

Speed and Agility (cones, hoops, box)

Lateral Over/Under with Cones



Exercise Description:

Lateral Over/Under with Cones

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

- 1) Stand directly behind a bar or hurdle that is 12-18" above the floor.
- 2) On the "go" signal, you will perform a forward step over the bar with the left foot, push off with the right foot, and land in an athletic stance 1 foot on the opposite side of the bar.
- 3) Immediately upon landing squat down into a crouched position and step to the right or left under another bar that is 36" or taller.
- 4) Return to the starting position and repeat with the opposite foot. Focus on quickness and fluid movement.

Lateral Walk Overs



Exercise Description:

Lateral Walk Overs

Classification:

Speed and Agility (cones, hoops, box)

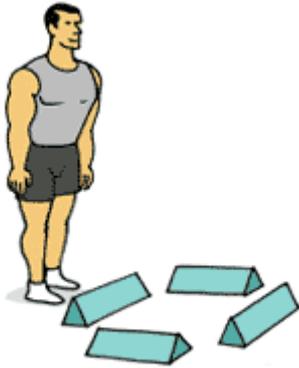
Instructions:

1. Stand with feet hip-width apart and with the bar to your left or right. Hands and arms should be behind your head.
2. Step over the bar with the closest foot to desired direction (left or right) using a feet

together - feet apart motion. Set up bars 18" apart. You can set up as many bars as you'd like. The bars should be 12" or higher. Keep hips and shoulders squared throughout movement.

3. Repeat in opposite direction according to prescribed repetitions.

5 Star Jumps



Exercise Description:

5 Star Jumps

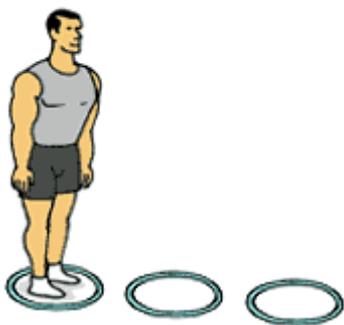
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet slightly wider than hip-width apart in center of hexagon or star.
2. Jump forward to front side of hexagon/star and then back to the center.
3. Continue to each side of the hexagon/star in a clockwise motion and until you reach the prescribed number of revolutions.
4. Jumps should be done on the balls of feet quickly yet controlled

180 Jump Drill (with rings)



Exercise Description:

180 Jump Drill (with rings)

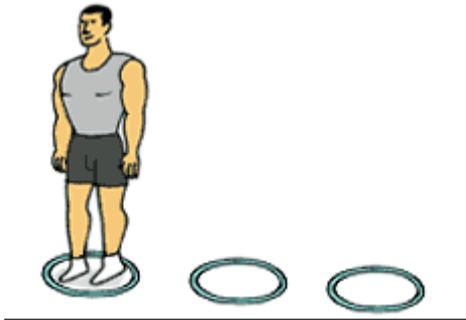
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet hip-width apart.
 2. Jump up and rotate body 180° in mid air and land in first cone. Immediately jump and return to forward position and land into next ring.
- Repeat according to prescribed repetitions

Lateral Runs with Rings



Exercise Description:

Lateral Runs with Rings

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet wider than hip-width apart. Hands and arms should be in a ready position.
2. Shuffle to desired direction (left or right) using a feet together - feet apart motion for approximately 15-20 feet. Keep hips and shoulders squared throughout movement and place each foot into ring.
3. Repeat in opposite direction according to prescribed repetitions.

Box Drill with Rings



Exercise Description:

Box Drill with Rings

Classification:

Speed and Agility (cones, hoops, box)

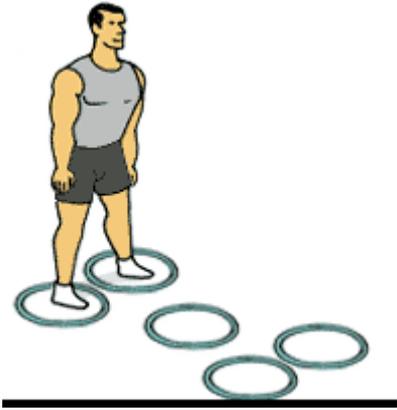
Instructions:

1. Stand with feet slightly wider than hip-width apart with your body facing the first

ring.

