

Agility Drills

Skill Set: Strength and Conditioning

Difficulty Level: Easy

Number of Athletes and Coaches: Any

Average Time to Complete: 30 minutes

Equipment Required: cones, baseballs

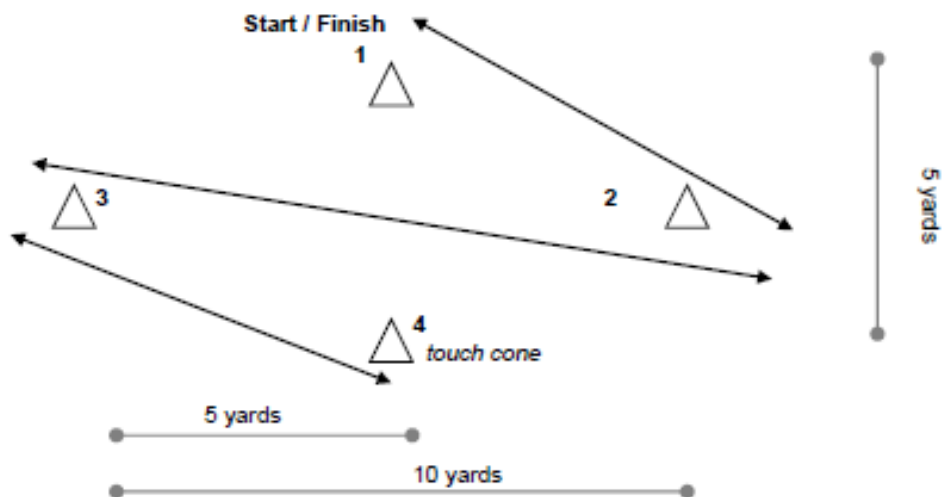
Goal: Perform drills to incorporate speed and quickness while maintaining balance

Warm Up:

- On a flat smooth surface measure out 10 yards and place a cone at the 10 yard mark
- Up and Back = 1 repetition: Rest 1min between sets
 - Sprint – Sprint x 2
 - Sprint – Backpedal x 2
 - Backpedal – Backpedal x 2
 - Shuffle – Shuffle x 2
- Remember decelerate in the shortest possible distance, always with quiet feet

5-10-5 Drill:

- Out and back to cone 1 = 1 repetition
- Pattern: Starting at cone # 1, sprint out and around cone # 2; sprint out and around cone # 3; sprint out and up to cone # 4; touch cone # 4 and repeat pattern back to cone # 1.
- Sprint – Sprint 1-2 sets x 2reps
- Sprint – Backpedal 1-2 sets x 2reps
- Shuffle – Shuffle 1-2 sets x 2reps Rest
- 1 minute between sets



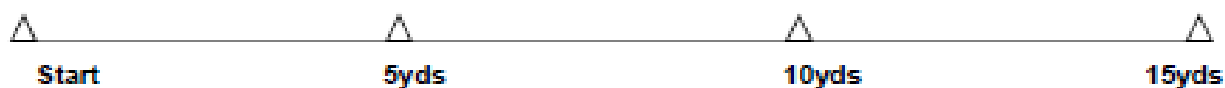
7 Cone Drill:

- Pattern: From cone #1, sprint out and around cone #2, then #3 and so on to cone #7 (equals 1 repetition).
- Rest 30–45 seconds at cone #7 and repeat the pattern back to cone #1.
 - Sprint – Sprint 1-2 sets x 2reps
 - Sprint – Backpedal 1-2 sets x 2reps
 - Shuffle – Shuffle 1-2 sets x 2reps
- Rest 1 minute between sets.
- Sprint-Backpedal:
 - Always face the same direction.
 - Try not to look for the cone when backpedaling; use your peripheral vision as much as possible and change direction as soon as you see the cone.
 - Use a Three-Step change of direction: Plant / Transfer / Accelerate
 - You can change the size of the grid for variation.



60 Yard Shuttle:

- Pattern: Sprint to 1st cone / back to start, sprint to 2nd cone / back to start, sprint to 3rd cone / back to start = 60 yards total.
 - Sprint – Sprint x 1rep
 - Sprint – Backpedal x 1rep
 - Shuffle – Shuffle x 1rep
- Repeat entire program 2 times
- Rest 1 minute between sets.



Ball Drops: Done with a partner and 2 baseballs

- Start facing your partner

- Partner 1 (P1) on a line with the two baseballs in hand.
- Partner 2 (P2) will begin to backpedal.
- P1 with an arm held straight out will drop the ball.
- As soon as P2 sees the ball drop, sprint to P1, pick up the ball, hand it to P1 and start to backpedal again.
- P1 drop the ball at different times making P2 react to short and long delays.
- Perform 2-3 sets of 10 drops
- Note: When Partner 2 is changing direction, rotate the hips to the left or right and plant with an open foot. Alternate the plant foot on each rep.

Ball Pick-Ups: Done with a partner and 2 baseballs

- Start facing your partner, 5-10 yards apart
- Partner 1 (P1) on a line with the two baseballs in hand.
- Partner 2 (P2) will begin to shuffle side to side in fielding position
- P1 will roll the ball to the left never more than 5-6yards on either side of P2
- As soon as P2 sees the ball, side shuffle to the ball, field it and softly toss it back to P1 and it to P1
- As soon as P2 tosses the ball back to P1, P2 should get back to the middle for the next ball.
- P1 should mix up the direction of the rolls to force P2 to react to the ball
- P1, be sure P2 can reach each roll, Make it challenging but possible
- Perform 2-3 sets of 10 drops
- Note: Absolutely NO Diving for balls! If Partner 2 cannot reach a ball, let it go!