper Body**

-Push-ups

- Declined Push-ups (on step up box)
- Dive Bomber/Military Push-up
- Hand Step Up
- Exercise Ball Push-up
- Push-up With Hip Extension
- Exercise Ball Walk-out with a Push-up
- Push-up Ladder
- Clap Push-up
- Alternating Plyo Push-up

-Chest

- Medicine Ball Laying Chest Throws
- Pike Press

-Triceps

- Bench Dips
- Tricep Medicine Ball Extension
- Close Grip/Diamond Push-ups
- Push-up on Ball

-Back

- Pull-Ups
- Superman 1
- Superman 2
- Stability Ball Hyperextensions
- Pullovers with a Medicine Ball

-Sledge Hammer Exercises

- Diagonal Slam
- Overhead Slam
- Shoveling
- Churn Butter
- Flip the Lever (Bicep Curl)
- Tricep Back Scratcher
- Boxing Sledge
- Hammer Twists

- Shoulder Sledge
- Around the World (straight Arm Curl)
- Driving Fence Post
- Sledge Lunge
 - *Two on shoulders
 - *Holding sledge straight up
- Sledge Lunge Jumps
- Sledgehammer Planks
- Dynamic Arm Curls
- Barbarian Squat
- Sledge Deadlift

- Medicine Ball Weave Between Straight Legs (http://www.workoutz.com/exercise/ball_weave_through_legs)
- Double Crunch (http://www.workoutz.com/exercise/double_crunch)
- Exercise Ball Exchange (http://www.workoutz.com/exercise/ball_exchange)
- Reverse Crunch (with Exercise or Medicine Ball)
 - (http://www.workoutz.com/exercise/reverse_crunch_with_workout_ball)
- Knee Tuck with Exercise Ball (http://www.workoutz.com/exercise/knee_tuck_with_workout_ball)
- Leg Throw Downs (<http://www.weighthtraining.com/exercises/leg-throw-down>)
- Exercise Ball Crunches (http://www.workoutz.com/exercise/stability_ball_crunch)
- Big/Sm. Flutterers (http://www.workoutz.com/exercise/flutter_kicks)
- Scissor Kicks (http://www.workoutz.com/exercise/scissor_kicks)
- V-Ups (+ Med. Ball) (http://www.workoutz.com/exercise/v_ups)
- Dumbbell Side Bends (http://www.workoutz.com/exercise/dumbbell_side_bends)
- Dynamic Side Bridge (http://www.workoutz.com/exercise/side_bridge)
- Elbow-to-Knee Crunch (http://www.workoutz.com/exercise/side_crunch_elbow_to_knee)
- Side Crunch (http://www.workoutz.com/exercise/side_crunch_knees_down)
- Lying Side Crunch (http://www.workoutz.com/exercise/side_crunch_lying_sideways)
- V-Sit Medicine Ball Rotations (with or without Medicine Ball Toss)
 - (http://www.workoutz.com/exercise/vsit_medicine_ball_rotations)
- Scissor Lunges (http://www.verticaljumping.com/scissor_jumps.html)
- One-Legged Squats (Pistol Squats) (http://www.workoutz.com/exercise/one_legged_squat_pistol)
- Split Squat (http://www.workoutz.com/exercise/split_squats_on_weight_bench)
- Reverse Lunge (http://www.workoutz.com/exercise/reverse_lunge)
- Side Lunge (http://www.workoutz.com/exercise/side_lunge)
- Ball Wall Squat (http://www.workoutz.com/exercise/stability_ball_squat)
- Walking Lunges (http://www.workoutz.com/exercise/walking_lunge)
- Leg Curl with Medicine Ball (http://www.workoutz.com/exercise/leg_curl_with_med_ball)
- Exercise Ball Hamstring Curls (http://www.workoutz.com/exercise/leg_curl_on_stability_ball)
- Single Leg Deadlift w/ Med. Ball (http://www.workoutz.com/exercise/single_leg_deadlift_with_medicine_ball)
- Declined Push-ups (on step up box)
- Dive Bomber/Military Push-up (http://www.workoutz.com/exercise/dive_bomber_pushups)
- Hand Step Up
- Exercise Ball Push-up
 - (<http://www.dummies.com/how-to/content/how-to-do-pushups-with-an-exercise-ball.html>)
- Push-up With Hip Extension (http://www.workoutz.com/exercise/weighted_vest_pushup_hip_extension)
- Exercise Ball Walk-out with a Push-up
- Push-up Ladder
- Clap Push-up (<http://www.exrx.net/Plyometrics/ClapPushUp.html>)
- Bench Dips (http://www.workoutz.com/exercise/bench_dips_weighted)
- Tricep Medicine Ball Extension (http://www.workoutz.com/exercise/overhead_triceps_extension_med_ball)
- Close Grip/Diamond Push-ups (http://www.workoutz.com/exercise/push_ups_close_grip)
- Push-up on Ball (http://www.workoutz.com/exercise/pushups_with_single_med_ball)

