

## Agility

### Day 5

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

- 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.
- Use your arms!

### ***Ladder Drills***

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

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

#### **Backward Start with Left Foot**

#### **Backward Start with Right Foot**

<p><u>Quick Run – 2 In</u> upper body: arm swing and good posture</p>	<p><u>Variations:</u> - Start with opposite feet - Backwards - High knees - Quick Feet - Lateral</p>										
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#### **Moving Left to Right**

#### **Moving Right to Left**

<p><u>Lateral – 2 In</u></p>	<p><u>Variations:</u> - Start going to Right and Left - High Knees - Quick Feet</p>										
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<p><u>Over/Back</u> "Over – Back"</p>	<p><u>Variations:</u> - Starting from Left and Right</p>																														
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# Agility

Over/Back Cross  
 “Over – Back”

Variations: - Starting from Left and Right  
 - Face towards ladder, Face away from ladder

2 Becomes 1  
 “2 In-1 Out-2 In-1 Out”

Variations: - Backwards

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

Cross Behind  
 “Behind-Out-Out”  
*use slight hip turn*  
*left behind right, right over left*  
*right behind left, left over right*

Variations: - Forwards and Backwards

# Agility

In-In, Out-Out Variations: - Start with opposite feet  
- Backwards  
- Lateral

## Right Foot Always in Square then Left Foot Always in Square

1-2-3-In Variations: - Backwards  
- Lateral  
 "In-1-2-3-In-1-2-3-In"  
*outside foot stays in straight line*

Single Leg Step Over Variations: - Each leg  
- Backwards  
 "Over-Over-Out-Up"

Lateral Crossover Variations: - Start going to Right (Crossing Left over Right) and to Left (Crossing Right over Left)  
 \*Same foot crosses over each time

Split Jumps Variations: - Forwards and Backwards (for bkws slightly rotate hips so outside foot slightly leads inside foot)

# Agility

Skater Hop's Variations:

L<sub>0</sub> R<sub>0</sub>                      L<sub>2</sub>                      L<sub>4</sub>

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R<sub>1</sub>                                      R<sub>3</sub>

Shuffle Wide & Stick Variations: - Backwards  
 "In-In-Out"  
*Out is wide and hold Out (Stick) before return*

L<sub>0</sub> R<sub>0</sub>                      L<sub>6</sub>                      L<sub>12</sub>

L <sub>2</sub> R <sub>1</sub>	L <sub>4</sub> R <sub>5</sub>	L <sub>8</sub> R <sub>7</sub>	L <sub>10</sub> R <sub>11</sub>						

R<sub>3</sub>                                      R<sub>9</sub>

Shuffle Quick Variations: - Backwards  
 "In-In-Out" *not as wide and don't hold Out (Stick)*

L<sub>0</sub> R<sub>0</sub>                      L<sub>6</sub>                      L<sub>12</sub>

L <sub>2</sub> R <sub>1</sub>	L <sub>4</sub> R <sub>5</sub>	L <sub>8</sub> R <sub>7</sub>	L <sub>10</sub> R <sub>11</sub>						

R<sub>3</sub>                                      R<sub>9</sub>

Shuffle Quick & Stick Variations: - Backwards  
- Right side Quick, Left side Stick  
 "In-In-Out"  
*Left side Quick-Right Side Stick*

L<sub>0</sub> R<sub>0</sub>                      L<sub>6</sub>                      L<sub>12</sub>

L <sub>2</sub> R <sub>1</sub>	L <sub>4</sub> R <sub>5</sub>	L <sub>8</sub> R <sub>7</sub>	L <sub>10</sub> R <sub>11</sub>						

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