



AGILITY DRILLS

FORWARD / BACKWARD RUNNING

Run at ____ % of maximal effort, for a distance of ____ feet straight ahead. Then run backwards at ____ % of maximal effort. Repeat ____ times.

SIDE SHUFFLE

Shuffle from left to right, and right to left at ____ % of maximal effort, for a distance of ____ feet straight ahead. Repeat ____ times. Avoid crossing your feet during the shuffle.

DIAGONALS

Run at ____ % effort of maximal effort. After running a distance of ____ feet, a 45° angle cut should be performed, alternating directions at each cut. The total distance should be ____ feet.

CARIOCAS

Run a side shuffle while crossing and alternating the right and left leg as a lead leg. This should be performed at ____ % of maximal effort for a distance of ____ feet. Repeat in opposite direction. Repeat ____ times.

FORWARD HOP (one-legged)

At ____ % of maximal effort, hop on your ____ leg for a distance of ____ feet. Repeat ____ times.

FIGURE 8'S

Run a figure eight around two cones placed ____ feet apart from one another. This should be performed at ____ % of maximal effort ____ times, then switch directions and repeat.

CIRCLES

Run a circle around a cone at ____ % of maximal effort. The circumferences of the circle should be ____ feet. This should be performed both clockwise and counterclockwise. Repeat ____ times.

90° TURNS

Run at ____ % of maximal effort for a distance of ____ feet, then make a 90° cut to the left. Continue running the same distance and make a 90° cut to the right. Repeat this ____ times.

SIDE TO SIDE HOP (two-legged)

At ____ % of maximal effort, hop forward, left, backward, and right with both feet ____ inches apart from one another. Repeat this ____ times.