- Pull-Ups (<http://www.workoutz.com/exercise/pullups>)
- Superman 1 (http://www.workoutz.com/exercise/supermans_bilateral)
- Superman 2 (http://www.workoutz.com/exercise/supermans_contralateral)
- Stability Ball Hyperextension (http://www.workoutz.com/exercise/back_hyperextensions_on_stability_ball)
- Pullovers with a Medicine Ball (http://www.workoutz.com/exercise/pullovers_with_medicine_ball)
- Heel Touches
(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Core%20Stability%20And%20Flexibility/Core%20Stability/Oblique%20Heel%20Touches.wmv>)
- Toe Touches
(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Core%20Stability%20And%20Flexibility/Core%20Stability/Toe%20Touches.wmv>)
- Hanging Knee Raises
(<https://fitness.usmc.mil/Exercise%20Videos/Athlete/Core%20Stability%20And%20Flexibility/Core%20Stability/Hanging%20Knee%20Raises.wmv>)
- Medicine Ball Oblique Toss
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Oblique%20Toss.wmv>)
- Medicine Ball Circuit
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Circuit.wmv>)
- Medicine Ball Partner Toss
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Partner%20Toss.wmv>)
- Medicine Ball Single Leg Chop
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Single%20Leg%20Chops.wmv>)
- Medicine Ball Single Leg V-ups/Double Legged V-ups
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Single%20Leg%20V-Ups.wmv>
<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20V-Ups.wmv>)
- Medicine Ball Toe Touches
(<https://fitness.usmc.mil/Exercise%20Videos/Warrior/Core%20Stability%20And%20Flexibility/Core%20Stability/Med%20Ball%20Toe%20Touches.wmv>)
- Inverted Exercise Ball Leg Pull Ins (<http://www.shapefit.com/abs-exercises-inverted-exercise-ball-leg-pull-ins.html>)

Plyometrics

***Bleacher/Stage Jumps/Box Jumps**

***Broad Jumps**

***Hurdles**

***Knee-to-Chest**

***Big Jumps/Little Jumps**

***Ball Jumps**

-Forward/Backwards

-Side-to-Side

***Slow Motion Running**

***Depth Jumps** (Start on step-up boxes to floor then 2nd bleacher)

***Side-to-Side Hesitation Jumps**

***Single Leg Tuck Jumps**

***Plyo Sprints**

Depth Jumps (http://www.workoutz.com/exercise/depth_jumps)

Box Jumps (http://www.workoutz.com/exercise/box_jumps)

Stretches

***Partner Stretches**

- Hamstring/Calf laying on back
- Back Push Hamstring
- Quad stretch laying on stomach
- Assisted Butterfly

***Dynamic Stretches**

- Walking Hamstring
- Figure 4
- Inchworm
- Quad-to-Knee Pull
- Side Grapevine (Hamstring/IT Band)
- Spiderman
- Scorpion
- Cross (Leg Overs)

***Static Stretches**

- Hamstring
- Groin
- Calf
- Quad
- Hip-Flexor

Fitness Tests

Push-up Test: Player does as many correct push-ups as they can. Count only the push-ups done correctly.

