

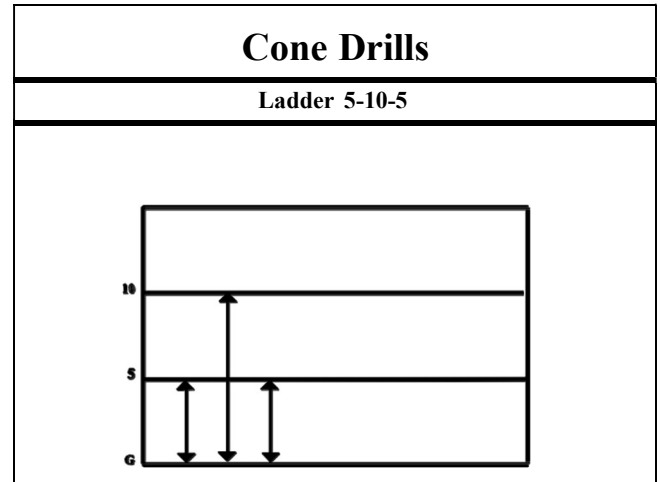
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

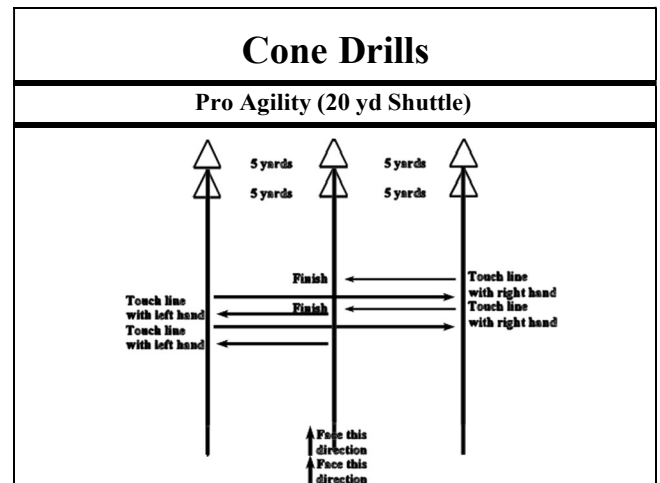
### Ladder Drill (5, 10 and 5)

1. Start at goal line facing up field
2. Sprint to 5-yard line and back
3. Sprint to 10-yard line and back
4. Sprint to 5-yard line and back
5. Touch the 5 and 10 yard lines with your left foot and the goal line with your right foot



### Pro Agility Drill

1. Start in a two- or three-point stance straddling the middle line of a ten-yard space
2. Sprint to the right for 5 yards, touch the line with your right hand and change direction
3. Sprint 10 yards, touch the line with your left hand and change direction
4. Sprint 5 yards back through the middle line

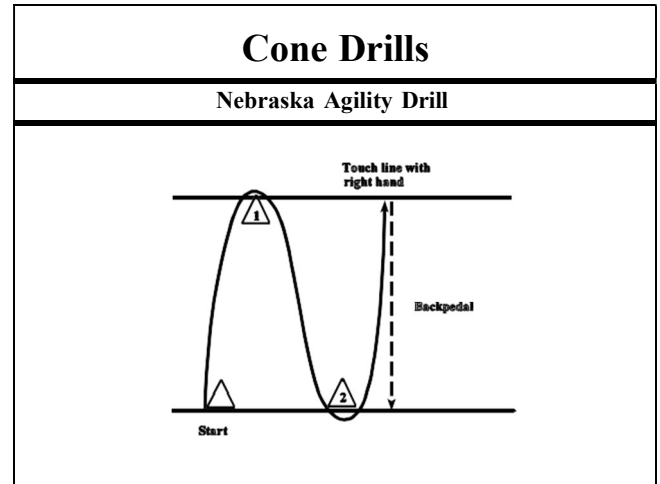


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

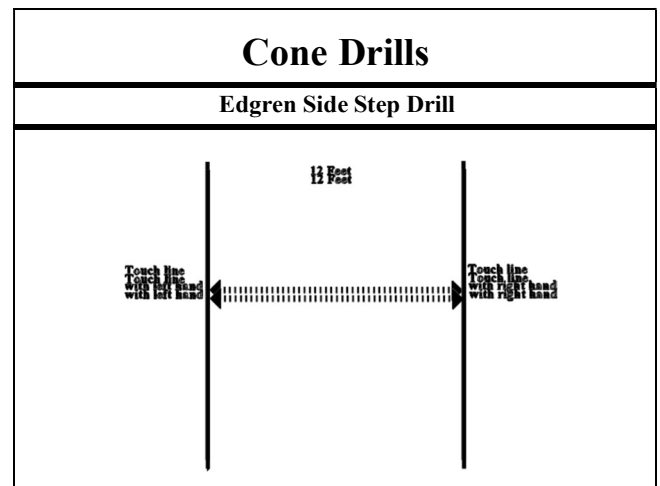
## Nebraska Agility Drill

1. Two cones are set up five yards apart and one yard between
2. Start in a three-point stance on the first line
3. Sprint to cone #1 and make a right-hand turn
4. Sprint to cone #2 and make a left-hand turn
5. Sprint five yards and touch line with your hand
6. Backpedal across the starting line



