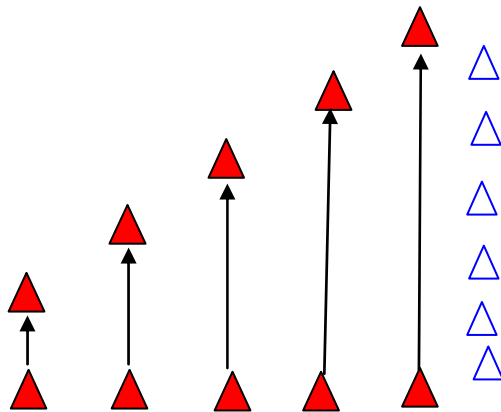


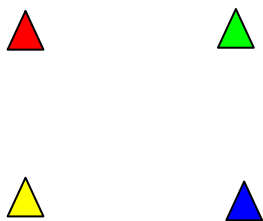
AGILITY DRILLS

All of these drills are programmed, i.e. the player knows where he is running. Drills like this can be used to improve speed and agility and can be used as races. They can also be used as specific conditioning activities where rest between repetitions is incomplete. Game specific random agility drills involving decision making must also be used to provide a complete programme. All drills can be started from different positions e.g. standing, lying etc. The same can happen at each change of direction. Apart from the first drill the activities should not last more than 10s.

1. 5 10 15 20 25 30 is the illustrated example; but it could be 10 40 or 5 10 20 etc. In each case the cones are set up at the required distances and the players sprint to the cone and back to the start and out to the second cone and back to the start and so on for one repetition.

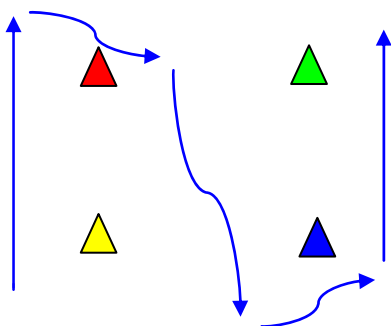


2. Four coloured corner drill. Four different coloured cones are placed at the corners of a square 5 – 10m long. A player stands in the middle. On the command of the coach the player runs and touches a coloured cone and returns to the middle. The drill can be extended by the player going on his chest at the cone. Also, the player can receive a pass which he must return to the coach between commands



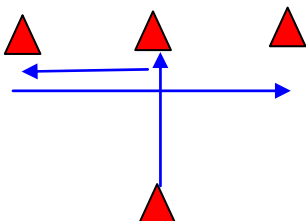
3. N Drill

Set up a square 5 – 10m long. The player sprints forwards around the outside of the far cone (red) and back around the back (blue) cone and forward passed the far (green) cone. The player can sprint forwards, backwards or forward but looking over his shoulder. The player must also start at the right hand (blue cone).



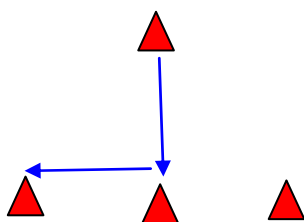
4. T Drill

Set up a T shape with the cones 5m apart (this can be altered). Sprint out to the middle and shuffle to the left con and then the right cone back the middle and then back pedal to the start. The start and running method can be altered.



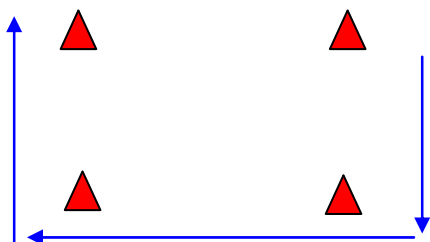
5. I Drill

Set up the cones 5m apart. The player starts at the front cone and back pedals to the central cone and then shuffles left or right. This is better if a player is mirroring another player or responding to a signal



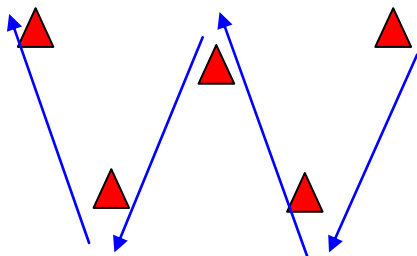
6. U Drill

Set up the cones 5m apart. The player starts at the front cone and back pedals to the cone and then shuffles left or right and then sprints forward.