Pull-up Test: Player does as many pull-ups as they can. Chin must go above the bar, and arms need to go back down straight to count. Hands can be facing the player.

40 Yard Dash Test: How fast a player can run 40 yards from a standing position. Players get two chances; time starts when they start moving and stops when they cross the finish line.

Vertical Jump Test: Measure to the end of a player's hand as they reach up the wall, then the player will jump as high as they can. Measure how high their hand gets then subtract the two numbers to get their vertical jump.

3-Cone Drill: How fast can a player complete the 3-cone drill? They get 2 chances; time starts when they start moving and stops when they cross the finish line.

Push-up Test (<http://www.brianmac.co.uk/pressuptst.htm>)

Pull-up Test (<http://www.brianmac.co.uk/chinstst.htm>)

40 Yard Dash Test (<http://www.brianmac.co.uk/pred40.htm>)

Vertical Jump Test (<http://www.brianmac.co.uk/sgtjump.htm>)

3-Cone or "L" Test (<http://www.brianmac.co.uk/ltest.htm>)

Conditioning w/ A Ball

***Dribbling Through Agility Poles**

***5 or 10 yd. Turns w. the Ball**

***3-Person Around the Defender Drill**

***Forward Back Passing (2-Variations)**

***Pass & Sprint Around Cone**

***Continuous Wall Passing Drill**

***Dribble & Shoot/Pass Conditioning**

Conditioning W/out a Ball

***20s 2min:1min- Run for 2 minutes at a pace of:**

20 seconds of walking,
20 seconds jog,
20 seconds run,
20 seconds walk,
20 seconds jog,
10 seconds run,
10 seconds sprint
After the sprint, rest for 1 minute.

I start at 3 sets for first two weeks; add a set every third week up to 8 sets (12 weeks total).

***30/60/90**

- Run at a tempo that allows you to cover as much distance as possible during the interval.
30 seconds run, 30 seconds recovery (players could jog during this time, but they should be using this time to recover from the runs so it should be a walk)
60 seconds run, 60 seconds recovery
90 seconds run, 90 seconds recovery

I start at 3 sets for the first three weeks; add a set every fourth week up to 6 sets (12 weeks total).

***60 yd shuttle**

- set up cones at 5, 10, and 15yd intervals. Run to 5yd and return to start, and then run to 10yd cone and back, then 15yd cone and back. That is one rep. Work to rest ratio will be 1:3, so the rest should be 60 seconds. Later, the ratio will lower to 1:2, with the rest being 40 seconds.

Start at 8 reps; add two sets every third week up to 14 (8 weeks); then start at the beginning with 1:2 work:rest ratio (8 weeks).

Then I have this repeat sprint table:

***Repeated Sprints**

- Sets are 2 minutes long.

Sprint at 75-85% Rest Between Sets Reps per Set Rest Between Sets Total Sprints Total Training Time

3:3:3:3 10 seconds 10 sec 3 70 sec 15 10 min

1

2 3:4:3:4:3 10 seconds 10 sec 3-4 50-70 sec 17 10 min

3 4:3:5:3:4 10 seconds 10 sec 3-5 30-70 sec 19 10 min

4 4:4:5:4:4 10 seconds 10 sec 4-5 30-50 sec 21 10 min

5 5:5:3:5:5 10 seconds 10 sec 3-5 30-70 sec 23 10 min

6 5:5:5:5:5 10 seconds 10 sec 5 30 sec 25 10 min

10 second sprint w/ 10 second rest; you are running between 3-5 sprints per 2 minutes set. I do each level for two weeks each.

