Agility- Triangle Drill # 1

- Place cones 5 yards apart
- Do drill in reverse order to train both sides.

<table>
<thead>
<tr>
<th>Sets</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ea</td>
<td>3:1</td>
</tr>
</tbody>
</table>
Agility- Triangle Drill # 2

- Place cones 5 yards apart
- Start from other side and perform drill in same fashion to train both sides.

<table>
<thead>
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<td>3:1</td>
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</table>
Agility - Triangle Drill # 3

- Place cones 5 yards apart
- Start from other side and perform drill in same fashion to train both sides.

<table>
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</table>
Agility- Box Drill # 1

- Place cones 5-8 yards apart
- Start from other side to train in other direction.

Sets
4 ea

Recovery
3:1
Agility- Box Drill # 2

- Place cones 5 yards apart
- Start from other side to train in other direction.

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</table>
Agility- Box Drill # 3

- Place cones 5 yards apart
- Start from other corner to train both sides

<table>
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Agility- Star Drill

- Start from the center cone and sprint to an outside cone. Go around the cone turning right. GO back to the center cone, going around the center cone. Sprint out to the next outside cone turning left. Repeat this sequence until you have gone around all the outside cones. Finish in the center. Always alternate which way you turn on the outside cones.

Sets 8-10
Recovery 4:1
**Agility- 6 cone Zig-Zags**

- Place cones 5 yards apart at 45 degrees or less, sprint back to start cone to complete the drill
- Switch which side you finish on to train both sides/turns

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<td>3-4 ea</td>
<td>3:1</td>
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</table>
Agility - T-Drill

- Place cones 5 yards apart
- Backpedal the last 5 yds
- Train by go around cones or by cutting inside the cones

Sets: 6-8
Recovery: 4:1
Agility- L–Drill # 1

- Place cones 5-10 yards apart
- Switch top outside cone to other side to train each side equally
- Train by going around the cones or cutting inside the cones.

Sets
3-4 ea

Recovery
3:1
Agility - L-Drill # 2

- Place cones 5 yards apart
- Switch top outside cone to other side to train each side equally

<table>
<thead>
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<tbody>
<tr>
<td>3-4 ea</td>
<td>3:1</td>
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</table>
Agility- Z-Drill

- Place cones 10 yards apart, run around outside of cones
- Use 4, 6, or 8 cones and switch which side you begin the drill on for each set

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</tr>
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<tr>
<td>3-4 ea</td>
<td>3:1</td>
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</tbody>
</table>
Agility- “I” Test

- Place cones 5 yards apart
- Start by facing/standing in front of middle cone
- To begin, turn and sprint to cone on the right, tag the cone then sprint to the far left hand cone, tag that cone then sprint back to the middle cone (You can start with either side)

Sets: 8-10
Recovery: 3:1
Speed-30 yd start variations

- From starting point, perform start variation for 10 yds, then turn and sprint 20 yds, working on quick transition and getting to top speed as quick as possible.
- Start variations = side shuffle right, side shuffle left, backpeddle turn over right shoulder, back peddle turn over left shoulder, carioca right, carioca left.

(Side shuffle/carioca/back peddle) (SPRINT!)
Conditioning - Stutter sprints

• Sprint ahead 10 yds, backpedal 5, repeat until 25 yd mark is reached.

<table>
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<tr>
<th>Sets</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-8</td>
<td>40 sec</td>
</tr>
</tbody>
</table>
Conditioning-Cones

- Place cones 5 yards apart, last cone should be 25yds from the starting cone
- Sprint to each cone up and back consecutively this = 1 set

Sets 10  
Recovery 40 sec
Conditioning - FULL FIELD FIGURE 8

- Start by jogging from the end-line to mid-field one you get to mid-field turn and sprint to the other side-line continue this pattern until you create a figure 8.

- Sets
  - 3-4
- Recovery
  - 75 sec
Conditioning - Gasser

- Sprint sideline to sideline, up and back x 2, this equals 1 set.

Sets
5

Recovery
2:1
**Conditioning - 300 yd shuttles**

- Sprint 25 yds up and back this = 1 rep
- Complete 6 reps this = 1 set
Conditioning - Donger

- Sprint to each line on the field (6,18,half,18,6,endline) up and back until you have completed the drill, this = 1 set

Sets: 2-3
Recovery: 1:45
Conditioning- Keeper 5-5-40 test

- Start on one post, sprint back and forth between the posts, touch the post with the hand each time. Repeat 5x.
- After the 5th time, sprint to the center of the goal and jump to touch the crossbar 5x.
- After landing the 5th jump, immediately sprint ahead 40 yds. This completes one rep of the test.

- Rest 30 seconds and then repeat 10x.
- Performance is gauged on the time each repetition takes. Record each individual time, add all 10 repetitions together for total score.