



AGILITY & SPEED EXERCISE PROGRAM

FOOTWORK, EXPLOSIVE CHANGE OF DIRECTION & BALANCE DRILLS

This comprehensive agility, speed, and balance program is designed to enhance athletic footwork, explosive multi-directional movement, and neuromuscular control across all sports.

1. CONE & SHUTTLE DRILLS

DRILL NAME	EXECUTION & INSTRUCTIONS
Pro Agility (20 yd Shuttle)	Start in a 2- or 3-point stance straddling the middle line. Sprint 5 yards to the right, touch line with right hand, change direction and sprint 10 yards left, touch line with left hand, then sprint 5 yards back through the middle line.
Ladder Drill (5-10-5)	Start at goal line facing upfield. Sprint to 5-yard line and back, sprint to 10-yard line and back, and sprint to 5-yard line and back. Touch 5 and 10 yard lines with left foot and goal line with right foot.
Nebraska Agility Drill	Cones set 5 yards apart. Start in a 3-point stance, sprint to cone #1 (right turn), sprint to cone #2 (left turn), sprint 5 yards to touch line with hand, and backpedal across the starting line.
Edgren Side Step Drill	Assume a power stance halfway between two lines 12 feet apart. Shuffle slide laterally touching each line with the near hand (count 1 for each line touched). Repeat for 15 to 30 seconds.
T-Test	Sprint from cone #1 to cone #2 (touch base with right hand), shuffle 5 yards to cone #3 (left hand), shuffle 10 yards to cone #4 (right hand), shuffle 5 yards back to cone #2 (left hand), and backpedal past cone #1.
Cloverleaf Drill	Five cones set up. Start on left side of cone #1, turn with left shoulder to middle cone (#5) and right shoulder to outer cones following the 1-5-2-5-3-5-4-5-1 progression.
Change of Pace Drill	Sprint from cone #1 to #2, shuffle slide between #2 and #3 twice, sprint to #4, cross-over run between #4 and #5 twice, sprint to #6 and sprint back to #1. Emphasize low body position.
3-Cone Drill	Sprint forward from cone #1 to #2, sprint back to #1, sprint around cone #2 and #3, then sprint past cone #2 maintaining a low body position.
5-Cone Star Drill	Start at cone #1, shuffle laterally to cone #2, drop-step and shuffle to cone #3, and continue through all four outside cones maintaining low body position.
"V" Cone Drill	Start at cone #1, sprint around cone #2 to cone #3, then back around cone #2 to cone #1. Focus on quick change of direction.
"W" Drill	Sprint forward to cone #2, backpedal to cone #3, sprint to cone #4 through the series of cones maintaining forward lean and low center of gravity.

DRILL NAME	EXECUTION & INSTRUCTIONS
"Z" Drill	Shuffle slide to cone #2, use a drop-step to change direction and slide to cone #3 through the series of cones.
Sprint Forward, Slide Behind	Sprint past cone #2, change direction and shuffle slide to cone #3, repeating the sequence through the series.
Circle Drill	Sprint to cone #2 and circle around it using quick, choppy steps, repeating through the series of cones.
4-Cone Four Corner Drill	Sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1 in a 5 yd x 5 yd square.
4-Cone Sprint-Shuffle Drill	Sprint to cone #3, shuffle to #2, drop-step sprint to #4, and shuffle back to #1.
4-Cone Sprint-Backpedal Drill	Sprint to cone #3, backpedal to #4, sprint to #2, and backpedal back to #1.
4-Cone Sprint-Back Shuffle Drill	Sprint to cone #2, back shuffle to #4, sprint to #3, and back shuffle back to #1.

2. LADDER & FOOTWORK DRILLS

DRILL NAME	EXECUTION & INSTRUCTIONS
1-in-the-Hole / 2-in-the-Hole	Rapid foot placement stepping 1 or 2 feet into each ladder square while pumping arms and maintaining high cadence.
90° Turns	Execute quick pivoting footwork entering ladder squares with 90-degree rotational direction changes.
Slalom	Two-foot lateral hopping or bounding in and out of ladder squares from side to side.
Hop Scotch & High Knees	Classic hop-scotch foot patterns and high knee drives through the ladder length for speed and coordination.
Ickey Shuffle & Agility Shuffle	Advanced multi-directional lateral and linear footwork patterns designed for quick multi-plane foot speed.
Front-Back Shuffle & In-Out Shuffles	Advanced rhythmic foot placements crossing in, out, forward, and backward through agility ladder boxes.

3. BARRIER & BAG DRILLS

DRILL NAME	EXECUTION & INSTRUCTIONS
Side-Straddle-Side	Hop forward over a row of barriers (10 yds), straddling them, landing with both feet on the left, straddling again, and landing on the right to maintain rhythm and body control.
Tap Bag Drill	Sprint through a series of 6 blocking bags (or 12 cones) spaced 3-4 yards apart, placing the inside hand at the edge of each barrier while changing direction.
Wheel Bag Drill	Four blocking bags at 90° with a fifth bag 2 yards away. Shuffle step around the wheel, reverse directions, sprint over the intersection and over the fifth bag.

DRILL NAME	EXECUTION & INSTRUCTIONS
Crossover & Step	Dynamic lateral barrier traversal utilizing crossover steps for agility and hip mobility.

4. DOT DRILLS & HOOP DRILLS

DRILL NAME	EXECUTION & INSTRUCTIONS
Dot Drill Series (Scissors, Pivot, 4-Corner, Figure 8, Hexagon)	Executed on painted/taped dots (24"x24" for women, 24"x36" for men). Quick 30-second explosive footwork sequences involving scissor jumps, pivoting, multi-directional corner jumps, figure-eights, and hexagon hops.
Hoop Drills (Circle Tag, Figure 8, Double Figure 8, Four Corner)	Agility patterns weaving through circular hoops arranged in linear, figure-eight, or rectangular layouts.

5. BALANCE & NEUROMUSCULAR CONTROL DRILLS

DRILL NAME	EXECUTION & INSTRUCTIONS
Regular Balance & Eyes Closed	Single-leg balance position held with steady posture; progress to eyes closed for advanced proprioceptive challenge.
Arms Side-to-Side & Overhead	Single-leg balance while rhythmically rotating arms side-to-side or reaching overhead.
Trunk Flexion / Extension & PNF	Single-leg balance paired with controlled trunk bending forward/backward or diagonal PNF rotational movements.
Leg Forward / Side / Back	Dynamic single-leg stability while sweeping the non-support leg forward, laterally, and backward without touching the ground.

PROGRAM GUIDELINES

- **Execution:** Perform agility and speed drills early in the workout when the nervous system is fresh, prior to heavy strength training.
- **Quality Over Speed:** Focus on precise footwork, low center of gravity, and clean changes of direction before increasing speed.
- **Recovery:** Ensure full recovery between high-intensity shuttle and sprint sets to maintain peak explosive output.