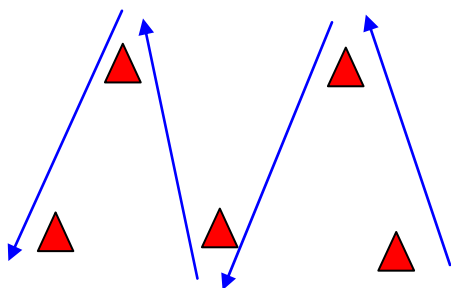
7. W Drill

Set up the cones 5m apart. The player starts at the front cone and back pedals to the cone and then sprints forward around the central cone and back. The player can sprint forwards, backwards or forward but looking over his shoulder. The player must also start at the left hand.



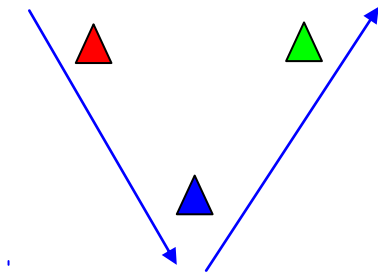
8. M Drill

Set up the cones 5m apart. The player starts at the back cone sprints forward around the cone and back around the central cone. The player can sprint forwards, backwards or forward but looking over his shoulder. The player must also start at the left hand.



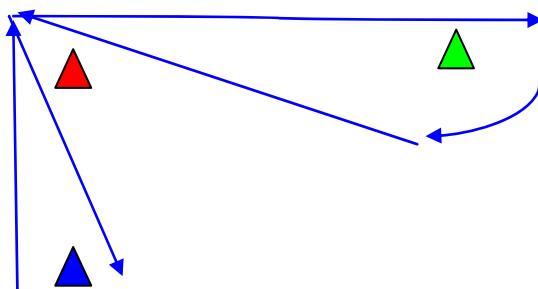
9. V Drill

Set up the cones 5m apart. The player starts at the front cone and back pedals to the cone and then sprints forward around the right cone. The player can sprint forwards, backwards or forward but looking over his shoulder. The player must also start at the right hand.



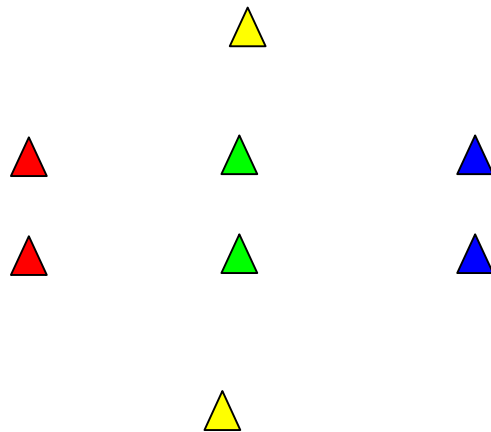
10. L Drill

Set up the cones 5m apart. The player starts at the back cone and sprints around the front cone and then sprints forward around the right cone and back around the outside of the left hand cone and back to the finish.



