

Speed and Agility (Form and Mechanics)

High Knee Drill



Exercise Description:

High Knee Drill

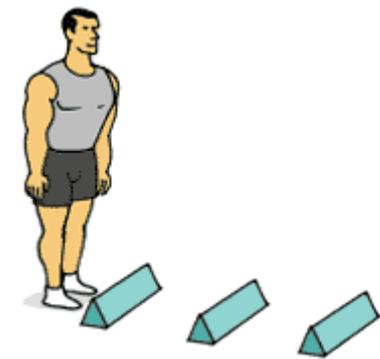
Classification:

Speed and Agility (Form and Mechanics)

Instructions:

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time.

Single Leg Bound Over Hurdles



Exercise Description:

Single Leg Bound Over Hurdles

Classification:

Speed and Agility (Form and Mechanics)

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.

Skip (with arms)



Exercise Description:

Skip (with arms)

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start with both feet together and begin by driving your left leg into the air and explode with the right foot so that both feet are off the ground.

Upon landing bring the left foot down and drive the right leg into the air and repeat.

Swing arms back and forth during skipping motion.

Continue this alternating motion until desired repetitions are met.

Skip (A-Rhythm)



Exercise Description:

Skip (A-Rhythm)

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight.

Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing. Place left foot on the ground in a skipping

motion.

Now drive the right leg up and extend the left ankle in a skipping motion. Repeat until desired repetitions or distance is met.

Skip (B-Rhythm)



Exercise Description:

Skip (B-Rhythm)

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight.

Extend the left leg out into an extended horizontal position and then paw down with the foot and dive the hips through.

Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing. Place left foot on the ground in a skipping motion.

Now drive the right leg up and out while extending the left ankle in a skipping motion. Repeat until desired repetitions or distance is met.

Skip



Exercise Description:

Skip

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start with both feet together and begin by driving your left leg into the air and explode with the right ankle so that both feet are off the ground.

Upon landing with the right foot bring the left foot down and drive the right leg into the air and repeat.

Continue this bouncing, alternating motion until desired repetitions are met.

Straight Leg Bounds**Exercise Description:**

Straight Leg Bounds

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Run keeping your legs straight and the feet neutral with the ground

Focus on minimizing ground contact with the foot and pull through with the leg.

Straight Leg Quick Feet**Exercise Description:**

Straight Leg Quick Feet

Classification:

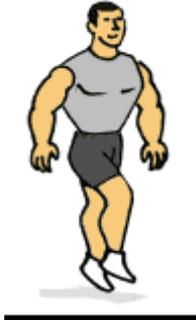
Speed and Agility (Form and Mechanics)

Instructions:

Run keeping your legs straight and the feet pointed toward the ground

Focus on minimizing ground contact with the foot and pull through with the leg. Steps should only be approximately 1 foot apart.

Toe Bounce Walks



Exercise Description:

Toe Bounce Walks

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start on the balls of your feet.

Bounce up and down using only your ankles extending to propel you off the ground.

Stay on the balls of your feet at all times.

This should be a light quick bounce to your walk while staying on the balls of your feet.

Seated Fast Arms



Exercise Description:

Seated Fast Arms

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Starting Position: Seated on the floor with the legs straight out in front of you.

Swing arms in a sprinting motion. Elbows should be kept at 90 degrees and keep hands relaxed.

Your hands should come up to about shoulder height and should go past your hips in the back. Be careful to not bounce off of the floor as you swing your arms faster.

Standing Running Form



Exercise Description:

Standing Running Form

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Starting Position: Stand with feet together.

Swing arms in a sprinting motion. Elbows should be kept at 90 degrees and keep hands relaxed.

Your hands should come up to about shoulder height and should go past your hips in the back. The arms should be moving in a straight line without crossing across the body.

Butt Kick



Exercise Description:

Butt Kick

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Start with a light jog

Pull the heel of the lower leg up to and bounce off the butt.

Your knee should come forward and up during the movement.

Heel Sprints



Exercise Description:

Heel Sprints

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Run keeping the legs straight and the foot plantar flexed (toes curled up) so that you are on your heels.

Focus on minimal ground contact and pull through with the heel.

Heel to Toe Walks



Exercise Description:

Heel to Toe Walks

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

Walk with an exaggerated heel to toe walk.

During the swing phase of your leg curl your toes up so that you land on the back part of your heel and roll your foot down and up onto your toes. This should be a fluid motion.

Repeat with the other foot.

High Knee Drill



Exercise Description:

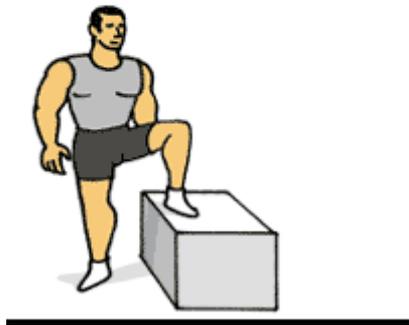
High Knee Drill

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

1. Stand at foot of agility ladder or just stand in place.
2. Drive knee up towards chest and place that foot in first square or back on the ground. Drive other knee up and land in next square and so on down the ladder in a moderate to fast jog with minimal ground contact time.

Lateral High Hops**Exercise Description:**

Lateral High Hops

Classification:

Speed and Agility (Form and Mechanics)

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.

Ankle Bounces**Exercise Description:**

Ankle Bounces

Classification:

Speed and Agility (Form and Mechanics)

Instructions:

1. Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent up to 90°.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Bounding



Exercise Description:

Bounding

Classification:

Speed and Agility (Form and Mechanics)

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 leg forward. At same time drive your right arm forward.
3. Repeat with other leg and arm
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.