Web Pages

High Intensity Tactical Training (HITT)

*Athlete Exercises

<https://fitness.usmc.mil/Exercise%20Videos/Forms/Athlete.aspx>

*Core Stability & Flexibility

https://fitness.usmc.mil/Exercise%20Videos/Forms/Athlete_CSE.aspx

*Speed, Agility, & Endurance

https://fitness.usmc.mil/Exercise%20Videos/Forms/Athlete_SAE.aspx

*Strength & Power

https://fitness.usmc.mil/Exercise%20Videos/Forms/Athlete_SP.aspx

www.workoutz.com

<http://www.brianmac.co.uk/index.htm>

-Fitness Test Page

<http://www.brianmac.co.uk/eval.htm>

www.shapefit.com

Day 1

-10 Minute Jog

-Sprint Slide Drill

1. 50% - 75% - 100%
2. 3x Through
3. 2x Through

-Running Steps

1. 5 x Each Step
2. 5 x Every Other Step
3. 3 x Skip 2 Steps

-Sprints (2-footed take-offs)

1. 3 x Sprint 10, Jog 10, Sprint 10 walk back
2. 3 x Sprint 20 Decelerate before 10 yds.
3. 3 x Sprint 30
4. Sprint 20 Decelerate before 10 yds.

-Plyometrics

1. Two-Footed Ball Jumps Forward and Back for 45 Sec.
2. Two-Footed Ball Jumps Side-to-Side 45 Sec.

-Mixed in...

- Push-up/Crunches (15/30)
- Down Hill Push-up/Crunches (10/20)
- Ball Push-ups (10)
- Medicine Ball V-ups

Day 2

-Jump Rope Warm-Up

-Dynamic Stretches

-Walking Hamstring

-Figure 4

-Quad to Knee Hug

-Inchworm

-Spiderman

-Leg Crossovers

-Scorpion

-Agility Ladder (with Head and Volleying Soccer Ball)

-One Foot in Running

-Two Feet in Running

-Two Feet in Forward then Backwards

-Hopscotch 2 in jump to 1 in alternating feet

-Hopscotch 2 out jump to 1 in alternating feet

-2 in 2 out Shuffle

-2 in 1 out (Ickey Shuffle)

-3 Cone Drill 5 x

-“T” Drill 3 x

-Sprints

-20 (2x) – 40 (2x) – 60 (1x) – 40 (1x) - 20(1x)

-Plyometrics

-Depth Jumps (two step-up boxes to stage) 10 x

Mixed in...

-Dive Bomb/Military Push-Ups

Day 3

-Warm-Up

-Agility Ladder (Mix in Static Stretches)

-One Foot in Forward 5x

-One Foot in Forward Down and Backwards Back 5x

-Two Feet in Forward 5x

-Two Feet in Forward Down and Backwards Back 5x

-Two Feet in Side Shuffle 5x

-Two in Two Out Side Shuffle 5x

-Two in One Out Quick on the Way Down Pause on Foot on Way Back 5x

-Hopscotch Two Out One In (Alternating) Jumps 5x

-Side Scissor Jumps 5x

-Running Hills (Up and Down) 2 Sets of 5

-Sprint Up

-Sprint Down

-Agility Poles

-Straight Line 5x

-Straight Line w/ a Ball 3x

-Staggered Poles 5x

-Staggered Poles w/ a Ball 3x

-Sprints

-20 yds (2), 40 yds (2), 60 yds (2), 80 yds. (1), 60 yds (1), 40 yds (1), 20 yds (1)

-Broad Jumps

-10 Jumps Down, 10 Back (2 Sets)

-Mixed in...

-Down Hill Push-ups/Crunches

-Pistol or One-Legged Squats

Day 4 (Take-Home)

Warm-up

-8-10 Minute Jog

-Walking Lunges (2 sets of 20)

-Dive Bomb Push-Ups (2 sets of 10)

-3-Cone Drill (2 or 3 sets of 5)

-3 cones are set up in an "L" shape each 5yds apart. The drill starts by the player running to the first cone then back to the start, once back at the start they run back around the first cone then around the last cone, back around the first cone and back to the start.

-40 Crunches

-“T” Drill (2 or 3 sets of 5)

-4 cones are set up in a “T” shape all 5 yds apart. You start at the bottom of the “T.” You will run straight ahead to the first cone then slide quickly to the cone to the right, then you quickly slide 10 yds. to the cone on the far left, then you slide back to the center cone then quickly backpedal to the start.

-Sprints (1 yd = approx. 1 regular walking stride)

-20 yds(3x), 40 yds(3x), 60 yds(2x), 40 yds(1x), 20 yds(1x) (2 sets)

-Elbow-to-Opposite Knee Crunches (20 each side)

-Knees-to-Chest (2 sets of 20)

-Scissor Lunge Jumps (20)

-Start with a lunge, then jump in the air you should land controlled in a lunge with the opposite foot in front. Then you do it again alternating the foot in the front of the lunge. Make sure you're jumping as high as you can. Count each jump as 1. If you can do a second set.

Day 5

-Warm-Up

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- One Foot in Sideways 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 5x
- Cross Over Step Facing the Same Way Down & Back 5x
- Carioca Step Facing the Same Way Down & Back 5x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- One-Legged Zig-Zags 3x
- Side Scissor Jumps 3x

-Ball Wall Squats (20)

-Medicine Ball Flutters (45 sec.) (30 sec.)

-Hills

- Each Step 3x
- 2-Footed Jumps 3x
- Skip-a-Step 3x

-Sprints

- 1-3-1-3-1 (10 yds.) (1), (20 yds.) (1)

-Medicine Ball Oblique Throws (15 or 20 each side)

-Single Leg Split Squats (20 each leg)

-Stage Jumps

- 2 Sets of 5

-Single Leg Tuck Jumps

- 1 Set of 10 Reps. Each Leg

-Raised Calf Raises

- 1 Set of 20

-10 Dive Bomb Push-Ups

Day 6

-Warm-Up

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- One Foot in Sideways 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Cross Over Step Facing the Same Way Down & Back 3x
- Carioca Step Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- One-Legged Zig-Zags 3x
- Side Scissor Jumps 3x

-Exercise Ball Hamstring Curls (15-20) Each Leg

-Double Crunch

-Gut Drill Forward Down Backwards Back (5-10-15-20yds.) 3x (2 sets)

-Medicine Ball Oblique Throws w/ a Partner (20 Each Side)

-Wheel Drill 5x (2 sets)

-Close Grip Push-Ups (15)

-Pro Shuttle 5x (2 sets)

-Dynamic Side Bridge (20 Each Side)

-Hurdles

- In a Line (Two-Footed Jumps, Right, Then Left) 3x Each
- Hurdle Square (Two-Footed, Right, Then Left) 3x Each

-Lunges

<u>Day 7</u>	<u>Day 8</u>	<u>Day 9</u>
-Warm-Up	-Warm-Up	-Warm-Up
-“T”Drill	-3 Cone Drill	-Wheel or Clock Drill
-Hill Gut Drills	-Pro-Shuttle	-Sprint-Slide Drill
-20(2)(1), 40(2)(1), 60(1) 2or 3x	-Hills Forward 3 sets of 3 Backwards 2 sets of 2	-Jog,sprint,jog,sprint 10yds (5x) -50%(10), 75%(10), 100%(20)(5x)
-Ball Jumps sides/Front-Back (45s) 2x	-Knee-to-Chest 2 sets of 20	-Single Leg Tuck Jumps 2 sets of 15
-Single Leg Pistol Squats 2 sets of 15	-Scissor Lunge Jumps 2 sets of 20	-Broad Jumps 2 or 3 sets of 15
-Calf Raises 2 sets of 15	-Split Squats 2 sets of 15 each leg	-Lunges 3 sets of 15

Mix in 4 Abdominal Exercises and 2 Upper Body Exercises

-Abs

- Leg Throw Downs 2 Sets of 15 Each Direction
- Double Crunch 2 Sets of 20 (http://www.workoutz.com/exercise/double_crunch)
- Crunches (legs straight, knees bent, knees 90°, Straight up) sets of 20
- V-ups 2 sets of 20 (http://www.workoutz.com/exercise/v_ups)

