

## Agility, Plyometric & Conditioning Drills

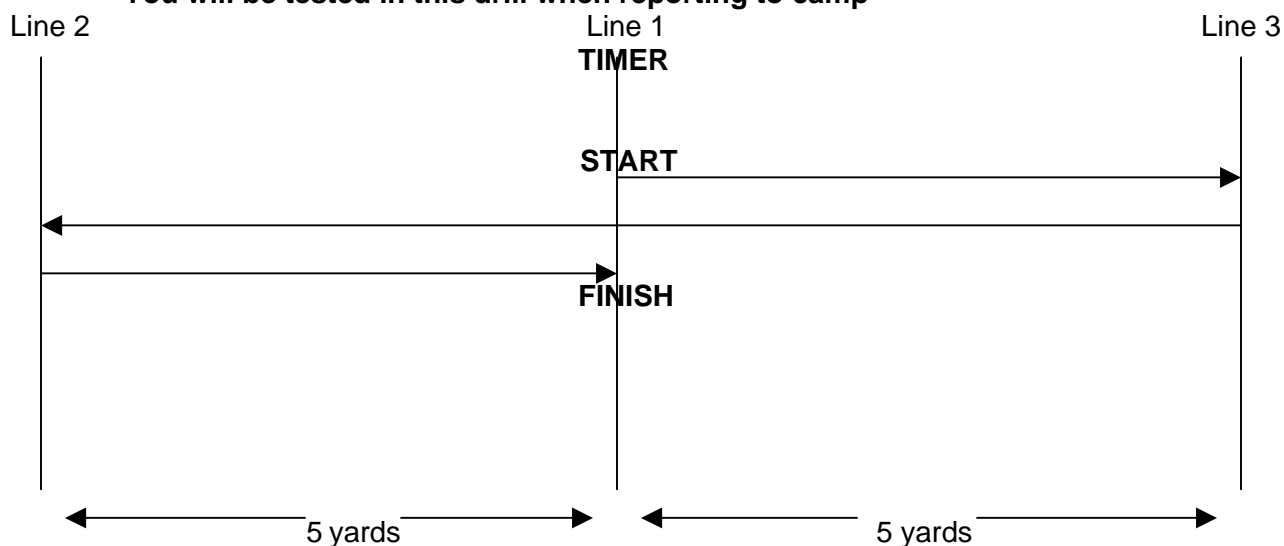
### Pro Agility

Objectives: Improve athletic ability and body coordination during sudden change of direction

Directions:

1. Measure out a 10 yard area with 5 yard increments
2. Start from a three-point stance, facing the timer, with your feet straddling the 5-yard line and your right hand touching line 1.
3. Turn and sprint 5 yards to the right; touch line 3 with your right hand.
4. Turn and sprint back 10 yards and touch line 2 with your left hand.
5. Finally sprint through the starting line
  - Always turn towards the timer when making cuts.
  - Keep hips low in turns

**\*\*\*You will be tested in this drill when reporting to camp**

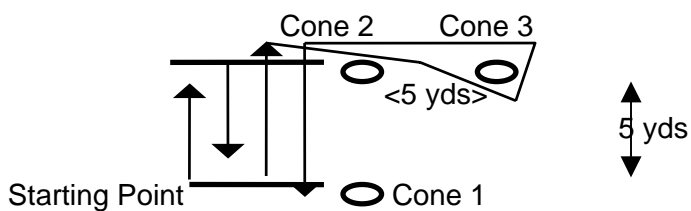


### L-Test

Objectives: Improvement of agility and change of direction

Directions:

1. Place two cones 5 yards apart from each other
2. At the second cone place another cone 5 yards apart perpendicular to the second cone
3. Begin the L-test at the first cone, sprint to the second cone and touch the line then return to the starting cone and touch the line next to the cone
4. After touching the starting line sprint around the second cone and circle the third cone
5. Once you have circled the third cone sprint around the second cone and return to the starting line

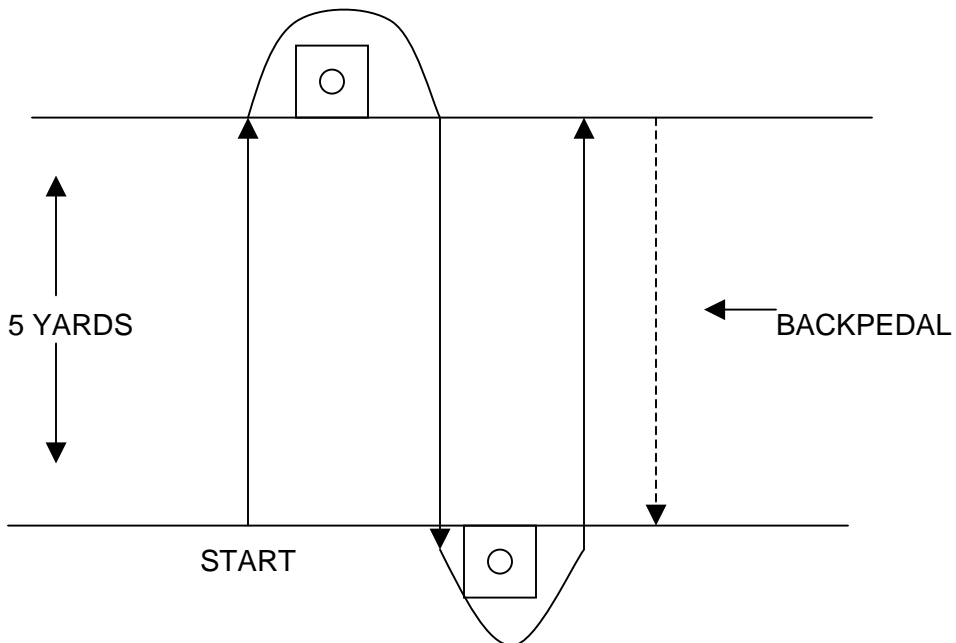


## Wildcat Agility

Objectives: To improve foot quickness and change of direction

Directions:

1. Set up cones five yards apart length way and 1 yard apart the in width, as illustrated in the figure below
2. Start in a bunch start on the first line, sprint to the first cone and make a right hand turn
3. Return to the starting line, go around the second cone with a left hand turn
4. Run to the five yard line and touch it with your fingers, then backpedal across the starting line to the finish
5. Do not knock the cones over and keep your hips low when backpedaling and turning the corners

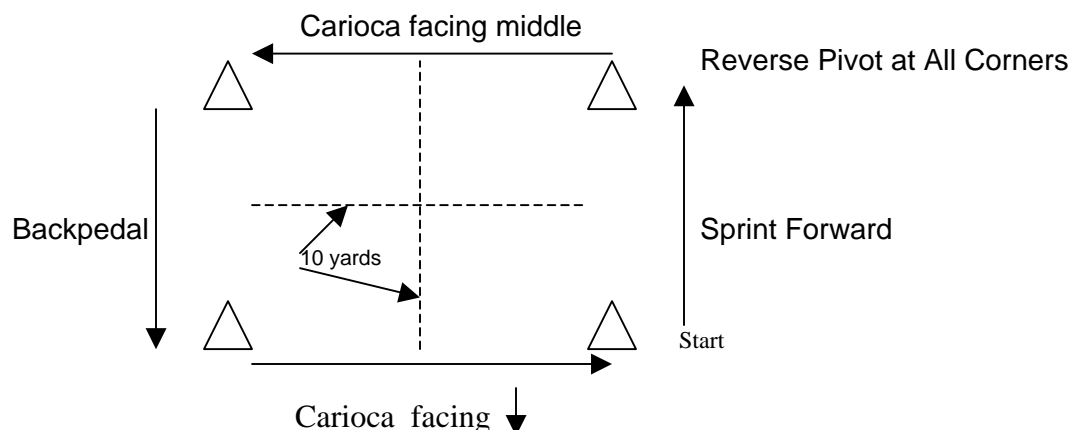


## Four Corner Carioca

Objectives: To improve change of direction, footwork, and flexibility in hips

Directions:

1. Start on the right side of the square and accelerate forward
2. At the first cone make a reverse pivot
3. Carioca to the next cone
4. Reverse pivot and backpedal to the next cone
5. Reverse pivot and carioca to the finish
6. Make sure you are facing the proper direction when doing the carioca



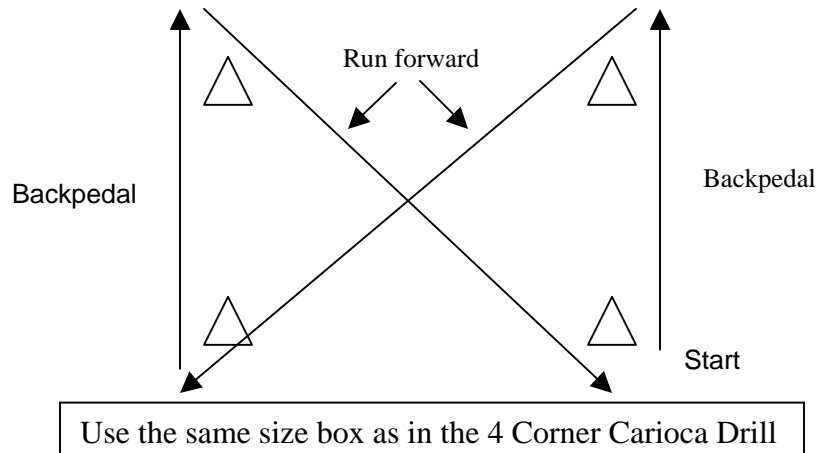
You may switch up the running style at any time for variety.

## Four Corner Comeback

Objectives: Improve footwork, backpedal, and change of direction

Directions:

1. Start on the right side of the square and backpedal to the second cone
2. At the second cone sprint diagonally to the third cone
3. Backpedal to the fourth cone
4. At the fourth cone sprint diagonally to the first cone

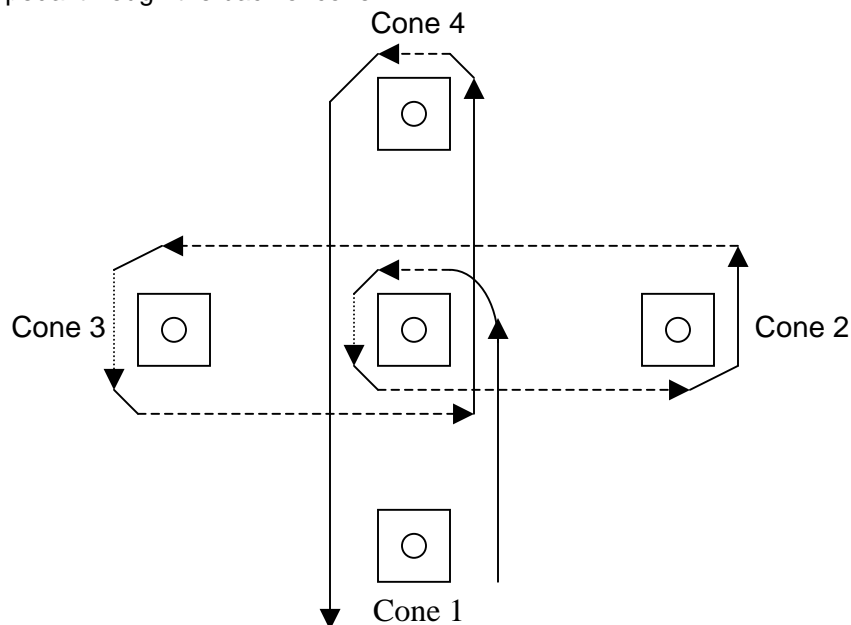


## Plus Test

Objectives: Improvement of hip level, change of direction, and agility

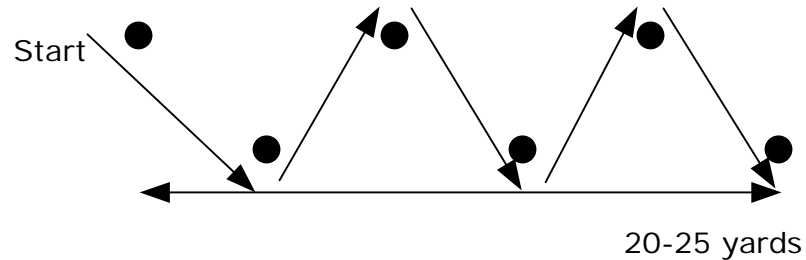
Directions:

1. Place 5 cones 5 yards apart as shown in the diagram below.
2. Start at the right of cone 1. Sprint forward to the front of the middle cone.
3. Sink hips and shuffle to your left.
4. Back pedal to the back of the middle cone
5. Shuffle to the right side of cone 2.
6. Sprint to the front to the front of cone 2,
7. Shuffle (facing the same direction you started) to the left of cone 3.
8. Backpedal to the back of cone 3.
9. Shuffle to the right of the middle cone.
10. Sprint forward to the right of cone 4.
11. Shuffle to the left of cone 4.
12. Backpedal through the back of cone 1.



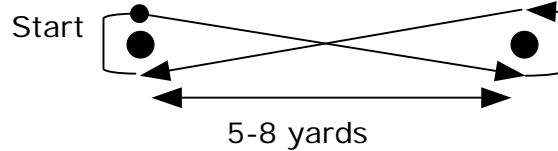
**Angle Cuts:**

Layout 6 cones in a zig-zag shape. The cones should range from 8-10 yards wide and cover about 20-25 yards. Sprint to the 1st cones, shorten your stride before reaching the 2nd cone. When you cut, drop your hips and plant on your outside foot, pointing your toe at the 3rd cone. Now accelerate to the 3rd cone. Run a path outside the cones.



**Figure 8:**

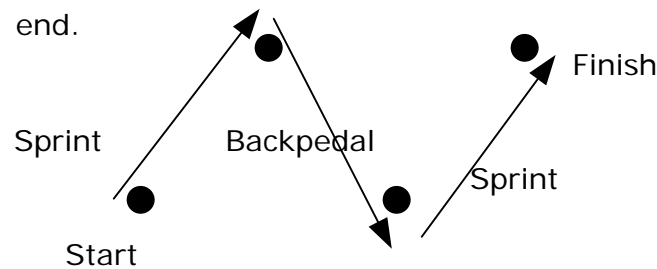
Layout 2 cones in a straight line 5-8 yards apart. Stand on the side of a cone facing the other. Sprint to the opposite side of the other cone. Do a tight 180° turn and run to the opposite side of the cone you started at. Finish by completing the 8 with a 180° turn.



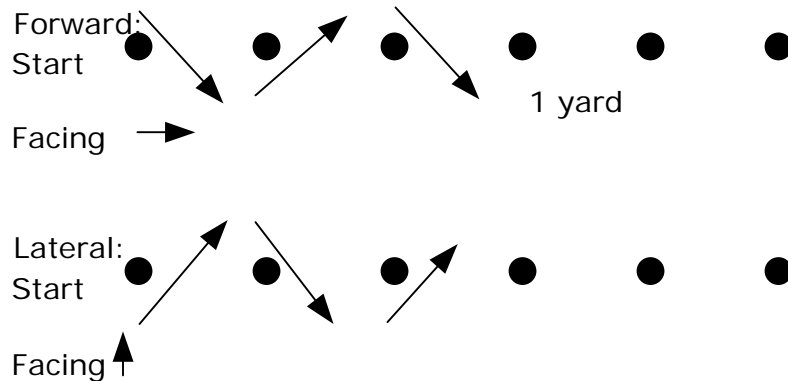
You may also use hoops or large circles to run around (DL run the circles drill)

**N-Drill:**

Layout 4 cones in the shape of a big N. Put the 1st cone down, the 2nd cone is 5 yards up and 2 yards over, the 3rd cone is 5 yards back and 2 yards over, and the 4th cone is 5 yards up and 2 yards over. Start at the 1st cone, sprint forward & around it backpedaling to the 3rd cone, and then sprint through the 4th cone. To reverse the drill, just start at the opposite



**Zig-Zag Run:** Layout 10 cones in a straight line 1 yard apart. For the forward run, start on either side of the 1st cone. Step across the line to the other side with your inside foot followed by your outside foot. Your feet have now changed alignment and continue the pattern with an inside foot lead. \*\*For the lateral run, stand next to the cones facing them, but just behind the first cone. Lead with your inside foot forward & up, followed by the other foot. Follow the same pattern, but now step back behind the 3rd cone. Be sure to work in both directions.



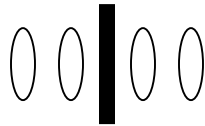
## Plyometric Exercises

### **Lateral Cone/Line Bounding**

Objectives: Improve lateral footwork and quickness

Directions:

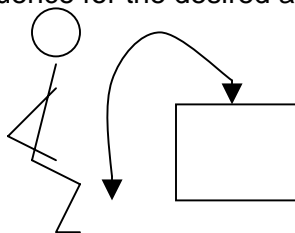
1. Stand erect with feet parallel to line
2. Jump laterally back and forth across the line or cone with both feet
3. Landing should be with the balls of your feet on the ground
4. As soon as you hit the ground explode right back up, spending as little time as possible on the ground
5. Movement should be done quickly and explosively



