

Project Eleven

PLAYER DEVELOPMENT / SOURCE REFERENCE

SAQ Tier 1

The original worksheet behind the drill library.

Original Volt worksheet

The following page is the supplied Volt Speed / Agility / Quickness - Tier I source sheet. It remains available as a reference alongside the Project Eleven drill library and printable guide.

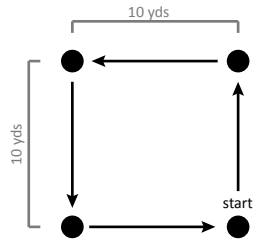
The Project Eleven guide redraws the setups and organizes the coaching information while retaining the source drill choices, distances, repetitions, and rest periods.

Volt Speed/Agility/Quickness

TIER I

SQUARE CONE DRILLS

Two [2] reps of each drill each way. Rest 20-30s each rep.



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. Change directions sharply by planting with outside foot. Keep eyes up. Drive through the finish.

LADDER DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



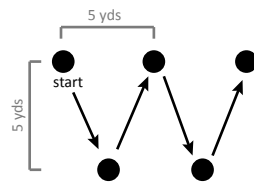
1. Run Through
 - One foot per square
 - Two feet per square
2. High Knee Through
 - One foot per square
 - Two feet per square
3. Hop Through
 - Two footed
 - One footed (switch)
 - Lateral two footed hops
4. Shuffles
 - Lateral shuffles
 - Ickey shuffle

Coaching Points

Avoid contact with the ladder. Keep eyes up. Stay on balls of feet. Precision first, then build speed. Drive through the finish.

W CONE DRILLS

Two [2] reps of each drill each way. Rest 20-30s each rep.



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 hand. Stay low. Keep eyes up. Open up hips to change direction. Drive through the finish.



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10 YARD DRILLS

Five [5] reps of each drill. Rest 20-30s each rep.



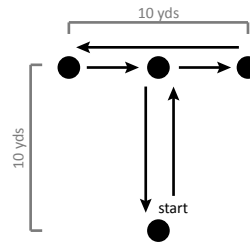
1. Sprint Down
2. Sprint Down and Sprint Back
3. Sprint Down, Sprint Back, Sprint Down
4. Push Up and Sprint
5. Vertical Jump and Sprint
6. Broad Jump and Sprint
7. Forward Roll and Sprint
8. Burpee and Sprint

Coaching Points

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

T CONE DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



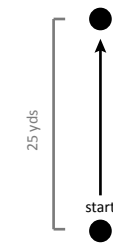
1. Sprint - Shuffle - Shuffle - Shuffle - Backpedal
2. Sprint all ways
3. Bear Crawl: Forward, Lateral, Lateral, Lateral, Backward
4. Sprint, Lateral Bear, Sprint, Lateral Bear, Backpedal
5. Bear Crawl, Sprint, Bear Crawl, Sprint, Backward Bear

Coaching Points

Touch each of the cones with hand. Change directions sharply by planting with outside foot. Keep eyes up. Stay low. Drive through the finish.

PLYOMETRICS

One [1] rep of each drill. Rest 20-30s each rep.



1. Bounding
2. High Knee Skips
3. Broad Jumps
4. Broad Jumps (3x) to Sprint
5. Two Footed Hops
6. Backward Two Footed Hops
7. One Footed Hops
8. Backward One Foot Hops
9. High Hops
10. Split Jumps
11. Slalom Jumps
12. One Step Tuck Jumps

Coaching Points

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