-Obliques

- Elbow-to-Knee Crunches (http://www.workoutz.com/exercise/side_crunch_elbow_to_knee)
- Dynamic Side Bridge (http://www.workoutz.com/exercise/side_bridge)
- Side Crunch (http://www.workoutz.com/exercise/side_crunch_knees_down)
- Lying Side Crunch (http://www.workoutz.com/exercise/side_crunch_lying_sideways)

Upper Body

- Dive-Bomb Push-ups (sets of 10-15)
(http://www.workoutz.com/exercise/dive_bomber_pushups)
- Decline Push-ups (sets of 15-20)
- Close Grip Push-up (sets of 10-15) (http://www.workoutz.com/exercise/push_ups_close_grip)
- Push-ups (sets of 15-20)
- Clap Push-ups (sets of 10-20) (<http://www.exrx.net/Plyometrics/ClapPushUp.html>)

3-Cone Drill (http://www.workoutz.com/exercise/3_cone_drill)

“T” Drill (<http://www.topendsports.com/testing/tests/t-test.htm>)

Pro Shuttle (<http://www.stack.com/exercise/2013/Pro-Agility-Drill/>)

Wheel or Clock Drill (<http://www.stack.com/exercise/2012/Agility-Wheel/>)

Single Leg (Pistol Squats) (http://www.workoutz.com/exercise/one_legged_squat_pistol)

Split Squats (http://www.workoutz.com/exercise/split_squats_on_weight_bench)

Lunge (http://www.workoutz.com/exercise/walking_lunge)

Single Leg Tuck Jumps (http://www.verticaljumping.com/single_leg_tuck_jump.html)

Scissor Jumps (http://www.verticaljumping.com/scissor_jumps.html)

Leg Throw Downs (<http://www.weighttraining.com/exercises/leg-throw-down>)

Knee-to-Chest (http://www.flashmavi.com/track_and_field_plyometrics_tuck_jump)

Day 10

-Warm-Up

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- One Foot in Sideways 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Cross Over Step Facing the Same Way Down & Back 3x
- Carioca Step Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- One-Legged Zig-Zags 3x
- Side Scissor Jumps 3x

-Ab Wheel 2 sets of 10-15

-Exercise Ball Walkout Push-ups 2 sets of 10

-3-Cone Drill (1st set 3, 2nd set 2)

-“T” Drill (1st set 3, 2nd set 2)

(Between Elbow-Knee Crunches, Leg Throw downs)

-Forward/Backward Sprints (5, 10, 15, 10 5) (2x)

-Plyo Sprints (15 yards)

1. 3 Knee-to-Chests
2. 4 Single Leg Tuck Jumps (2x each leg)
3. 3 Lunge Jumps
4. 5 Ball Jumps Side-to-Side
5. 5 Ball Jumps Front-Back

-Calf Raises w/ Medicine Ball

- 15 two-footed
- 15 single leg each foot

-Stretching

Day 11

-Warm-Up

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- Slalom Jumps Version 1 3x
- Scissor Forward Jumps 3x
- Side Scissor Jumps 3x

-Push-ups w/ Hip Extension 10 reps Each Leg

-Agility Poles

- Straight Line 3x (3 sets)
- Straight Line w/ a Ball 2x (3 sets)
- Staggered Poles 3x

-Ab Work Little Flutters, Big Flutters, Bicycle Kicks, Scissor Kicks

-Steps

- Every Step 3x, Skip-a-Step 2x (3 sets)

-Sprints

- 20, 40, 60, 40, 20 (2x)

-Hurdles

- Hurdle Square (Two-Footed) 5x

-Stretches

Day 12

- Agility Ladder (Mix in Static Stretches)
 - One Foot in Forward 3x
 - One Foot in Forward Down and Backwards Back 3x
 - Two Feet in Forward 3x
 - Two Feet in Forward Down and Backwards Back 3x
 - Two Feet in Side Shuffle 3x
 - Two Feet in Two Out Forward 3x
 - Two in Two Out Side Shuffle 3x
 - Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
 - Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
 - Hopscotch Two Out One In (Alternating) Jumps 3x
 - Slalom Jumps Version 1 3x
 - Scissor Forward Jumps 3x
 - Side Scissor Jumps 3x