### **Box Jumps**

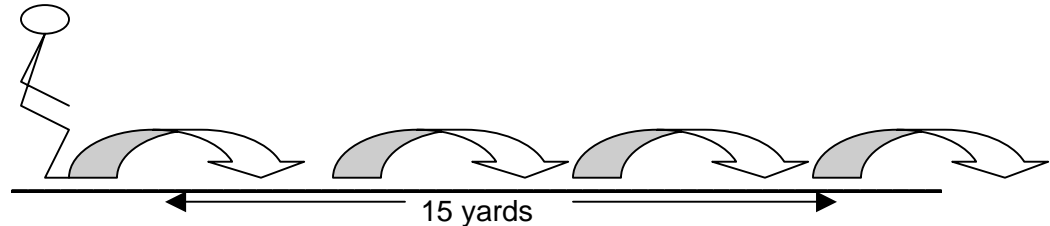
Directions:

1. Stand in front of a two foot or higher box or bench anything that you can jump on and land
2. Jump up and land on the box and return to the ground as quickly as possible
3. As soon as you hit the ground explode right back up onto the box spending as little time as possible on the ground
4. Continue this sequence for the desired amount of reps



### Power Hops:

1. At the starting line of a 15-yard area begin standing in an athletic stance feet shoulder width apart
2. Perform a standing broad jump trying to cover as much distance as possible
3. When landing set yourself and perform another broad
4. Try and cover as much ground as possible with the fewest amount of reps as possible
5. Once again focus on pumping the arms through on each rep



### One-Leg Power Hops

Objectives: Develop horizontal power and acceleration

Directions:

1. At the starting line of a 15 yard area begin standing an athletic stance and starting on one foot
2. Perform a standing one foot broad jump trying to cover as much ground as possible
3. When landing **set** yourself and perform another broad jump with the same foot
4. Try to cover as much ground as possible with the fewest amount of reps as possible
5. On the way back switch feet and perform the drill again
  - Focus on pumping the arms through each rep

### 10/10 Hopping

Objectives: To develop explosive power

Directions:

1. Set up a 40 yard straight course with every 10 yards marked
2. Hop for 10 yards on one leg, then switch legs and hop on the other leg for 10 yards. Concentrate on not spending much time on the ground between hops
3. Continue alternating legs every 10 yards using good arm action

### Squat Jumps

Objectives: To develop explosiveness of the hips and legs

Directions:

1. Squat downward and then jump upward into the air as high as possible
2. Drop down to a full squat position and immediately jump upward
3. Use the arms to assist in the take off, swinging them upward simultaneously

### Tuck Jumps

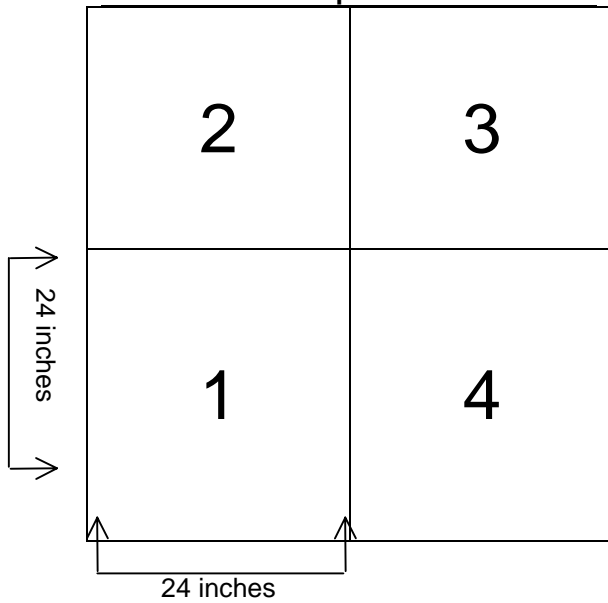
Objectives: To develop explosiveness of the hips and legs

Directions:

1. Slightly lower the hips into  $\frac{3}{4}$  squat depth for the countermovement
2. Explode upward into the air exactly like the squat jump,
3. While in the air tuck the knees to the chest as high as possible.
4. Again use the arms to assist in take off.

**\*\*The main difference between the squat jump and the tuck jump is the depth of squat, and the tucking off the knees. On both be sure to attempt to get triple extension (ankles, knees, & hips before jumping).**

### Four Square Drill

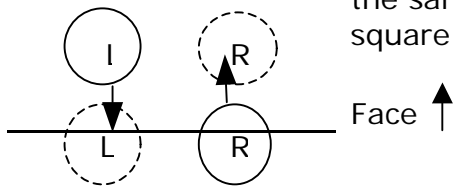


**Perform single leg or with both feet.**

1. Box 1-2 max in 20 seconds
2. Box 1-3 max in 20 seconds
3. Box 1-4 max in 20 seconds
4. Box 4-2 max in 20 seconds
5. Box 1-2-3-4 max in 20 secs.
6. Box 1-4-3-2 max in 20 secs.
7. Box 1-3-4-2 max in 20 secs.
8. Box 4-2-1-3 max in 20 secs.
9. Box 1-3-2-4 max in 20 secs.
10. Box 4-2-3-1 max in 20 secs.

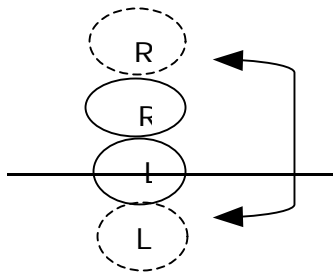
### Quick Feet Discriptors:

#### Alternating:



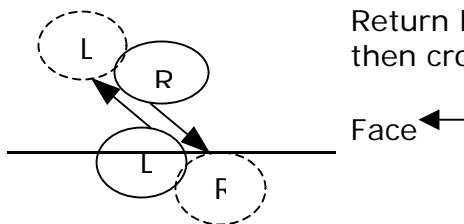
Rotate both feet quickly. Stay facing the same way, keeping your shoulders square.

#### On & Off:



Start with both on the line, then both off.

#### Scissors:



Start out straddling the line, then drop one foot behind and move one foot in front. Return back to the starting point and then cross over the other way.

#### 4 Cone Jump:

Layout 4 cones in a straight line each 1 yard apart.

Stand with either side parallel to the cones. Jump over the top of each cone, after the 4th don't stop, but transfer your direction, and return ending where you started. Complete this as fast as possible and make your transitions quick and smooth, face the same direction throughout the movement.

