

# Agility

## Day 4

### ***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**

<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											
<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 5px;">L<sub>0</sub> R<sub>0</sub></td> <td style="padding: 5px;">L<sub>1</sub> R<sub>2</sub></td> <td style="padding: 5px;">L<sub>3</sub> R<sub>4</sub></td> <td style="padding: 5px;">L<sub>5</sub> R<sub>6</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> </table>	L <sub>0</sub> R <sub>0</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>								
L <sub>0</sub> R <sub>0</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>									

<u>Over/Back</u> “Over – Back”	<u>Variations:</u> - Starting from Left and Right																																	
<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 5px;"></td> <td style="padding: 5px;">R<sub>1</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;">R<sub>3</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">L<sub>1</sub></td> <td style="padding: 5px;">L<sub>2</sub></td> <td style="padding: 5px;">L<sub>3</sub></td> <td style="padding: 5px;">L<sub>4</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">L<sub>0</sub> R<sub>0</sub></td> <td style="padding: 5px;">R<sub>2</sub></td> <td style="padding: 5px;">R<sub>4</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> </table>		R <sub>1</sub>		R <sub>3</sub>								L <sub>1</sub>	L <sub>2</sub>	L <sub>3</sub>	L <sub>4</sub>								L <sub>0</sub> R <sub>0</sub>	R <sub>2</sub>	R <sub>4</sub>									
	R <sub>1</sub>		R <sub>3</sub>																															
L <sub>1</sub>	L <sub>2</sub>	L <sub>3</sub>	L <sub>4</sub>																															
L <sub>0</sub> R <sub>0</sub>	R <sub>2</sub>	R <sub>4</sub>																																

<u>Over/Back Cross</u> “Over – Back”	<u>Variations:</u> - Starting from Left and Right - Face towards ladder, Face away from ladder																																	
<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 5px;"></td> <td style="padding: 5px;">L<sub>1</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;">L<sub>3</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">R<sub>1</sub></td> <td style="padding: 5px;">R<sub>2</sub></td> <td style="padding: 5px;">R<sub>3</sub></td> <td style="padding: 5px;">R<sub>4</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> <tr> <td style="padding: 5px;">L<sub>0</sub> R<sub>0</sub></td> <td style="padding: 5px;">L<sub>2</sub></td> <td style="padding: 5px;">L<sub>4</sub></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> <td style="padding: 5px;"></td> </tr> </table>		L <sub>1</sub>		L <sub>3</sub>								R <sub>1</sub>	R <sub>2</sub>	R <sub>3</sub>	R <sub>4</sub>								L <sub>0</sub> R <sub>0</sub>	L <sub>2</sub>	L <sub>4</sub>									
	L <sub>1</sub>		L <sub>3</sub>																															
R <sub>1</sub>	R <sub>2</sub>	R <sub>3</sub>	R <sub>4</sub>																															
L <sub>0</sub> R <sub>0</sub>	L <sub>2</sub>	L <sub>4</sub>																																



# Agility

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

**Right Foot Always in Square  
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"

Turn Out (Lateral) Variations: - Start going to Right and Left  
 "Turn-Out-Turn-Out"  
*feet will point in opposite  
direction on each "turn"*  
*more hip rotation is better*

# Agility

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

Slalom Variations: - Backwards  
- Lateral

Single Leg Slalom Variations: - Right Leg and Left Leg  
- Backwards

Single Leg Slalom (Lateral) Variations: - Right Leg and Left Leg  
- Backwards

Skater Hop's Variations: