

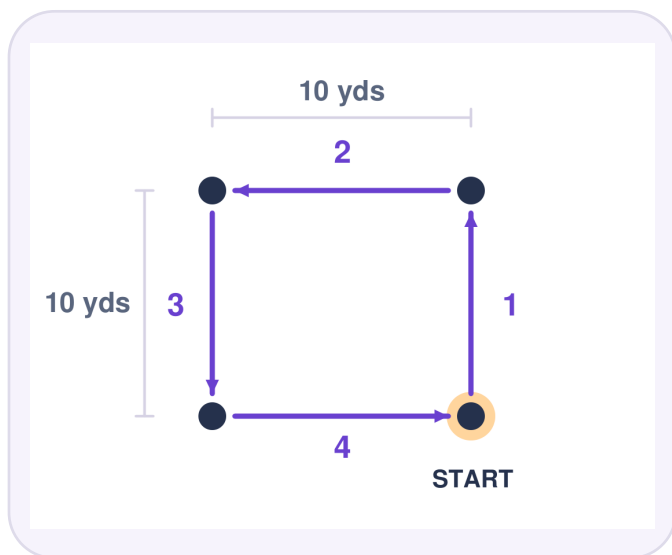
Square Cone Drills

Speed, Agility & Quickness / Tier 1

01

2 reps of each drill / each way

Rest 20-30 seconds after each rep



SET UP

Set four cones in a 10 x 10-yard square. Start at the bottom-right cone and follow the arrows outside the cones.

Numbers show the four movement legs. Complete the drill in both directions.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

- 1 Sprint → Sprint → Sprint → Sprint
- 2 Side shuffle → Side shuffle → Side shuffle → Side shuffle
- 3 Backpedal → Sprint → Backpedal → Sprint
- 4 Sprint → Side shuffle → Backpedal → Side shuffle
- 5 Backpedal → Side shuffle → Sprint → Side shuffle

COACHING POINTS

- Run outside the cones.
- Plant your outside foot to change direction sharply.
- Keep your eyes up.
- Drive through the finish.

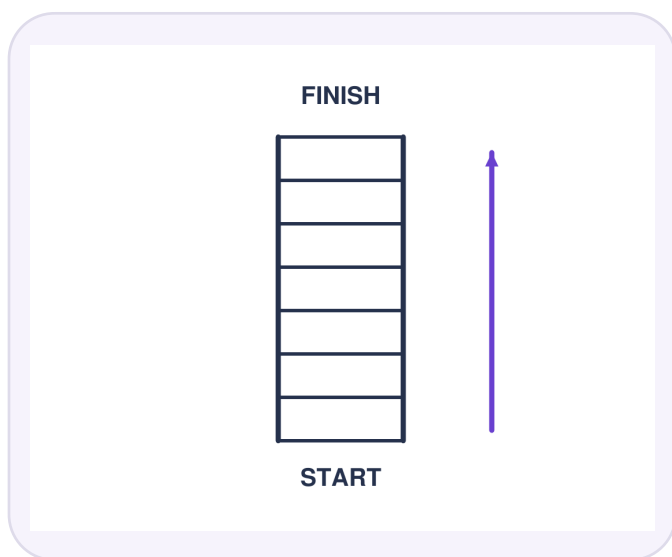
Ladder Drills

Speed, Agility & Quickness / Tier 1

02

2 reps of each drill

Rest 20-30 seconds after each rep



SET UP

Place an agility ladder flat on the ground. Start at the near end and move through the ladder in the direction shown.

The arrow shows travel direction. Use the footwork option listed for your assigned drill.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

1 Run through

- One foot per square
- Two feet per square

3 Hop through

- Two-footed
- One-footed (switch)
- Lateral two-footed hops

2 High knee through

- One foot per square
- Two feet per square

4 Shuffles

- Lateral shuffles
- Ickey shuffle

COACHING POINTS

- Avoid contact with the ladder.
- Build precision first, then speed.
- Keep your eyes up and stay on the balls of your feet.
- Drive through the finish.

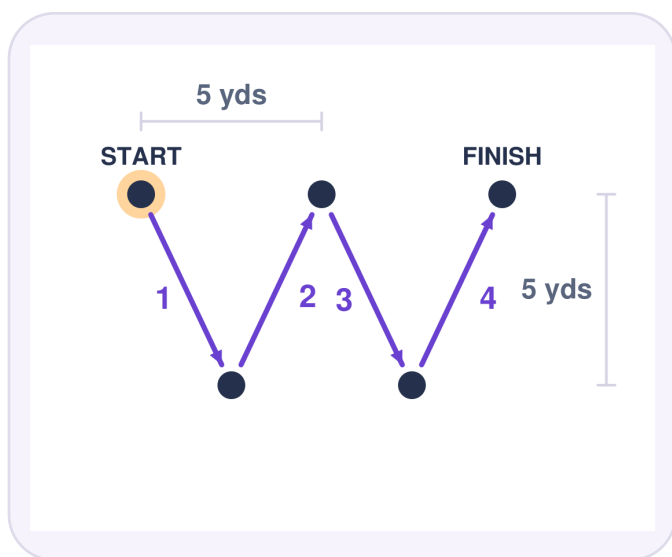
W Cone Drills

Speed, Agility & Quickness / Tier 1

03

2 reps of each drill / each way

Rest 20-30 seconds after each rep



SET UP

Arrange five cones in a W. Keep the top-row cones 5 yards apart and the lower row 5 yards below them, as shown.

Numbers show the four movement legs. Complete the drill in both directions.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

- 1 Sprint → Sprint → Sprint → Sprint
- 2 Side shuffle → Side shuffle → Side shuffle → Side shuffle
- 3 Sprint → Sprint → Backpedal → Backpedal
- 4 Sprint → Side shuffle → Backpedal → Side shuffle
- 5 Backpedal → Side shuffle → Sprint → Side shuffle

COACHING POINTS

- Touch each cone with your hand.
- Stay low and keep your eyes up.
- Open your hips to change direction.
- Drive through the finish.

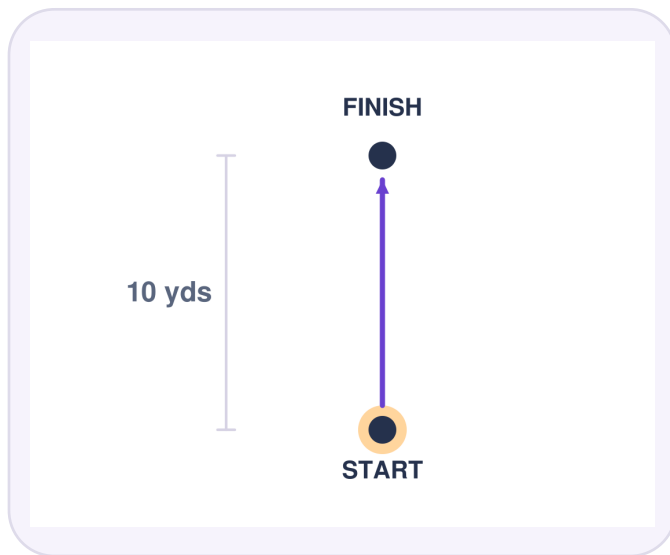
10-Yard Drills

Speed, Agility & Quickness / Tier 1

04

5 reps of each drill

Rest 20-30 seconds after each rep



SET UP

Set two cones 10 yards apart. Begin at the start cone. Your assigned variation tells you whether to sprint back or add a movement before the sprint.

The arrow shows the first sprint. Return only when the selected variation calls for it.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

- | | |
|---|----------------------------|
| 1 Sprint down | 5 Vertical jump and sprint |
| 2 Sprint down and sprint back | 6 Broad jump and sprint |
| 3 Sprint down, sprint back, sprint down | 7 Forward roll and sprint |
| 4 Push-up and sprint | 8 Burpee and sprint |

COACHING POINTS

- Emphasize a quick burst.
- Stay low.
- Drive through the finish.

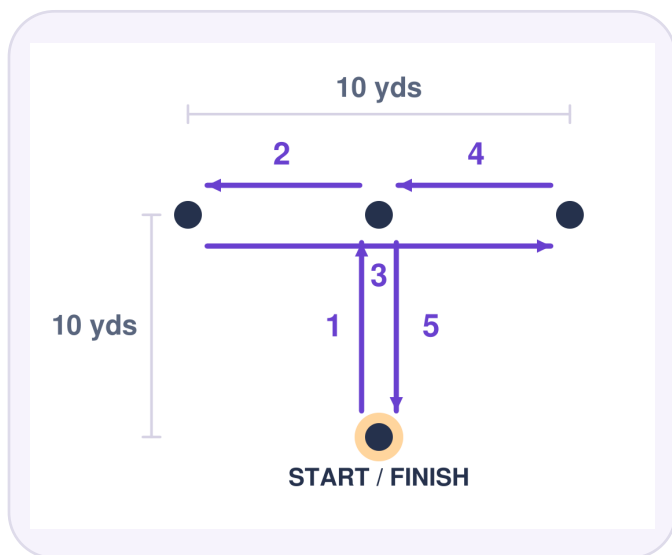
T Cone Drills

Speed, Agility & Quickness / Tier 1

05

2 reps of each drill

Rest 20-30 seconds after each rep



SET UP

Set four cones in a T: 10 yards across the top and 10 yards from the start cone to the center cone. Follow the five numbered legs.

Travel start to center, left, right, center, then back to start.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

- 1 Sprint → Shuffle → Shuffle → Shuffle → Backpedal
- 2 Sprint → Sprint → Sprint → Sprint → Sprint
- 3 Forward bear crawl → Lateral bear crawl → Lateral bear crawl → Lateral bear crawl → Backward bear crawl
- 4 Sprint → Lateral bear crawl → Sprint → Lateral bear crawl → Backpedal
- 5 Bear crawl → Sprint → Bear crawl → Sprint → Backward bear crawl

COACHING POINTS

- Touch each cone with your hand.
- Plant your outside foot to change direction sharply.
- Keep your eyes up and stay low.
- Drive through the finish.

Plyometrics

Speed, Agility & Quickness / Tier 1

06

1 rep of each drill

Rest 20-30 seconds after each rep



SET UP

Set two markers 25 yards apart, as shown on the source sheet. Travel along the lane using the assigned jump, hop, skip, or sprint variation.

The arrow shows travel direction along the 25-yard lane.

DRILL VARIATIONS / CHOOSE THE ONE ASSIGNED

- | | |
|------------------------------|--------------------------|
| 1 Bounding | 7 One-footed hops |
| 2 High knee skips | 8 Backward one-foot hops |
| 3 Broad jumps | 9 High hops |
| 4 Broad jumps (3x) to sprint | 10 Split jumps |
| 5 Two-footed hops | 11 Slalom jumps |
| 6 Backward two-footed hops | 12 One-step tuck jumps |

COACHING POINTS

- Emphasize height on the jumps.
- Emphasize quickness on the hops and skips.
- Drive through the finish.