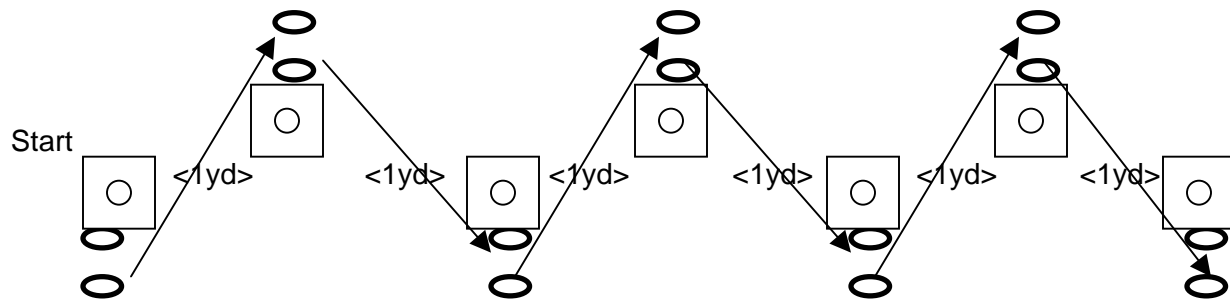


#### Zig-Zag Hops

Objectives: To improve footwork and quickness

Directions:

1. Stand facing a row of cones, each cone one yard apart (if cones are not available find 10 coffee cans or anything about that size, if no implements are available use a line)
2. Hop forward and diagonally off of the right foot (land on left foot) and then slide right foot to the left foot
3. Lead with the right foot to the right side of the next cone (jump off your left foot, land on your right foot) and then slide the left foot to the right foot. Always land on the outside foot
4. Zigzag through all the cones quickly and explosively
5. Keep hips and shoulders squared, plant both feet as you move to each side of the cone, push off with your outside foot



**\*\*Also perform this drill jumping off both feet at the same time, or only using 1 leg throughout.**

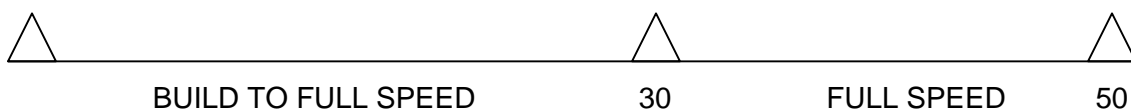
#### Sprinting & Conditioning

##### Flying 20's

Objectives: To improve acceleration and stride frequency

Directions:

1. Set up a 50-yard course with the 30-yard point marked
2. Start running at half speed, building speed at each stride so that acceleration is continuous for the first 20 yards
3. By the time you reach the 30-yard mark, you should be running at full speed (flying).
4. Continue this sprint for 20 yards



### 60 Yard Hollow Sprints

Objectives: To improve acceleration

Directions:

1. Place four cones twenty yards apart from each other in a straight line
2. Athlete starts running half speed for the first 20 yard increment
3. At the 20 yard cone, (2nd cone), the athlete then sprints full speed to the 40 yard, (3rd cone)
4. Once the athlete reaches the 40 yard cone they decelerate to half of full sprint speed and finish through the 60 yard cone, (4th cone)



### Gassers

Objectives: Finishing exercise, putting stress on the phosphagen system, develop anaerobic endurance

Directions:

1. Start in a bunch start on the sideline of a regulation football field
2. Run from sideline to sideline two times consecutively

### Iron Cat Run

Start at goal line of the football field, then:

1. Run to 25 yd line and back to goal line
2. Run to 50 yd line and back to goal line
3. Run to furthest away 25 yd line and back to goal line
4. Run to furthest goal line, and back to original goal line
5. Run from goal line to furthest, back line, of the end zone line; then, back to furthest end zone line at opposite end of field, then back again to furthest back end zone line

Note: If test is done correctly, you will have run a total of 850 yards and finish at the opposite end of the field from where you started.

### Times you should aim for

3:20 Offensive Linemen

2:50 Tight Ends, Quarterbacks, Linebackers

3:10 Defensive Tackles

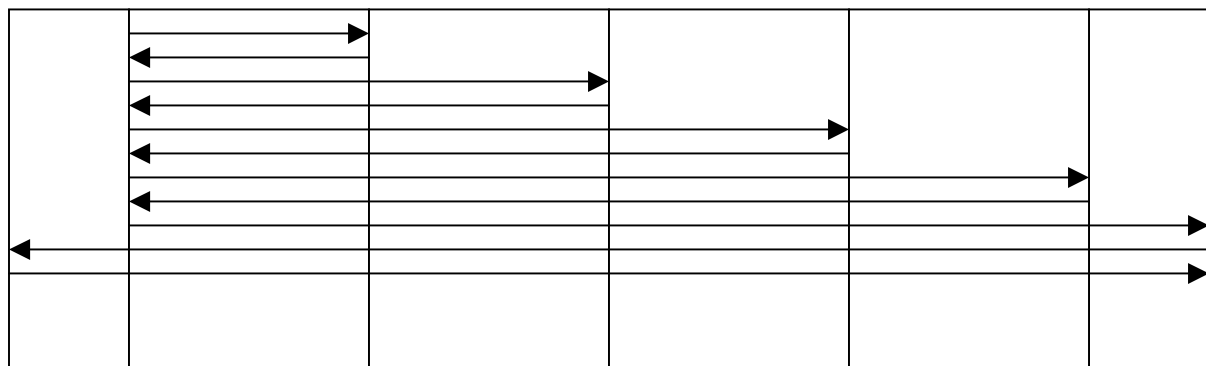
2:45 Running Backs

3:00 Defensive Ends

2:40 Defensive Backs, Wide Receivers

**Start**

**Finish**



Goal Line

25yd

50yd

25 yd

Goal Line

### 300-Yard Shuttle

Objectives: Change of direction and anaerobic conditioning

Directions:

1. Measure an area of 60 yards in length
2. Start from a bunch start behind the starting line
3. Sprint 60 yards and touch the line (hand or foot) and sprint back to the starting line
4. An individual must run back and forth a total of 5 times to complete the shuttle, and finish at the opposite end from where you started.
5. Take a 5 minute rest period
6. Run the test again
7. To find your time add your 2 scores together and take the average of both. That is how we determine your time for testing.