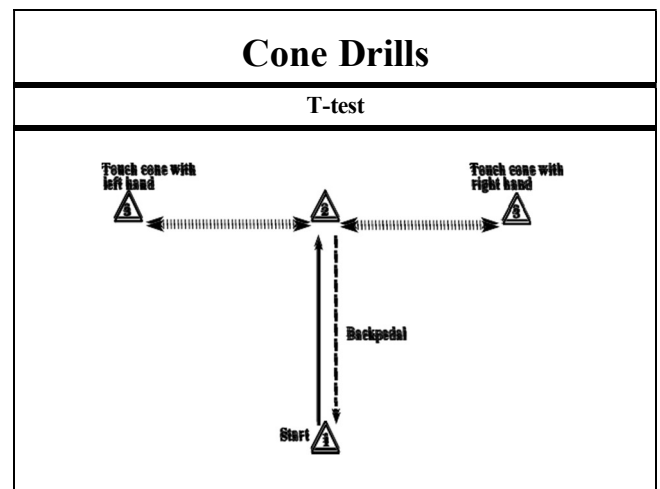
## Edgren Side Step Drill

1. Assume a power stance half way between two lines that are 12 feet apart (e.g., free throw lane)
2. Shuffle slide laterally touching each line with the near hand, count one for each line touched
3. Repeat for 15 to 30 seconds



## T-test

1. Four cones are arranged as shown
2. Sprint from cone #1 to cone #2 and touch base of cone with right hand
3. Shuffle slide five yards to cone #3 and touch base of cone with left hand
4. Shuffle side ten yards to cone #4 and touch base of cone with right hand
5. Shuffle slide five yards to cone #2 and touch base of cone with left hand
6. Backpedal past cone #1

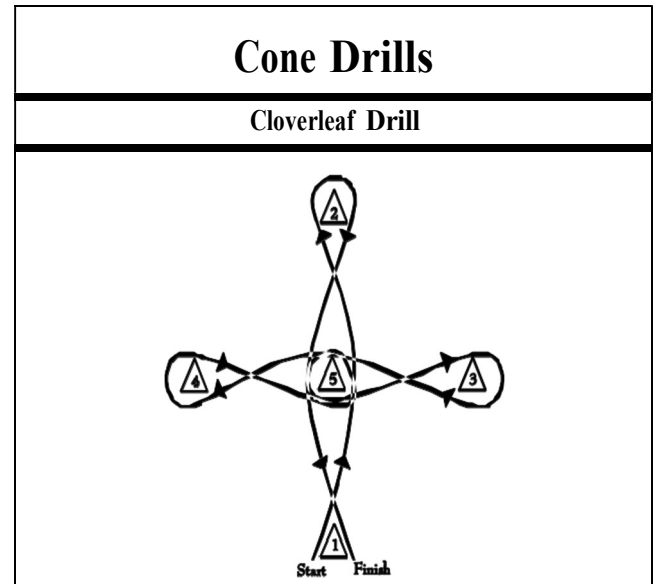


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

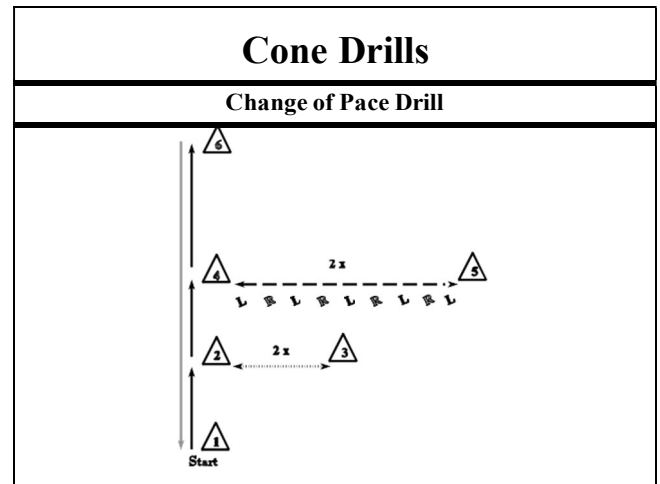
## Cloverleaf Drill

1. Five Cones are set up as shown
2. Start on left side of cone #1
3. Turn with left shoulder to middle cone (#5) and right shoulder to outer cones
4. Cone progression is 1-5-2-5-3-5-4-5-1 (see diagram)



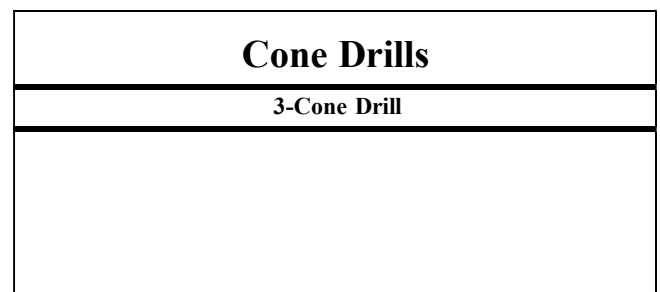
## Change of Pace Drill

1. Six cones are set up as shown
2. The athlete starts at cone #1, sprints to cone #2, shuffles/slides between cones #2 and #3 twice, sprints to cone #4, uses a cross-over run between cones #4 and #5 twice, sprints to cone #6 and sprints back to cone #1
3. Emphasis is on quick change of direction and maintaining low body position.