2. Hop forward using both feet and land in first ring.
3. Now hop to the left and land in the ring to the side. Now jump backwards to land in ring behind you. Finish by jumping to your right to land in final ring.
4. Repeat according to the prescribed number of repetitions.

Hop Scotch with Rings



Exercise Description:

Hop Scotch with Rings

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet slightly wider than hip-width apart with each foot in a ring.
2. Hop forward using both feet and land in first single ring.
3. Continue hopping and separate your feet to land in each foot in a ring.
4. Continue hopping until desired distance is met and repeat according to the prescribed number of repetitions.

3 Ring Touch Drill



Exercise Description:

3 Ring Touch Drill

Classification:

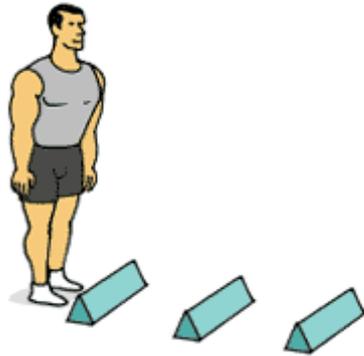
Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet slightly wider than hip-width apart with one hand in the first ring.

2. Jump forward by leaping with one foot and land in front of the second ring and place opposite hand in the second ring. The first two rings should be apart enough to make it challenging to reach the second ring.
3. Now leap to your left or right and shuffle once to reach the third ring and again place the opposite hand into the final ring.
4. Return to the starting position and repeat according to the prescribed number of repetitions.

Single Leg Bound Over Hurdles



Exercise Description:

Single Leg Bound Over Hurdles

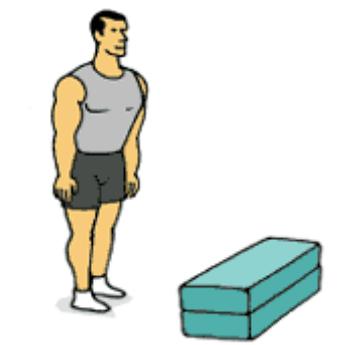
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand on one foot.
2. Jump with one foot over the hurdle and land on the opposite foot.
3. Each takeoff should be from one foot - right foot should land and then the left foot should land in the next square or opening.
4. Do not “double hop” on foot-ground contact; keep hips and shoulders squared throughout movement. Hurdles should be 12” or higher. Repeat for desired number of repetitions.

Single Leg Bound to Box



Exercise Description:

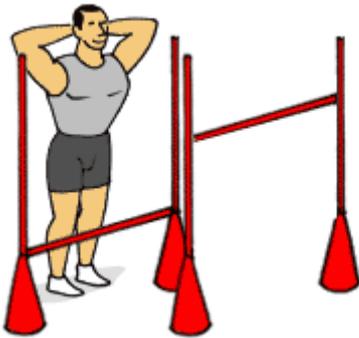
Single Leg Bound to Box

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Assume a stance with your feet parallel and shoulder width apart.
2. Explode up using one foot onto the box by pushing off the forward foot. Other leg should be driven up to help clear the box.
3. Land on opposite foot and repeat according to prescribed repetitions.

Over/Under Hurdles**Exercise Description:**

Over/Under Hurdles

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand directly behind a bar or hurdle that is 12-18” above the floor.
2. On the “go” signal, you will perform a forward step over the bar with the left foot, push off with the right foot, and land in an athletic stance 1 foot on the opposite side of the bar. You should be facing to the left or to the right when the second foot is down.
3. Immediately upon landing with one foot squat down into a crouched position and step to the right or left with the other foot under another bar that is 36” or taller.
4. Return to the starting position and repeat with the opposite foot. Focus on quickness and fluid movement.