**\*\*You will be tested on this when arriving to camp. Also you must time yourself during the summer and send your results to Coach Ball (along with your lifting numbers).**

**Time Requirement: There will be extra running during 2-a-days if you do not make your time.**

DB's/WR's/RB's	= 49 seconds	LB's/TE's/P/K's/QB's	= 51 seconds
DL	= 53 seconds	OL	= 55 seconds

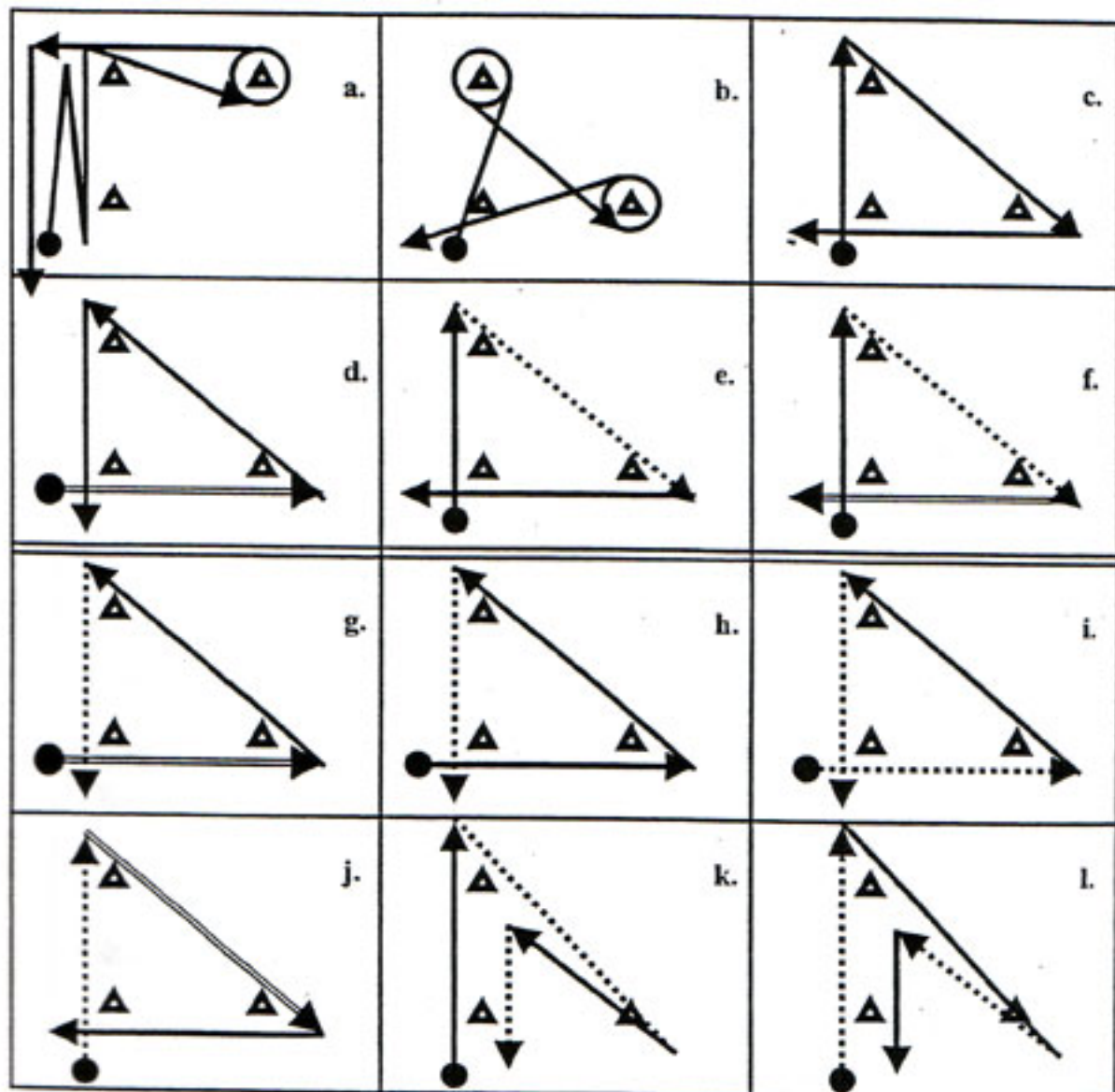
### Fall Camp Testing Info

- You will be tested on the following items when you return (or arrive) to campus. Height, weight, pro agility, standing broad jump, vertical jump, 20 yard sprint, and the 300 shuttle.
- Be sure to send back the 3 forms included in your summer manual by the listed date.
  - Coach Ball must receive those forms by:
    - Saturday June 10<sup>th</sup>
    - Saturday July 8<sup>th</sup>
    - Saturday August 5<sup>th</sup>
- Your testing results in the 300 shuttle will be a major factor in the amount of condition needed during 2-a-days. The better you test out, the less time we have to spend running in camp.