## 3-Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, sprint back to cone #1, sprint around cone #2 and

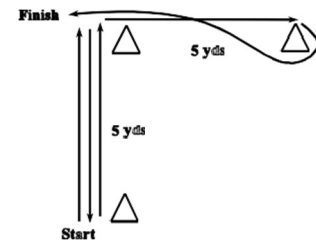


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

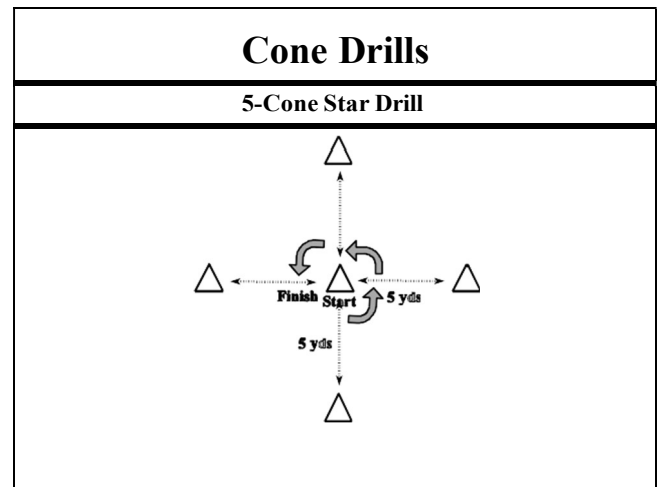
around cone #3, then sprint past cone #2

3. Emphasis is placed on quick change of direction and maintaining low body position



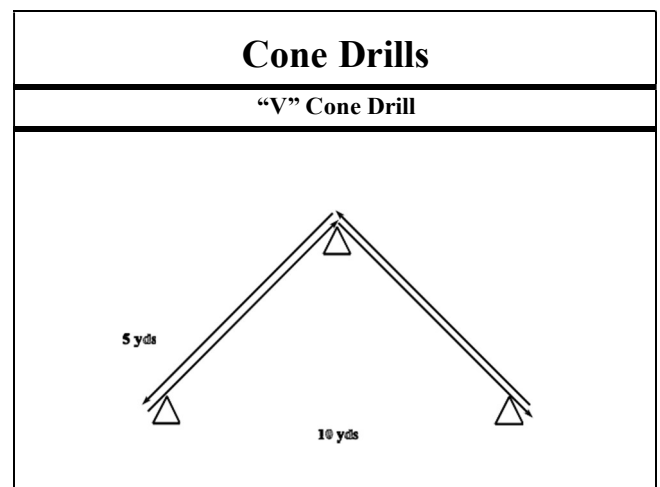
## 5-Cone Star Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle laterally to cone #2, perform drop step and shuffle to cone #3, and continue in the same manner through all four of the outside cones
3. Emphasis is placed on quick change of direction and maintaining low body position



## "V" Cone Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint around cone #2 to cone #3, then back around cone #2 to cone #1
3. Emphasis is placed on quick change of direction and maintaining low body position

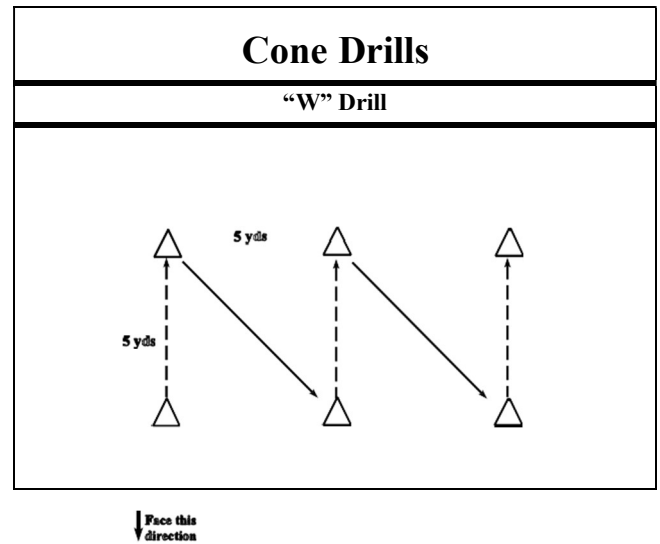


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

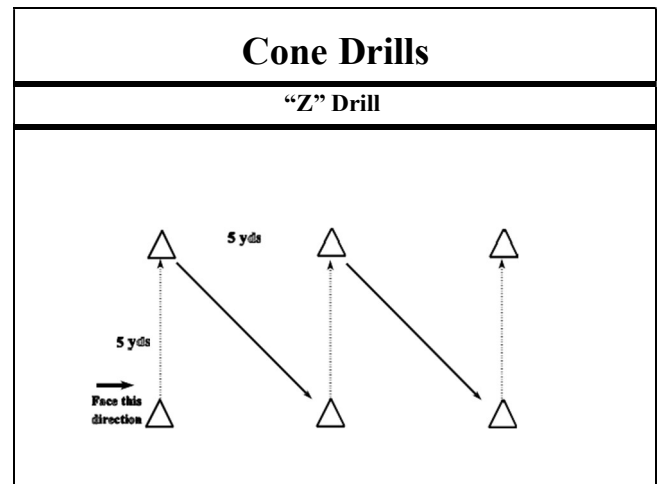
## "W" Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, backpedal to cone #3, sprint to cone #4, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position and forward lean



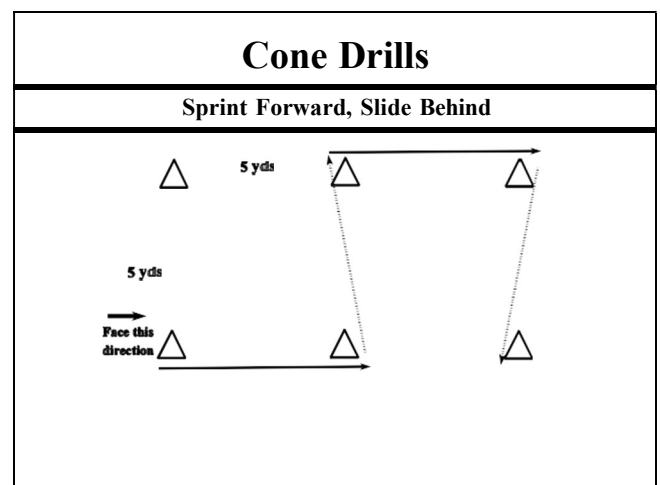
## "Z" Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle slide to cone #2, use a drop step to change direction and slide to cone #3, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