Bounding with Rings

Exercise Description:

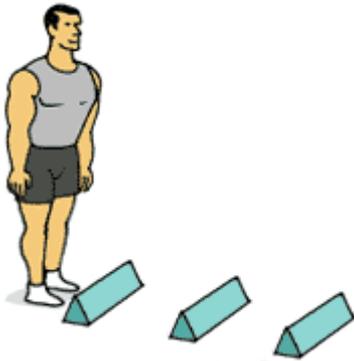
Bounding with Rings

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the right leg forward. At same time swing left arm forward and land into the first ring, which is 3-4 feet out and to the left with the right foot.
3. Continue and repeat with other leg and arm into the second ring, which is now 3-4 feet up and to the right.
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.

Hurdle Jumps**Exercise Description:**

Hurdle Jumps

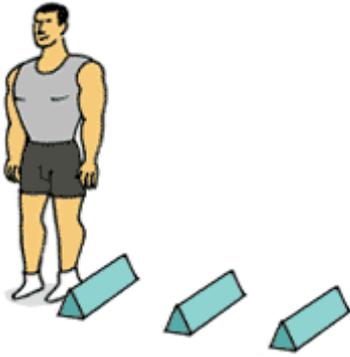
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand 1-2 feet away from hurdle. Feet should be slightly wider than hip-width apart in a semi-squat position.
2. Driving the arms up and jump over hurdle.
3. Upon landing, quickly jump over next hurdle.

Lateral Small Hurdle Jumps



Exercise Description:

Lateral Small Hurdle Jumps

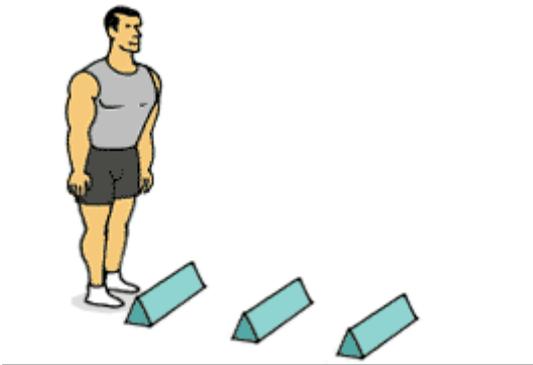
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet slightly wider than hip-width apart with right side of body facing the first hurdle.
2. Hop to the right using both feet over each hurdle.
3. When you reach the last hurdle, keep the body facing in the same direction and hop back to the start point.
4. Repeat according to the prescribed number of repetitions.

Multi-Directional Hurdle Jumps



Exercise Description:

Multi-Directional Hurdle Jumps

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand 1-2 feet away from hurdle. Feet should be slightly wider than hip-width apart in a semi-squat position.
2. Driving the arms up jump over hurdle.
3. In mid-air turn your body to the left or right and land with the hurdle to your side. Upon landing, quickly jump over next hurdle and face forward again before landing.

Fast Feet on Box



Exercise Description:

Fast Feet on Box

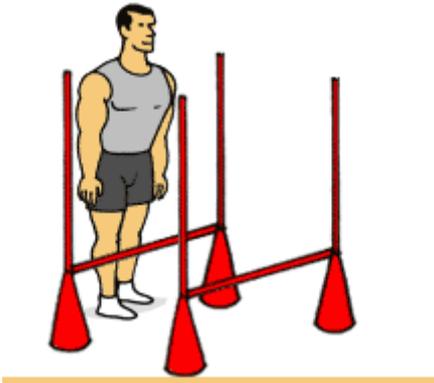
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand behind box and place one foot on top of box, heel close to the closest edge.
2. Push off the box and explode vertically to bring the other foot onto the box.
3. Step back down with your feet reversed.
4. Repeat with other leg and continue according to prescribed number of repetitions.

