

# Agility

## Day 1

### ***Tips and Things to Remember:*** (MF Athletic)

- Relax! You'll move with greater precision and balance if you avoid tensing your muscles.
- Always see if you can relate the elements of any drill to the movements you make in competition. Often drill movements are identical to competition movements with only the added challenge of placing your feet precisely in and out of the ladder.
- Go as fast as you can: Not as fast as you can't. Don't sabotage yourself by attempting to make your feet go faster than they are able to correctly negotiate all the rungs of the ladder. Remember: You want to develop quickness and control.
- Learn quickly, by first practicing slowly.
- Get a rhythm, then try to pick up your tempo.
  1. Get the drill right
  2. Get the drill right going slow
  3. Get the drill right going fast
- Allow for proper rest between drills. Do not perform to fatigue.
- If you are struggling with a particular drill, count the rhythm out loud (either with numbers, or work cues ("In", "Out", "Cross" etc.)) until the movement begins to flow.
- Use your arms!
- You can use many drills to increase explosive power simply by amplifying your last step away from the ladder. This turns the drills into functional plyometric training for sport.
- Don't be afraid to fail! All of these drills can be learned quickly – if you don't quit on them!

### ***Ladder Drills***

#### **Forward Start with Left Foot**

#### **Forward Start with Right Foot**

<u>Quick Run – 2 In</u> <i>upper body: arm swing and good posture</i>	<u>Variations:</u> - Start with opposite feet - Backwards - High knees - Quick Feet - Lateral									
L <sub>5</sub> R <sub>5</sub>	L <sub>1</sub> R <sub>2</sub>	L <sub>3</sub> R <sub>4</sub>	L <sub>5</sub> R <sub>6</sub>							

# Agility

## Moving Left to Right Moving Right to Left

<p><u>Scissors</u> both feet move at same time hips square</p>	<p><u>Variations:</u> - Start going to Right and Left - Face towards Ladder, Face away from Ladder</p>

## Moving Left to Right Moving Right to Left

<p><u>Over/Back</u> "Over - Back"</p>	<p><u>Variations:</u> - Starting from Left and Right</p>

## Moving Left to Right Moving Right to Left

<p><u>Ali Shuffle</u></p>	<p><u>Variations:</u> - Start going to Right and Left - Face towards Ladder, Face away from Ladder</p>

## Hopscotch - Both In "Out-Both In-Out-Both In"

<p><u>Hopscotch - Both In</u> "Out-Both In-Out-Both In"</p>	<p><u>Variations:</u> - Backwards - Single foot In (alternating feet in)</p>

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Waltz, In-In-Out  
 “In – In – Out”

Variations: - Forwards and Backwards (for backwards, slightly rotate hips)

Cross in Front  
 “Over-Out-Out”  
 use slight hip turn  
 left over right, right behind left  
 right over left, left behind right

Variations: - Forwards and Backwards

In-In, Out-Out

Variations: - Start with opposite feet  
 - Backwards  
 - Lateral

Turn Out  
 “Turn-Out-Turn-Out”  
 feet will point in opposite  
 direction on each “turn”  
 more hip rotation is better

Variations: - Backwards

## Agility

<p><u>Carioca</u> alternate left behind, left in front "cross in front, cross behind"</p>	<p><u>Variations:</u> - Start going to Right (Crossing Left over Right) and to Left (Crossing Right over Left)</p>

### Plyo Drills

<p><u>Mini-Giant Slalom</u> Similar to Giant Slalom only hitting every square</p>	<p><u>Variations:</u> - Backwards</p>

<p><u>Single Leg Slalom</u></p>	<p><u>Variations:</u> - Right Leg and Left Leg - Backwards</p>

<p><u>Single Leg Slalom (Lateral)</u></p>	<p><u>Variations:</u> - Right Leg and Left Leg - Backwards</p>