



# AGILITY

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## EXERCISES

- .....
- 1. Top 5 Speed Ladder
- .....
- 2. Nebraska Drill
- .....
- 3. Double T
- .....

## INTRODUCTION

It was once thought that agility couldn't be taught, now we know better. Athletes that possess a high level of agility can change direction without loss of balance, strength, power and body control. Agility training also has the added benefit that it is long lasting and requires less maintenance than other types of training.

## NOTES

- Be careful not to overload (keep volume within workout guidelines)
- Focus on working off the balls of the feet, maintaining 'sport specific athletic position' to encourage transfer or drills
- Vary your workouts every 3-4 weeks

## SPORT SPECIFIC BENEFITS

### BASKETBALL:

1. Develops sport specific defensive positioning.
2. Develops control required to stay man on as the 24 second clock runs down.
3. Enables strength and power in the paint by ensuring body control and balance.
4. Enhances strength and power when picking and rolling.

### FOOTBALL:

1. Develops offensive lineman positioning.
2. Develops lateral movement and body control to protect the QB.
3. Increases receivers' and backs' chances of finding open space to receive the pass.

### BASEBALL:

1. Develops coordination and balance required when rounding bases.
2. Builds body awareness in the field when chasing down the long ball.

## FREQUENCY

- In Season: 2x/week
- Off Season: 2-3x/week for 8-10 weeks

## DURATION

- Speed training sessions involve maximal effort for short duration (less than 10-15 seconds per rep), and require a full recovery 1-2 minutes between reps and 3-5 minutes between sets
- Progress the number of sets and runs every 2-3 weeks

# 1. TOP FIVE SPEED LADDER

## DESCRIPTION

Ladder drills are used by top athletes to increase their foot speed.

## NOTES

- Stay on balls of feet
- Power the arms
- Think lightning quickness

## EQUIPMENT / LOCATION

- Running shoes, cleats
- Track, field, court
- Training ladder, chalk

## LEVELS

- .....
- ▶ Beginner: 2x
- .....
- ▶ Intermediate: 3x
- .....
- ▶ Advanced: 4x
- .....

## INSTRUCTIONS

1. Set up a 15-20 rung speed ladder or draw one out on the track/playground and perform the following exercises:
2. Single Leg Rung: Step into each run with one foot only. Continue through the ladder.
3. Double Leg Rung: Step into each rung with BOTH feet. Alternate starting the drill by leading with the right leg for one time through, and then the left leg on the next time through.
4. Ins and Outs: Stand at one end of the ladder facing it from the side. Step into each rung with both feet, placing the LEAD foot in first. You are moving laterally so if you are moving to the right then your right foot is the one in the lead.
5. Icky Shuffle; Start by standing on the right side of the ladder. Step into Rung 1 with the left foot, and then into Rung 2 with the right foot, then to the outside of Rung 2 with the left foot.; Repeat from left side, stepping into Rung 3 with right foot, then into 4 with left foot and outside of 4 with right foot. Continue down the ladder.
6. Lateral Shuffle: Start facing the ladder sideways with right foot leading and right foot into Rung 1. Perform a forward/backward hop so that right foot moves back and left foot moves into Rung 1. As you do you must move laterally so that the right foot moves forward landing in Rung 2.This is an explosive movement which continues down the ladder. Each foot lands inside each rung moving laterally.
7. Rest 30 seconds between each ladder.

## 2. NEBRASKA DRILL

### DESCRIPTION

The Nebraska Drill increases acceleration and forces you to stay low and in control around turns.

### EQUIPMENT / LOCATION

- Training shoes, cleats
- Track, field, court
- Training ladder, chalk

### LEVELS

- .....
- ▶ **Beginner:** two sets x 5 reps (one set finishing to the right of start, one set to the left of start)
- .....
- ▶ **Intermediate:** two sets x 10 reps (one set finishing to the right of start, one set to the left of start)
- .....
- ▶ **Advanced:** four sets x 8 reps (two sets finishing to right of start, two sets finishing to left of start)
- .....

### INSTRUCTIONS

1. Set up two large cones 5-8 yds apart.
2. Accelerate from Cone 1 to Cone 2.
3. Turn as fast as possible around Cone 2.
4. Accelerate back to Cone 1.
5. Turn as fast as possible around Cone 1.
6. Sprint back up to the right of Cone 2.
7. Backpedal home to right of Cone 1.
8. Rest 30 seconds between reps and two minutes between sets.

## 3. DOUBLE T

### DESCRIPTION

The Double T increases forward and lateral acceleration and improves deceleration by challenging you to move from low to high body positions.

### CONE SET UP

1. Start cone.
2. Five yards upfield/upcourt one cone two yards to the left of center and another cone two more yards left of that.
3. Back to center and one cone two yards to the right and another cone two more yards right from that.
4. Back to center and repeat pattern five more yards upfield.
5. Result should be two "T's" each with four cones on the top.

### EQUIPMENT / LOCATION

- Training shoes, cleats
- Track, field, court
- Cones or other marker objects

### LEVELS

- .....
- ▶ **Beginner:** 2 sets x 5 reps
  - ▶ **Intermediate:** 2 sets x 8 reps
  - ▶ **Advanced:** 3 sets x 8 reps
- .....

### INSTRUCTIONS

1. Set up cones five yards apart.
2. Sprint forward five yards.
3. Step laterally left over two cones.
4. Back to center.
5. Step laterally right over two cones.
6. Back to center.
7. Sprint another five yards forward.
8. Step laterally left over two cones.
9. Back to center.
10. Step laterally right over two cones.
11. Back to center – this is one rep completed.
12. Rest 60 seconds between reps and two minutes between sets.