High Hurdle Jumps



Exercise Description:

High Hurdle Jumps

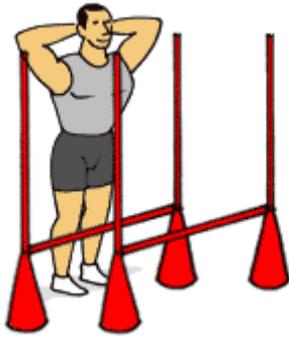
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet slightly wider than hip width apart.
2. Perform a standing long jump over the first hurdle.
3. Upon landing, quickly jump over second hurdle. Remember to drive both arms forward to maximize jumps.
4. Hurdles should be near your maximum jump height.

Hurdle Walks



Exercise Description:

Hurdle Walks

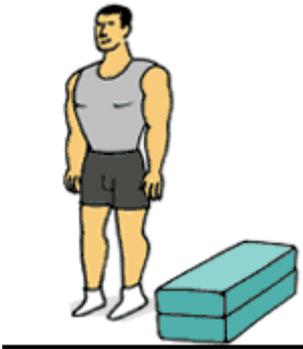
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

Stand with feet slightly wider than hip width apart with your arms behind your head.
Step over first hurdle and place your foot in-between the two hurdles.
In one continuous motion step with your other foot over the 2nd hurdle.
Continue stepping until the desired repetitions are met.
Hurdles should be 12” or higher.

Lateral Bounds



Exercise Description:

Lateral Bounds

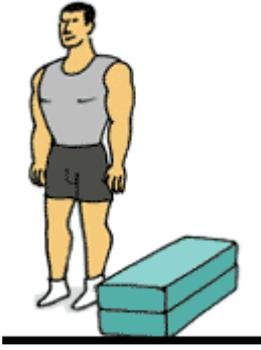
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand to the left of the box. Jump using left foot onto the box.
2. Raise body using the right foot only until leg is extended
3. Lower to start position with both feet back on the ground. Repeat with other leg according to exercise prescription.

Lateral Stability Jumps



Exercise Description:

Lateral Stability Jumps

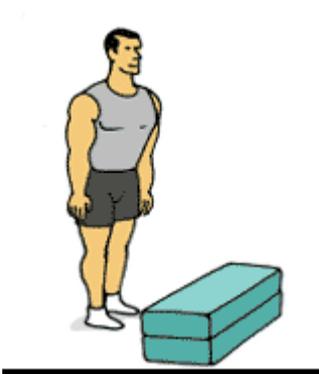
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with left shoulder facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box.
3. Step back down (not jump back down) and repeat according to prescribed reps.

Linear Stability Jumps



Exercise Description:

Linear Stability Jumps

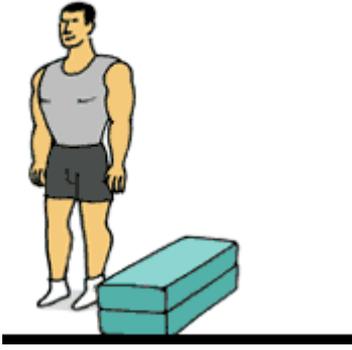
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box.
3. Step back down (not jump back down) and repeat according to prescribed reps.

Step Jumps



Exercise Description:

Step Jumps

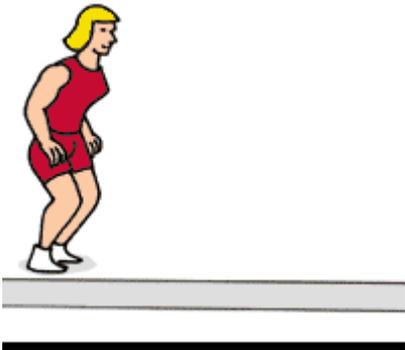
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand beside object to be cleared.
2. Bring knees up and jump vertically but also laterally off ground and over the barrier.
3. Land on both feet and jump the other direction over barrier.

Two Foot Zig Zap Hops



Exercise Description:

Two Foot Zig Zap Hops

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand to the left of the ladder approximately 1-2 feet away.
2. Forcefully push off both feet and land the on the other side of the ladder.
3. Repeat and land feet back on the other side, continue repeating and so on down the ladder.
4. Do not “double hop” upon each landing.