B. Cone Drills:

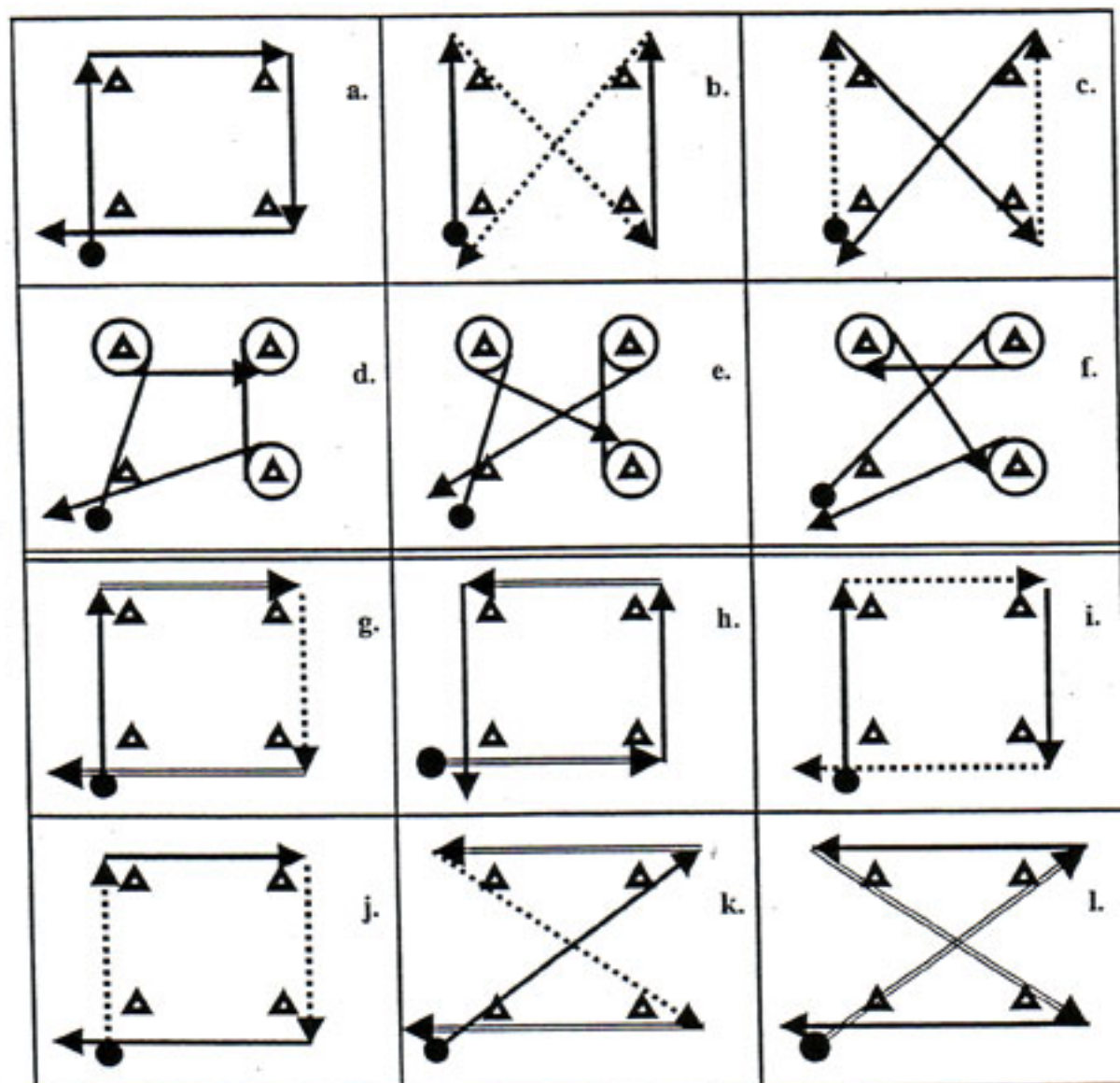
1. 3-Cones:

- a. Pro-Agility Drill (Better description later)
- b. Sprint, Around, Sprint, Around, Sprint
- c. Sprint, Sprint, Sprint
- d. Shuffle, Sprint, Sprint
- e. Sprint, Backward Run, Sprint
- f. Sprint, Backward Run, Shuffle
- g. Shuffle, Sprint, Backward Run
- h. Sprint, Sprint, Backward Run
- i. Backward Run, Sprint, Backward Run
- j. Backward Run, Shuffle, Sprint
- k. Sprint, Backward Run, Sprint, Backward Run
- l. Backward Run, Sprint, Backward Run, Sprint



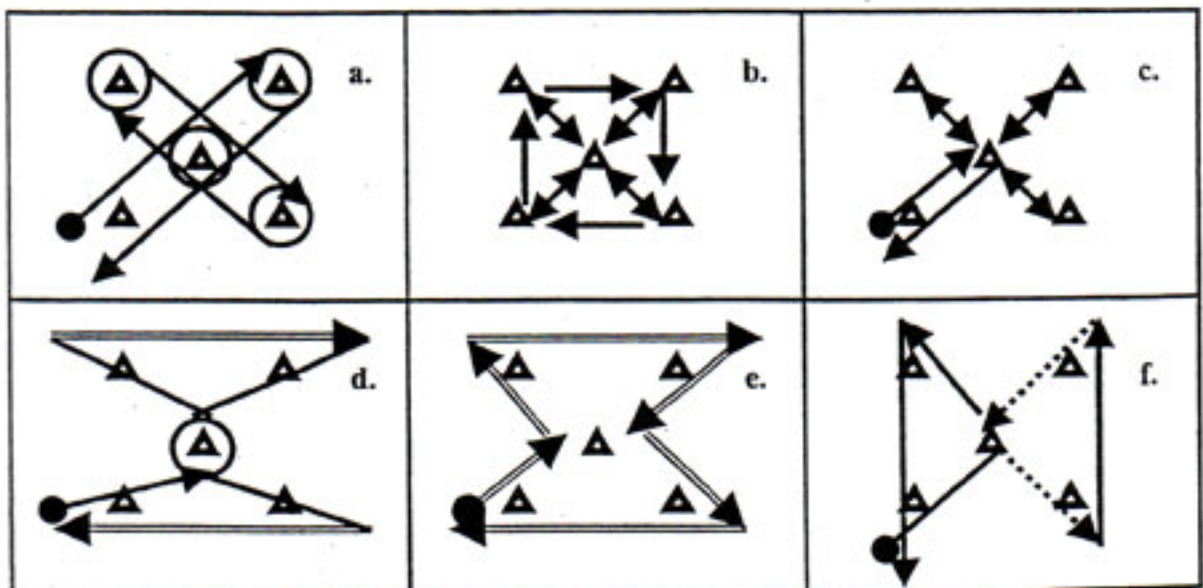
2. 4-Cones:

- a. Sprint, Sprint, Sprint, Sprint
- b. Sprint, Diagonal. Backward Run, Sprint, Diagonal Backward Run
- c. Backward Run, Diagonal Sprint, Backward Run, Diagonal Sprint
- d. Sprint, Around, Sprint, Around, Sprint, Around, Sprint
- e. Sprint, Around, Diagonal Sprint, Around, Sprint, Around, Diagonal Sprint
- f. Diagonal Sprint, Around, Sprint, Around, Diagonal Sprint, Around, Sprint
- g. Sprint, Shuffle, Backward Run, Shuffle
- h. Shuffle, Sprint, Shuffle, Sprint
- i. Sprint, Backward Run, Sprint, Backward Run
- j. Backward Run, Sprint, Backward Run, Sprint
- k. Diagonal Sprint, Shuffle, Diagonal Backward Run, Shuffle
- l. Diagonal Shuffle, Sprint, Diagonal Shuffle, Sprint



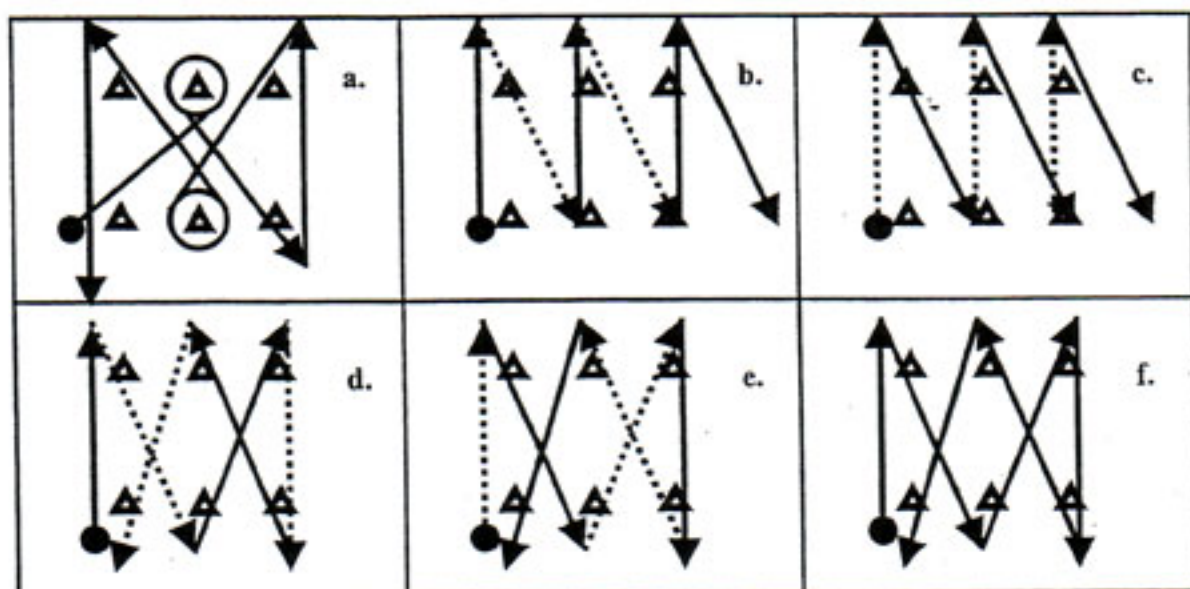
3. **5-Cones:**

- a. Sprint To Center Cone, Circle Around To Upper Left Cone, Back To Center Cone, Circle Around To Upper Right Cone, Back To Center Cone, Circle Around To Lower Right Cone, Back to Center Cone, Circle Around to Lower Left Cone
- b. Sprint To Center Cone and Back, Sprint To Upper Left Cone, Sprint To Center Cone and Back, Sprint To Upper Right Cone, Sprint To Center Cone and Back, Sprint To Lower Right Cone, Sprint To Center Cone and Back, Sprint To Lower Left Cone
- c. Sprint to Center Cone, Sprint To Upper Left Cone and Back, Sprint To Upper Right Cone and Back, Sprint To Lower Right Cone and Back, Sprint To Lower Left
- d. Sprint To Center Cone, Half-Moon Around to Upper Left Cone, Shuffle Across To Upper Right Cone, Sprint To Center Cone, Half-Moon Around to Lower Right Cone, Shuffle Across to Lower Left Cone
- e. Forward Diagonal Shuffle to Center Cone, Forward Diagonal Shuffle to Upper Left Cone, Shuffle Across to Upper Right Cone, Backward Diagonal Shuffle to Center Cone, Backward Diagonal Shuffle to Lower Right Cone, Shuffle Across to Lower Left Cone
- f. Sprint To Center Cone, Backward Run To Lower Right Cone, Sprint To Upper Right Cone, Backward Run To Center Cone, Sprint To Upper Right Cone, Sprint To Lower Left Cone



4. **6-Cones:**

- a. W-Drill 1: Sprint To Upper Center, Circle Around To Lower Right, Sprint, Sprint To Lower Center, Circle Around To Upper Left, Sprint
- b. W-Drill 2: Sprint, Backward Run, Sprint, Backward Run, Sprint, Sprint
- c. W-Drill 3: Backward Run, Sprint, Backward Run, Sprint, Backward Run, Sprint
- d. W-Drill 4: Sprint, Backward Run, Sprint, Backward Run, Sprint, Backward Run
- e. W-Drill 5: Backward Run, Sprint, Backward Run, Sprint, Backward Run, Sprint
- f. W-Drill 6: Sprint, Sprint, Sprint, Sprint, Sprint, Sprint



5. **8-Cones:**

- 1. Figure Eight Run: Starting at the bottom cone, sprint around in a circular, figure eight pattern