## Sprint Forward, Slide Behind Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint past cone #2, then change direction and shuffle slide to cone #3, repeating this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position

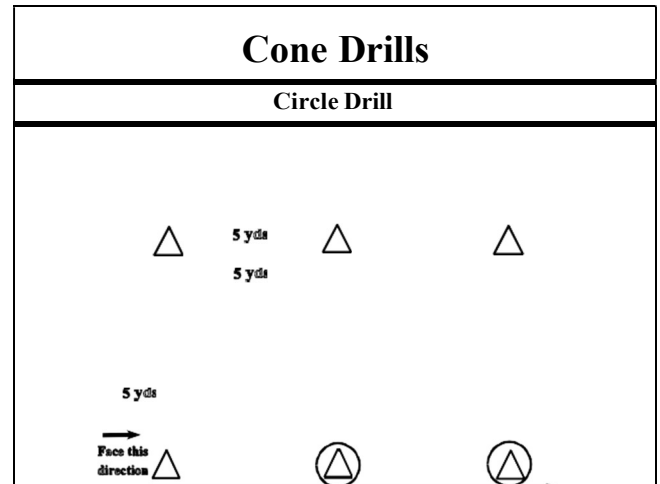


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

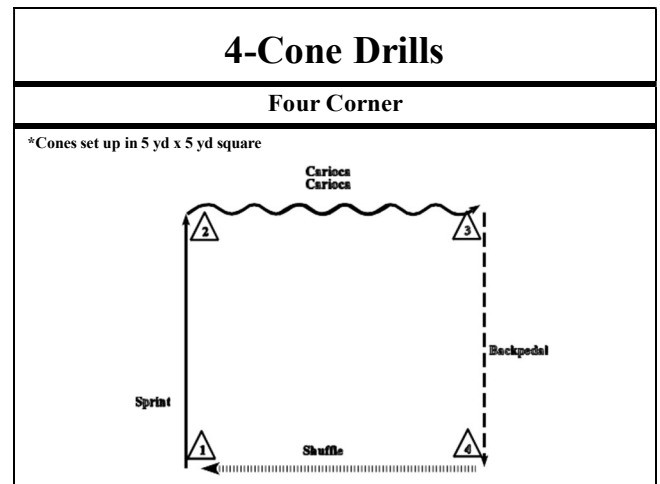
## Circle Drill

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2 and circle around it using quick, choppy steps, then repeat this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position



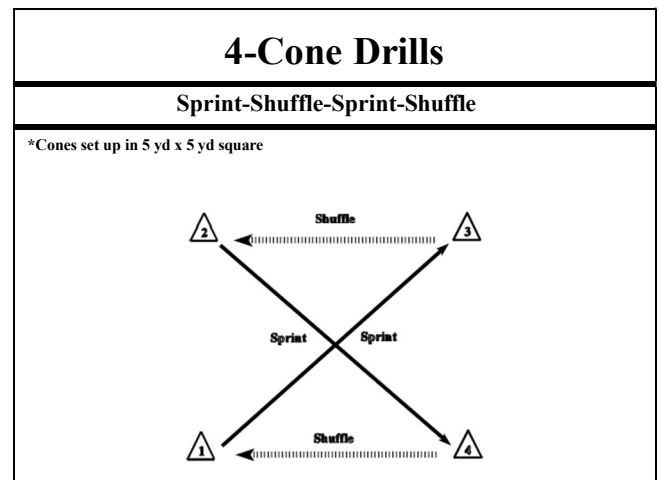
## 4-Cone Four Corner Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



## 4-Cone Sprint-Shuffle Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, shuffle slide to cone #2, drop-step and sprint to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

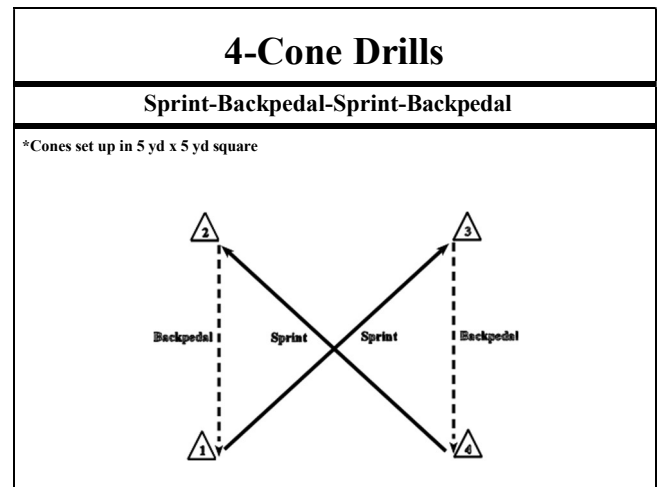


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

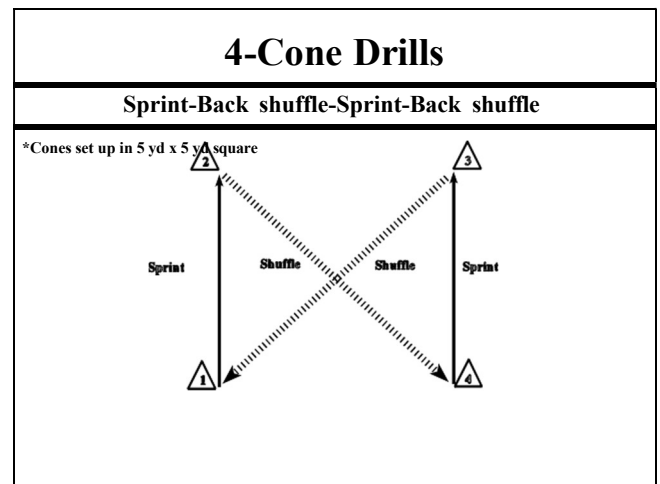
## 4-Cone Sprint-Backpedal Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, backpedal to cone #4, sprint to cone #2, and backpedal back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages



## 4-Cone Sprint-Back shuffle Drill

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, back shuffle to cone #4, sprint to cone #3, and back shuffle back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

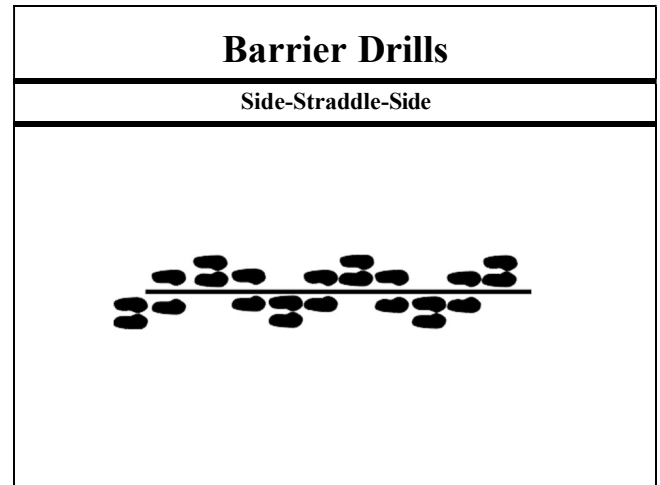


# INVICTUS

SPORTS PERFORMANCE AND FITNESS

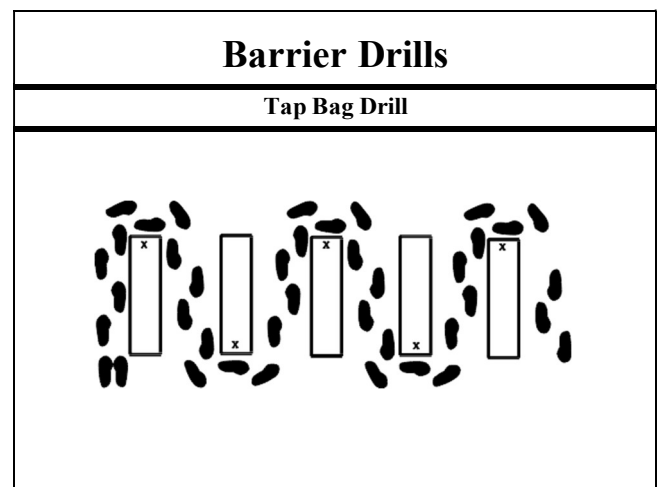
## Side-Straddle-Side

1. A row of barriers is set up end to end for a total distance of approximately 10 yards
2. Start with both feet on the right side of the barriers
3. While hopping in a forward direction, first straddle the barriers, then land with both feet on the left side of the barriers, straddle the barriers again and finally land with both feet on the right side of the barriers
4. Sequence is continued over all the barriers, maintaining rhythm, control and body balance



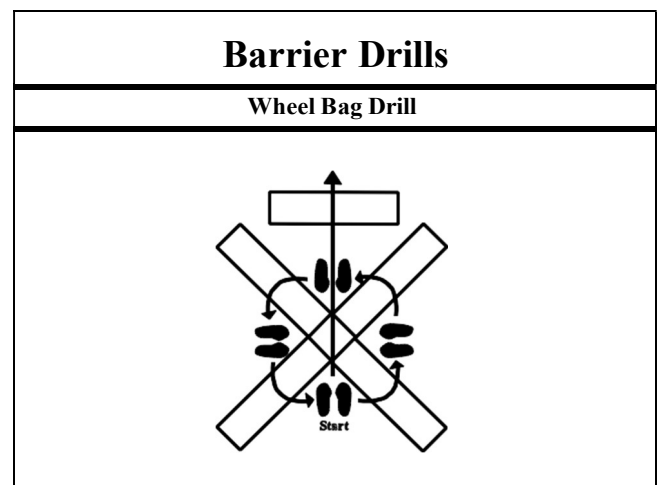
## Tap Bag Drill

1. Six blocking bags or twelve cones are set up 3-4 yards apart as shown
2. Sprint through the series of barriers, placing the inside hand at the edge of the barrier while changing direction
3. Emphasis is placed on quick change of direction and maintaining low body position



## Wheel Bag Drill

1. Four blocking bags are set up at 90° to each other with a fifth bag two yards away as shown
  2. Start with hands in the middle of the bags and perform a shuffle step around the wheel
  3. When both feet reach the starting point, reverse directions around the wheel
  4. When you reach the starting point again, sprint over the intersection of the bags and finally over the fifth bag
  5. Finish timing when athlete steps over last bag.
- Agility Drills





# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Dot Drill Series

Paint dots on the floor or put tape marks down as shown (24 in. wide by 24 in. high for women; 24 in. wide by 36 in. high for men). Begin each drill in the power position. Exercises should be quick and last no more than 30 seconds.

### 1. Scissors Drill

- a. Begin with both feet on bottom of square; left foot on 1, right foot on 2.
- b. Jump both feet to 3, then jump to 4-5(left to 4/right to 5).
- c. Repeat backwards, from feet on 4-5 jump to 3, then to 1-2.
- d. Repeat steps a-c as quickly as possible.

### 2. Scissors & Pivot Drill

- a-b. Same as Scissors Drill.
- c. Pivot with a jump, switching left foot from 4 to 5 and right foot from 5 to 4.
- d. Repeat steps a-c as quickly as possible.

### 9 Four Corner Drill

- a. Begin with both feet on 1.
- b. Jump in a counterclockwise direction keeping feet together; jump from 1 to 2 to 5 to 4.
- c. On coach or partner's command, change direction i.e., from 2 to 1 to 4 to 5.