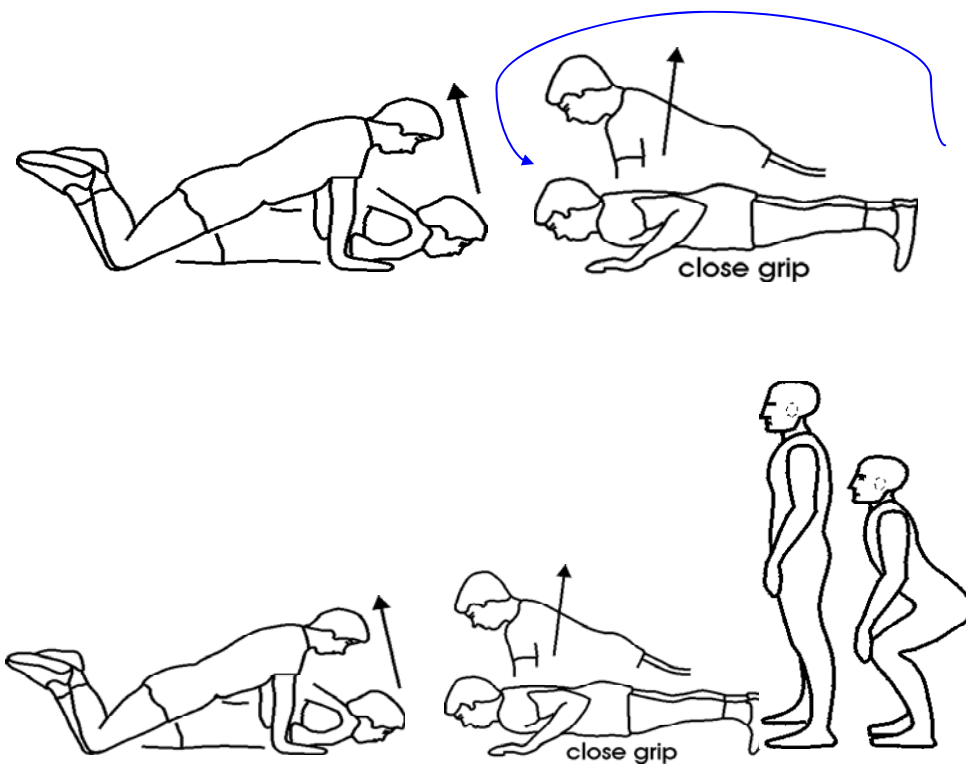
11. Four coloured T drill

Players face each other on the back (yellow) cones. One player is the lead, the other player follows. The players sprint and touch particular colours and then to another colour.

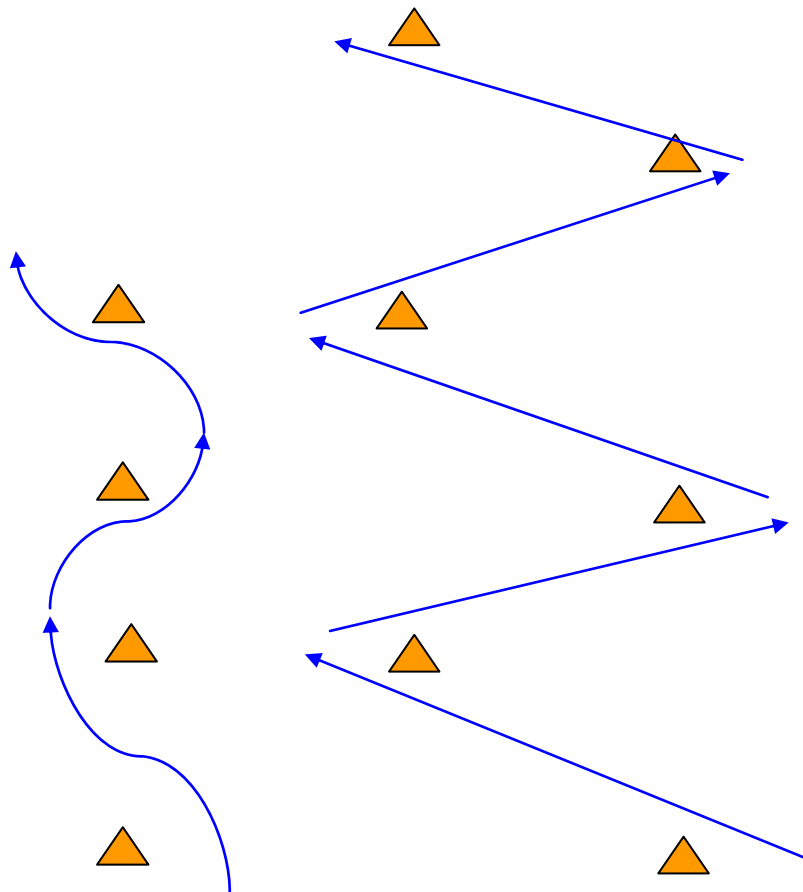


12 Front support and Stand

Players start in a front support position; they then spent the required amount e.g. 90 degrees and stand up quickly



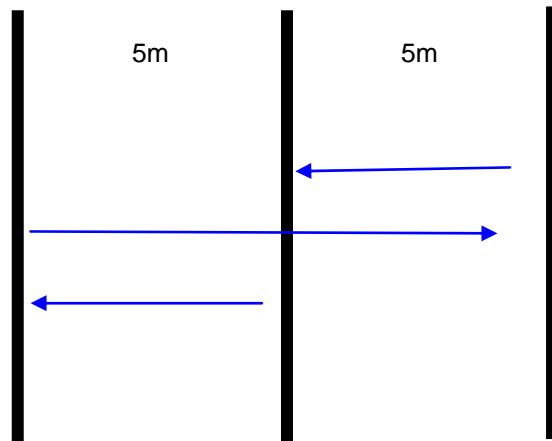
13 Zig Zag Drill and Wide Zig Zag Drill



There are gradations between these. In the first example cones are placed 5m apart in a straight line for 40m (20m illustrated). In the wide cones are placed 5m laterally from each other as well as forward.

14. Pro Agility

Straddle the middle line. Sprint to the left and touch the left line with the left hand, sprint to the right and touch the line with the right hand and sprint back through the middle



15. 505

Sprint 10m, turn and sprint back 5m.

