Drills to enhance quickness, agility, and movement

The following drill examples are excellent when your goal is to improve or enhance your agility, balance, quickness, and movement in general. They are also a good way for young athletes to begin developing some lower body functional strength. Start out by choosing 3 or 4 of the drills. If you don’t have cones to work with, use cups, plastic soda bottles or anything to use as a marker. You can set up all of the drills and go through them in circuit fashion, or if you’re limited in the number of cones you have available set up one drill at a time. Begin by using a 1 to 3 work to rest ratio while performing the drills. A good starting point is 15 seconds on and 45 seconds off. Go through the circuit of drills 3 times, or if you’re doing 1 drill at a time, do it 3 times then quickly set up the next drill, do it, then set up and do the third. As the conditioning level improves, you may want to work up in the time of work and down in the time of rest, maybe reaching bouts of thirty seconds on and 30 seconds off. The emphasis of these drills is quickness with control. As time goes on, alternate drills for variety keeping a good balance of \textit{forward}, \textit{backward}, and \textit{lateral} movement.

1. Lateral Quick Steps:  Arrange 12 cones or 6 inch hurdles approx. 18 inches apart in a straight line. Stand beside cone 1. Move laterally over the cones bringing the knees up high and bringing both feet down between each cone. After stepping over cone #12, move immediately back in the other direction. Keep your chest and hips squared up so all movement is lateral. Emphasize quickness off the ground with each step.

2. Lateral Quick Steps w/ Sprint up and backpedal:  Use basically the same arrangement of cones as for the Lateral Quick Steps but move cones 1 and 12 approximately 3 yards forward. Begin by standing beside cone 2, and then move laterally over the cones. After stepping over cone 11, sprint to cone 12 touching it with your right hand. Backpedal to cone 11 and move laterally to your left. After stepping over cone 2, sprint up to cone 1 touching it with your left hand.
3. Lateral Quick Steps w/ Sprint out: Use basically the same arrangement of cones as for the Lateral Quick Steps but move cone 12 approximately 10 yards from cone 11. Begin by standing beside cone 1, and then move laterally over the cones. After stepping over cone 11 sprint through cone 12. Turn and jog back to cone 1 and repeat.

4. Shallow V: Place 3 cones in a line with approximately 2 yards between each cone. Move cone 2 one yard below the line to form the shallow V. Stand behind cone 2 so that cone 1 is forward and to the left, and cone 3 is forward and to the right. Move as quickly as possible over to cone 3 touching it with your right hand, circle it and then back behind cone 2 and over to cone 1, touching it with your left hand then quickly back behind cone 2. Continue this movement while keeping your body squared up to the line from cone 1 to cone 3.

5. Deep V: Place 3 cones in a line with approximately 2 yards between each cone. Move cone 2 about 5 yards below the line to form the deep V. Perform as you did the shallow V. The Deep V emphasizes more forward/back movement.
9. Mountain Climbers: Assume a push-up position with the arms extended. Drive one knee up toward your chest while the other leg stays in the extended position then begin alternating legs in a sprinting type motion. Perform five alternating leg thrust with each leg and do 5 push-ups. Do five iterations for a total of 50 leg thrusts and 25 push-ups.

6. Sprint/Lateral Jumps/Backpedal: Arrange cones in a rectangle with approximately 3 yards between cones 1 and 3, and cones 2 and 4. Approximately 4 yards should be between cones 1 and 2, and cones 3 and 4. Begin at cone 3, sprint up to cone 1, and jump laterally over to cone 2, emphasizing the push off the left foot. When you reach cone 2, backpedal to cone 4 and jump laterally over to cone 3 emphasizing the push off the right foot then sprint up to cone 1. Focus on the quick change of direction at each corner.

7. Single Leg Zig Zag Hops: Place two cones approximately 15 yards apart. Stand beside cone 1 facing cone 2. Balance on your right foot with the knee slightly bent. Hop your way to cone 2 using a zig zag pattern crossing the imaginary line running from cone 1 to cone 2. The angle of the hops should be approximately 45 degrees. Emphasize stability and balance when landing each hop before initiating the next one. Hop back to cone 1 using the left leg.

8. Single Leg Forward Jumps: Place two cones approx 15 yards apart. Stand beside cone 1 facing cone 2. Balance on your right foot with the knee slightly bent. Hop your way to cone 2 covering at least 36 inches (3 feet) on each hop. Emphasize landing with your heel down and not letting the knee get out in front of your toes. Stabilize and balance before initiating the next jump. Upon reaching cone 2 turn and work your way back to cone 1 using the left leg.

![Diagram of Box Drill]

(5 yards between cones)

10. Skiers: Assume a push-up position with the arms extended. Keep your feet and legs together as they “hop” from side to side gradually increasing the distance between landings.

12. “T” Drill: Begin at cone 1, sprint to cone 2, shuffle laterally to cone 3, touch it and shuffle laterally to cone 4, touch it and shuffle laterally back to cone 2, touch it, and backpedal to cone 1, touch it and immediately sprint back to cone 2 to begin your second repetition through. Two repetitions through make 1 complete drill.

![Diagram of "T" Drill]

(5 yards between cones 1 and 2 and 3 yards between cones 2 and 3 & 4)

13. X Drill: Begin at cone 1. Sprint to cone 3 and backpedal to cone 4. Then sprint to cone 2 and backpedal to cone 1. Emphasize strong start of each sprint up.

![Diagram of X Drill]

(4 yards between cones)
14. Scramble Drill: Start standing in the middle touching cone 1. As quickly as you can possibly move touch cone 2 the back to cone 1, then to cone 3 and back to cone 1, continue until you have gone completely around three times. Keep your body facing the same direction all the time.

(2 yards from outer cones to center)
Push up routine

1. **Regular pushups**: Your hands are about shoulder width apart. Reps will depend on what kind of shape you are in right now. For this program we will start with 15 reps for every set, start with 10 or 12 if 15 is too much for you. **Do 3 sets of 15 with only 30 seconds of rest between your sets.** On all reps remember to use strict form, all the way down and explode up as fast as you can all the way up and back down.

2. **Close hand pushups**: hands in by your chest. Like above, do 3 sets of 15 with 30 seconds rest between sets.

**Note:** During rest periods stretch your chest, shoulders and triceps, and then get back to your next set.

3. **Wide hand pushups**: hands about 6 inches outside your shoulders. Same thing here, 3 sets of 15 with no more than 30 seconds rest between sets.

4. **Feet elevated**: Put your feet on a chair or if you have a training partner, have them get on all fours and put your feet on their back. Again 3 sets of 15 with 30 seconds rest.

**Note:** Each time you do this program add 1 rep to every set (3x16, 3x17 etc..). If it's too easy you can add 2 or 3 reps. If the amount of reps you chose was too difficult and you couldn’t complete all your reps on every set, use the same number on your next workout until you can complete all reps on at least 90 percent of your sets. Once you have performed this workout for a month, instead of doing your next workout, just check your max by doing as many reps as you can in 1 set. Then your next training day starts back were you left off.

Work out:

1. Regular: 3x15 3x15 3x15
2. Close: 3x10 3x10 3x10
3. Wide: 3x15 3x10 3x10
4. Elevated: 3x15 3x15 3x15

**Notes:** **Concentric contraction** involves the muscle shortening in length and develops tension e.g. the upward movement during a push up. **Eccentric contraction** involves the development of tension while the muscle is being lengthened e.g. the downward movement of a push up.