### 4. One Foot Four Corner

- a. Same as "Four Corner" Drill except drill is executed on either the left or right foot only.
- b. Perform drill with each foot.

### 5. Figure Eight Drill

- a. Begin with both feet on 1.
- b. Jump from 1 to 2 to 3 to 4 to 5.
- c. Repeat as quickly as possible.

### 6. One Foot Figure Eight

- a. Same as "Figure Eight" Drill except drill is executed with one foot only.
- b. Perform drill with each foot.

### 7. Command Jump Drill

Begin with feet on 1-2 and respond to your partner's visual signals as follows:

- a. Both palms up facing toward player--feet on 1-2.
- b. Clap hands--jump to 3.
- c. Both palms on thighs--feet on 4-5.

**\* For advanced drills try exercises while jumping rope.**

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Hexagon Drill

1. Paint numbers on a floor or put tape down as shown
2. Jump to the first corner of the hexagon and back to the center, then proceed around each corner of the hexagon
3. The drill may be done for a specific number of trips around the hexagon or for total time (e.g., 30 sec).

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Balance Drills

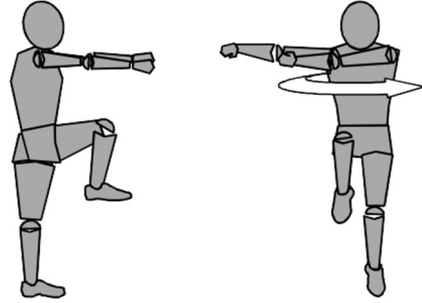
### Balance Drills

Regular (Balance Position) / Eyes Closed



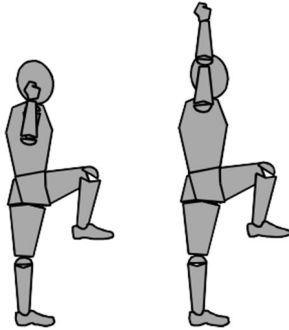
### Balance Drills

Arms Side-to-Side



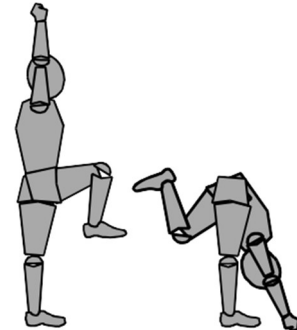
### Balance Drills

Arms Overhead



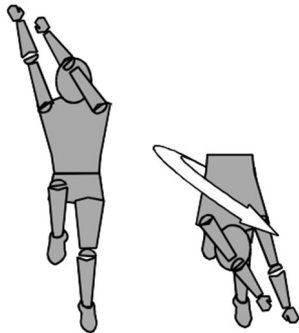
### Balance Drills

Trunk Flexion/Extension



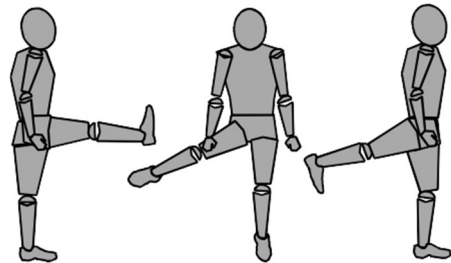
### Balance Drills

PNF (Angular Trunk Flexion/Extension)



### Balance Drills

Leg Forward/Side/Back



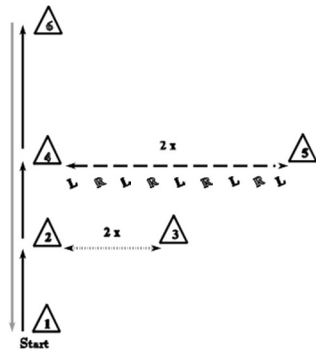
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

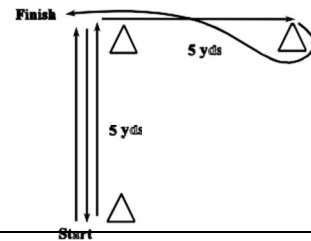
### Cone Drills

#### Change of Pace Drill



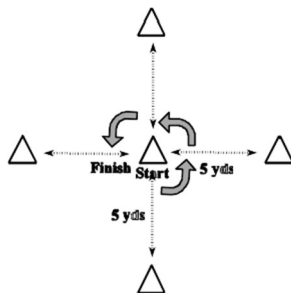
### Cone Drills

#### 3-Cone Drill



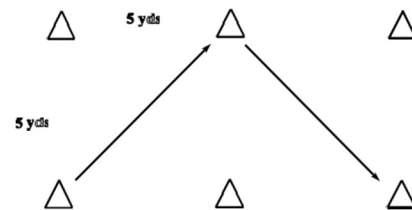
### Cone Drills

#### 5-Cone Star Drill



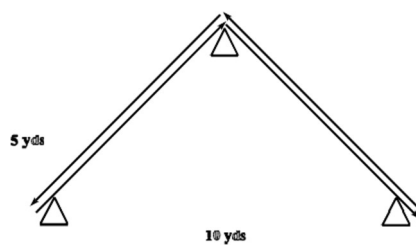
### Cone Drills

#### Angle Cone Drill



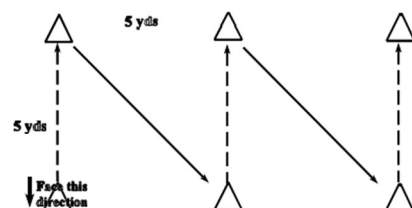
### Cone Drills

#### “V” Cone Drill



### Cone Drills

#### “W” Drill



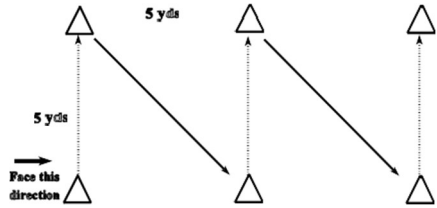
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