Bounce, Bounce Jump onto Box



Exercise Description:

Bounce, Bounce Jump onto Box

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

Stand behind box and place one foot on top of box, heel close to the closest edge.

Bounce up and down twice and then push off the box and explode vertically to bring the other foot onto the box.

Step back down with your feet reversed.

Repeat with other leg and continue according to prescribed number of repetitions.

Bounding with Rings



Exercise Description:

Bounding with Rings

Classification:

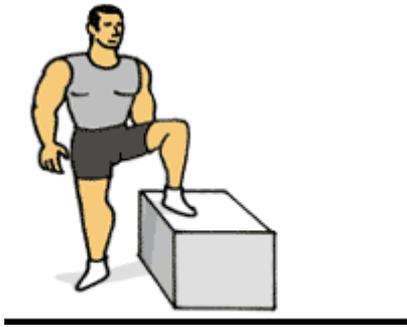
Speed and Agility (cones, hoops, box)

Instructions:

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the right leg forward. At same time swing left arm forward and land into the first ring, which is 3-4 feet out and to the left with the right foot.
3. Continue and repeat with other leg and arm into the second ring, which is now 3-4 feet up and to the right.

4. This exercise is an exaggerated running motion focusing on foot push-off and air time.

Lateral High Hops



Exercise Description:

Lateral High Hops

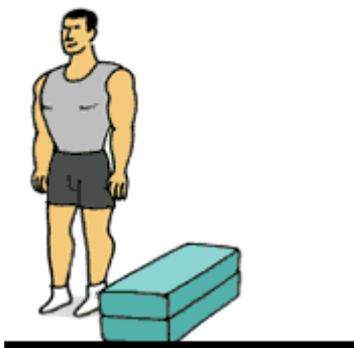
Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand to left side of box and place right foot on top of box.
2. Push off the box using the right leg only and explode vertically as high as possible. Drive the arms forward and up for maximum height.
3. Land with opposite foot onto box. Repeat with the other foot.
4. Repeat according to prescribed number of repetitions.

Step Jumps



Exercise Description:

Step Jumps

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand beside object to be cleared.
2. Bring knees up and jump vertically but also laterally off ground and over the barrier.
3. Land on both feet and jump the other direction over barrier.

Lateral Step Down**Exercise Description:**

Lateral Step Down

Classification:

Speed and Agility (cones, hoops, box)

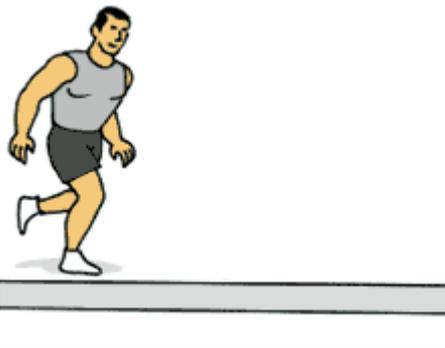
Instructions:

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot down onto ground. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

One Foot Zig Zap Hops**Exercise Description:**

One Foot Zig Zap Hops

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

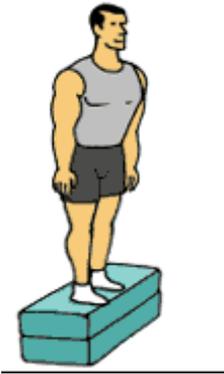
Stand to the left of the ladder approximately 1-2 feet away.

Forcefully push off one foot and land the on the other side of the ladder with the same foot.

Repeat and land foot back on the other side, continue repeating and so on down the ladder.

Do not “double hop” upon each landing.

Repeat with other leg.

