

## 15 MINUTES AGILITIES AND WARM-UP DRILLS

### 1. Bags

- a. 1 foot in each gap
- b. 2 feet in each gap
- c. lateral shuffle right
- d. lateral shuffle left
- e. side to side weaver (serpentine)
- f. attack and retreat
- g. 2 feet bunny hop
- h. lateral shuffle right and hip flip  $\frac{1}{2}$  way through
- i. lateral shuffle left and hip flip  $\frac{1}{2}$  way through

### 2. Ladder Drills

- a. 1 foot in each hole
- b. 2 feet in each hole
- c. bunny hops in each hole
- d. slalom jumps
- e. lateral run right
- f. lateral run left
- g. 2 in, 2 out lateral runs
- h. carioca run right
- i. carioca run left

### 3. Split Squats

$\frac{1}{2}$  of group  
then rotate  
(30 seconds right)  
(30 seconds left)

### Lunges

$\frac{1}{2}$  of group  
then rotate  
(1 minute)

### 4. Pro Agility

(1 minute)  
Rotate

### Long Shuttle

(1 minute)  
Rotate

### 5. Linear Speed Progression

- a. block march
- b. pop-ups
- c. butt kickers
- d. power skip
- e. distance skip

- f. parallel foot starts right
- g. parallel foot starts left
- h. kneeling starts right knee down
- i. kneeling starts left knee down
- j. knee huggers
- k. ankle huggers
- l. frankensteins
- m. frankensteins to opposite hand

**6. (10) Lateral Agility**

- a. lateral slide
- b. carioca (feet low and quick)
- c. carioca (high knee)
- d. pull steps
- e. cross-over steps
- f. back pedal
- g. back pedal hip break and sprint right on "go" call
- h. back pedal hip break and spring left on "go" call
- i. 360° turns right at 5 yards
- j. 360° turns left at 5 yards
- k. roll and go (on "go")
- l. turn tables (on "go")
- m. Freemans (on "go") a/k/a sits ups and get ups)