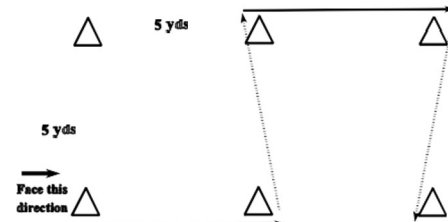
### Cone Drills

#### "Z" Drill



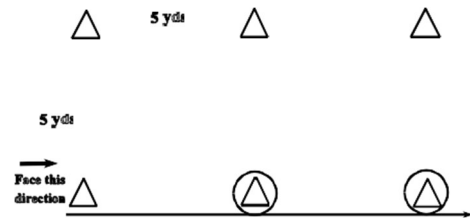
### Cone Drills

#### Sprint Forward, Slide Behind



### Cone Drills

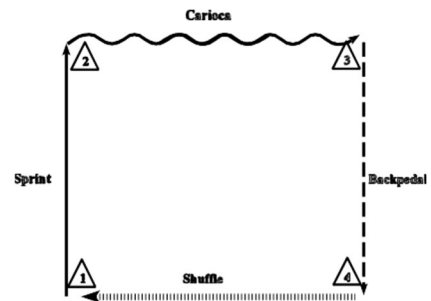
#### Circle Drill



### 4-Cone Drills

#### Four Corner

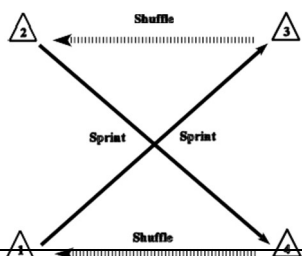
\*Cones set up in 5 yd x 5 yd square



### 4-Cone Drills

#### Sprint-Shuffle-Sprint-Shuffle

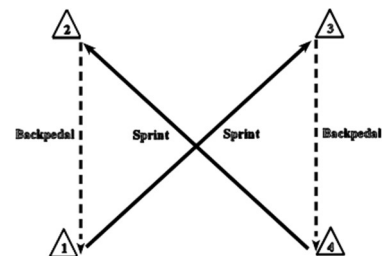
\*Cones set up in 5 yd x 5 yd square



### 4-Cone Drills

#### Sprint-Backpedal-Sprint-Backpedal

\*Cones set up in 5 yd x 5 yd square



# INVICTUS

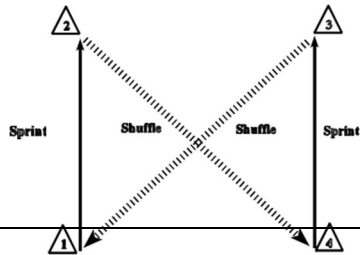
SPORTS PERFORMANCE AND FITNESS

## Agility Drills

### 4-Cone Drills

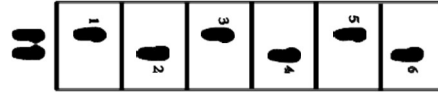
**Sprint-Back shuffle-Sprint-Back shuffle**

\*Cones set up in 5 yd x 5 yd square



### Ladder Drills

**1-in-the-Hole Forward**



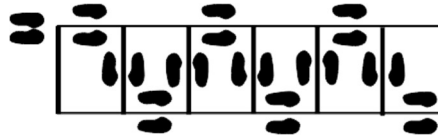
### Ladder Drills

**2-in-the-Hole Forward**



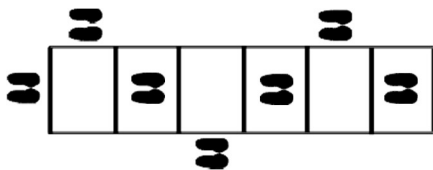
### Ladder Drills

**90° Turns**



### Ladder Drills

**Slalom**



### Ladder Drills

**2-Foot Hops**



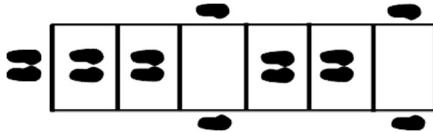
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

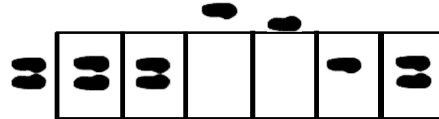
### Ladder Drills

#### Hop Scotch



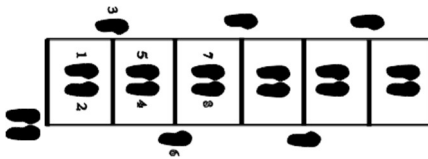
### Ladder Drills

#### Hop Scotch - High Knees



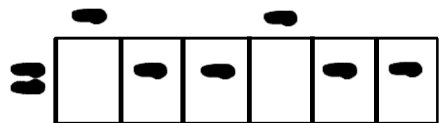
### Ladder Drills

#### Ickey Shuffle



### Ladder Drills

#### 1-Foot Hops



### Ladder Drills

#### 2-in-the-Hole Lateral



### Ladder Drills

#### Carioca



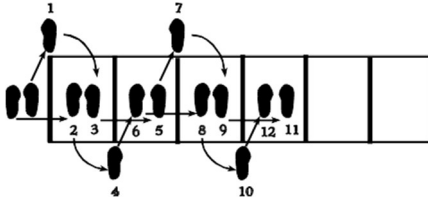
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