- Medicine Ball Feet-to-Hands Pass 20x

- Sprint Slide Drill 5x (3 Sets)
 - Pistol Squats 10 Each Leg
 - Oblique Tosses with a Partner 15x Each Side

- Forward/Backwards Sprints 5 yds. – 10 yds. – 5 yds. 3x (3Sets)
 - Hamstring Curls 10-15x Each Leg
 - Superman Medicine Ball Toss 20x

- Three Person Touch Drill (Server, Passive Defender, Worker)
 - Pass, Volley, Heading/Catch & Throw (GK) 30 sec. each

- Depth Stage Jumps 5x (3 Sets)
 - Close Grip Push-ups 15x
 - Exercise Ball Knee Tucks 20x

- Ball Jumps
 - Forward/Backwards 45 sec.
 - Side-to-Side 45 sec.
 - Pull-ups

- Stretches (Dynamic &/or Static)

Day 13

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- Slalom Jumps Version 1 3x
- Scissor Forward Jumps 3x
- Side Scissor Jumps 3x

-Single Leg Split Squat (20 each leg)

-Ab Rollers (15-20)

Agility Set (3 Sets)

- 3-Cone Drill 2x
- “T” Drill 2x
 - *Dive Bomb Push-ups (10-15)
 - *Dynamic Side Bridges (15-20 Each Side)
 - *Leg Throw-downs (15 Each Direction)

-Plyo Sprints (15 yards) (3 Sets)

1. 5 Knee-to-Chests 3x
2. 5 Single Leg Tuck Jumps (2x each leg)
3. 5 Lunge Jumps 3x
4. 5 Ball Jumps Side-to-Side 3x
5. 5 Ball Jumps Front-Back 3x

-Calf Raises 20 (2 Sets)

- Second with a Medicine Ball

-Stretches

Day 14

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- Slalom Jumps Version 1 3x
- Scissor Forward Jumps 3x (Crossing legs in front then behind)
- Side Scissor Jumps 3x

-Medicine Ball Leg Weaves 45 sec. (2 Sets)

-Knee-to-Elbow Push-ups (2 Sets of 20)

-Agility Poles

- Straight Poles 5x (3 Sets)
 - With a Ball 2x (2 Sets)
- Staggered Poles 5x (3 Sets)
 - With a Ball 2x (2 Sets)

-Steps (2 Sets)

- Every Step 3x
- Every Other Step 5x
 - 10 Down Hill Push-ups
 - 20 Down Hill Crunches

-Medicine Ball Throw-ins

- 20 on Knees
- 20 Standing

-Hurdle Square

- 2-Footed Jumps 5x
- 1-Footed Jumps 2x
- Other Foot Jumps 2x

-Stretches

Day 15

- Agility Ladder (Mix in Static Stretches)
 - Two Feet in Forward 3x
 - Two Feet in Side Shuffle 3x
 - Two Feet in Two Out Forward 3x
 - Two in Two Out Side Shuffle 3x
 - Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
 - Slalom Jumps Version 1 3x
 - Scissor Forward Jumps 3x
 - Side Scissor Jumps 3x

- Jump Rope
 - 1st Minute slow
 - 2nd Minute fast
 - 3rd Minute slow
 - 4th Minute fast
 - 5th Minute slow

- Single Leg Dead Lift with Medicine Ball (15 Each Leg)

- Exercise Ball Feet-Hand Pass (20)

- Forward/Backward Sprints (3 Sets of 3)
 - Forward 15 yds, Backwards 5 yds., Forward 5 yds., Backwards 15 yards
 - 10 Push-ups
 - 20 Crunches

- Dive Bomb Push-ups (15-20)

- Superman Medicine Ball Tosses (20)

- Tennis Ball Grab (2 Sets)
 - 5 yards 5x
 - 10 yards 5x
 - 5 Hurdles Jumps 5x (2 footed, then each foot)