Step Downs**Exercise Description:**

Step Downs

Classification:

Speed and Agility (cones, hoops, box)

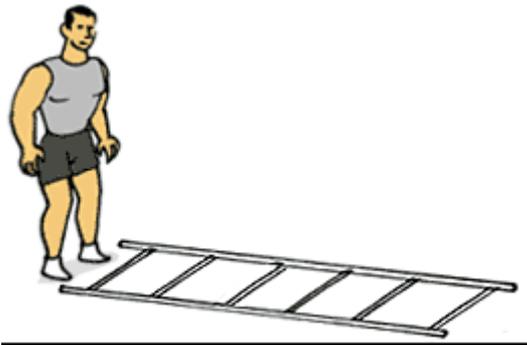
Instructions:

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step forward 2-3 feet and place foot down onto ground. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

Up, Over, In (ladder)

Exercise Description:

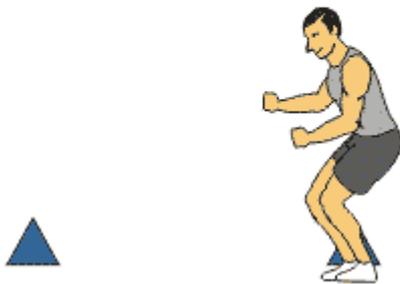
Up, Over, In (ladder)

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand at foot of agility ladder.
2. Drive knee up towards chest and place that foot in first square.
3. Drive other knee up and land in next square then place your back leg into the same square as the second leg. Start with opposite leg and repeat on down the ladder.

Tuck Jump and Sprint**Exercise Description:**

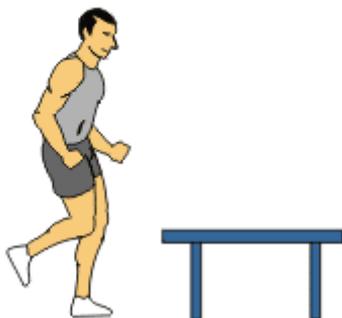
Tuck Jump and Sprint

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with feet shoulder-width apart, knees slightly bent, with arms at sides.
2. Jump up bringing knees up to chest.
3. Land on balls of feet and immediately go into a sprint for the recommended distance.
4. Remember to reduce ground contact time by landing soft on feet and springing into air.

Single Leg Jump to Box (1 foot land)

Exercise Description:

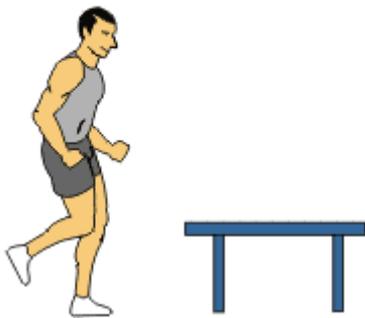
Single Leg Jump to Box (1 foot land)

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box using only 1 foot. Your foot should land softly on box.
3. Step back down (not jump back down) and repeat with other leg.

Single Leg Jump to Box (2 foot land)**Exercise Description:**

Single Leg Jump to Box (2 foot land)

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box using only 1 foot. Land on the box with both feet.
3. Step back down (not jump back down) and repeat with other leg.

1 Leg Forward/Back Hop over Square

Exercise Description:

1 Leg Forward/Back Hop over Square

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

Start on one leg with the other leg elevated off the ground. Jump over a square and land softly on the same foot that you jumped with.

Hop back to the starting position and repeat for the prescribed number of reps. Then repeat with the other foot.

1 Leg Forward/Back Hop over Line**Exercise Description:**

1 Leg Forward/Back Hop over Line

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

Start on one leg with the other leg elevated off the ground. Jump over a line and land softly on the same foot that you jumped with.

Hop back to the starting position and repeat for the prescribed number of reps. Then repeat with the other foot.

1 Leg Lateral Box Hop

Exercise Description:

1 Leg Lateral Box Hop

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand on left foot with the right side of body facing the box.
2. Jump to the right using just the one foot.
3. Land on top of the box and then jump back down to the starting position
4. Repeat according to the prescribed number of repetitions.

1 Leg Lateral Line Hop**Exercise Description:**

1 Leg Lateral Line Hop

Classification:

Speed and Agility (cones, hoops, box)

Instructions:

1. Stand with left foot directly beside a line.
2. Pushing off with the left foot, hop and land with left foot on the other side of the line.
3. Continue hopping back and forth till you hit the required repetitions. Repeat with other leg.
5. Remember to keep knees slightly bent.