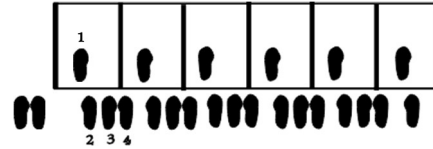
### Ladder Drills

#### Front-Back Shuffle



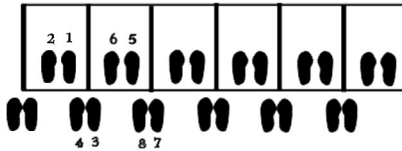
### Ladder Drills

#### In-Out Shuffle (1-foot)



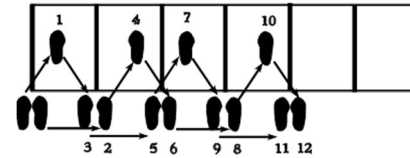
### Ladder Drills

#### In-Out Shuffle (2-foot)



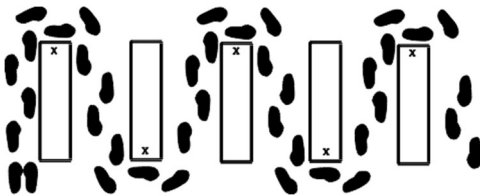
### Ladder Drills

#### Agility Shuffle



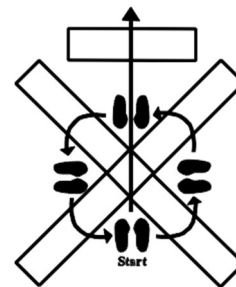
### Barrier Drills

#### Tap Bag Drill



### Barrier Drills

#### Wheel Bag Drill





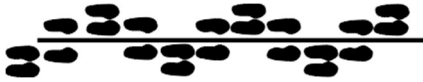
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

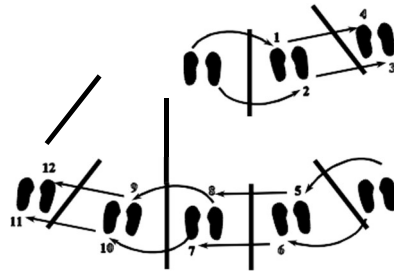
### Barrier Drills

#### Side-Straddle-Side



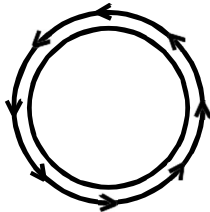
### Barrier Drills

#### Crossover & Step



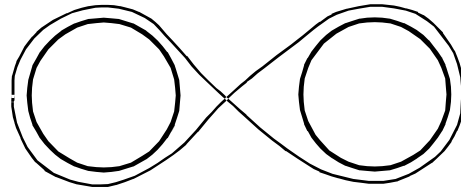
### Hoop Drills

#### Circle Tag



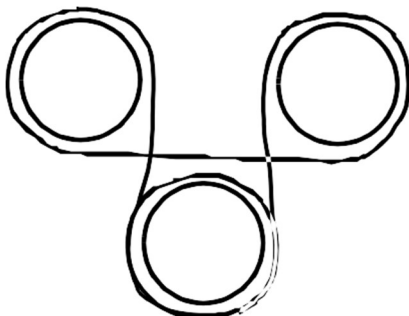
### Hoop Drills

#### Figure 8



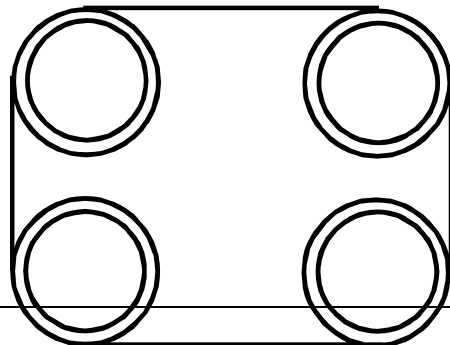
### Hoop Drills

#### Double Figure 8



### Hoop Drills

#### Four Corner



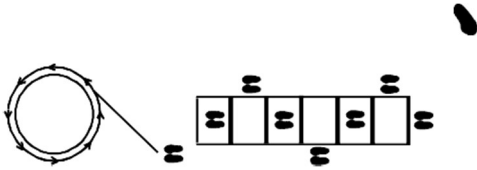
# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Agility Drills

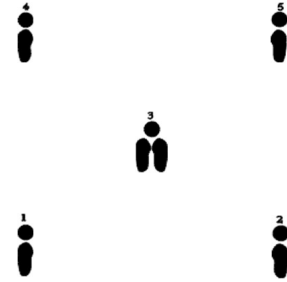
### Combination Drills

e.g., Ladders and Hoops



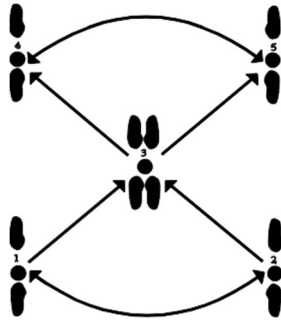
### Dot Drills

Scissors



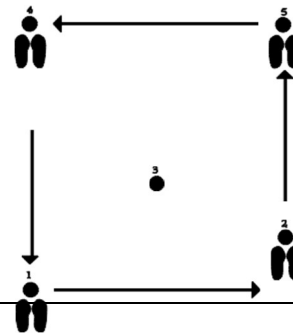
### Dot Drills

Scissors with Pivot



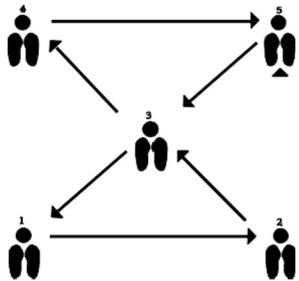
### Dot Drills

Four Corner



### Dot Drills

Figure Eight



### Dot Drills

Hexagon