- Pistol Squats (15 Each Leg)

- Exercise Ball Leg Curls (15 Each Leg)

- Wall Jumps 20x

- Stretches

Day 16

-Warm-Up

- Jog/Jog
- Skip/Jog
- Walking Hamstring & Figure 4
- Slide/Jog
- Inchworm & Quad-to-Knee Pull
- Grapevine/Jog
- Side Grapevine (hamstring/IT band) & Spiderman
- High Knees/Butt Kicks
- Scorpion & Leg Cross-Overs
- Bounding
- 50% Forward/Backwards
- 75% Forward/Backwards
- 100% Forward/Backwards

-Seated Medicine Ball Oblique Throws 20x Each Side

-Agility Ladder Tennis Ball Drop (1 Set)

- Two feet in one out, then catch tennis ball 3x
- Two feet in, two out, then catch tennis ball 3x
- Slalom Jumps, then catch tennis ball 3x
- Side Scissor Jumps, then catch tennis ball 3x

-Partner Shuttle Runs 3x (3 Sets)

- Exercise Ball Crunches 20x
- Dynamic Side Bridges 20 x Each Side

-Continuous Wall Passing Drill

- Passes on the Ground 15 yds, 10 yds, 5 yds.
- Volleys
- Headers

-Plyo Sprints (15 yards) (2 Sets)

1. 5 Knee-to-Chests 3x
 2. 5 Single Leg Tuck Jumps (2x each leg)
 3. 5 Lunge Jumps 3x
 4. 5 Ball Jumps Side-to-Side 3x
 5. 5 Ball Jumps Front-Back 3x
- Exercise Ball Walk-Out Push-Ups

Day 17

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- Slalom Jumps Version 1 3x
- Scissor Forward Jumps 3x (Crossing legs in front then behind)
- Side Scissor Jumps 3x

-Burpee w/ Push-up 20x

-Elbow-to-Knee Crunches 20x Each Side

-Side-to-Side Jumps (2 Sets)

- Fast 1 minute
- Slow 1 minute

-Medicine Ball Deadlift (15-20x Each Leg)

-Fire Hydrant Push-Ups (Knee-to-Elbow Push-ups) 10-15x Each Leg

-Sprint Relays (2 Sets - 2nd set forward down backwards back)

- 1-3-1 20yds
- 1-3-5-3-1 10yds
- 1-3-1 20 yds

-Ab Rollers 15-20x

-Calf Raises

- 15 Each Leg Individually
- 15 w/ Both Feet

-Around Defender Touch Drill

- Pass, Volley, Head

-Stretch

Day 18

-Agility Ladder (Mix in Static Stretches)

- One Foot in Forward 3x
- One Foot in Forward Down and Backwards Back 3x
- Two Feet in Forward 3x
- Two Feet in Forward Down and Backwards Back 3x
- Two Feet in Side Shuffle 3x
- Two Feet in Two Out Forward 3x
- Two in Two Out Side Shuffle 3x
- Two in One Out Quick on the Way Down Pause on Foot on Way Back 3x
- Carioca Step (2 feet in) Facing the Same Way Down & Back 3x
- Hopscotch Two Out One In (Alternating) Jumps 3x
- Slalom Jumps Version 1 3x
- Scissor Forward Jumps 3x (Crossing legs in front then behind)
- Side Scissor Jumps 3x

-Seated Medicine Ball Oblique Partner Throws (15x Each Side)

-Split Squats (15-20x Each Leg)

-Steps (2 Sets)

- Every Step 3x
- Every Other Step 5x
 - 10 Down Hill Push-ups
 - 20 Down Hill Crunches
- Down Hill Push-ups/Crunches (15x/30x)

Agility Set (3 Sets)

- 3-Cone Drill 2x
- “T” Drill 2x

-Stage Jumps (2 Sets of 8-10)

- Ab Rollers 15-20x

-Calf Raises

- Each Leg 20x
- Both Legs 20x