Agility Workout Area

U12 U14 Peewee Bantam

**Day 1- All drills done alternating with partner**

1. 30 seconds x 2. Bunny Hop jumps over each hurdle. Stay light on your feet landing only on the front half. **Keep feet together.**

2. 30 seconds x 2. Slide board workout. Stay low, extend leg

3. Dot Drill. Follow Directions on Workout Sheet

4. 30 seconds Lateral high knees over each hurdle. Start sideways. Lateral run over each hurdle, two feet in between

5. Pullups/Flexed-arm Hang- 30 seconds or as many/long as you can.

**Day 2- All drills done alternating with partner**

1. 30 seconds x 2 each leg. Single jumps over each hurdle. Stay light on your feet landing only on the front half. **Keep feet together.**

2. 30 seconds x 2. Slide board workout. With stick and gloves Stay low, extend leg.

3. Dot Drill. Follow Directions on Workout Sheet

4. 15 x 2 Knee Ups on pull up bars. Keep abs flexed

5. 30 seconds High knees run over each hurdle. Feet should land softly. **Two feet** in between each hurdle

**Day 3- All drills done alternating with partner**

1. 30 seconds x 2. Bunny Hop jumps over each hurdle. Stay light on your feet landing only on the front half. **Keep feet together.**

2. 30 seconds x 2. Slide board workout. Stay low, extend leg

3. Dot Drill. Follow Directions on Workout Sheet

4. 30 seconds Lateral high knees over each hurdle. Start sideways. Lateral run over each hurdle, two feet in between

5. Pullups/Flexed-arm Hang- 30 seconds or as many/long as you can.

**Day 4- All drills done alternating with partner**

1. 30 seconds x 2 each leg. Single jumps over each hurdle. Stay light on your feet landing only on the front half. **Keep feet together.**

2. 30 seconds x 2. Slide board workout. With stick and gloves Stay low, extend leg.

3. Dot Drill. Follow Directions on Workout Sheet

4. 15 x 2 Knee Ups on pull up bars. Keep abs flexed

5. 30 seconds High knees run over each hurdle. Feet should land softly. **Two feet** in between each hurdle