

# Drills to enhance quickness, agility, and movement

## From Coach Wright Wayne

The following drill examples are excellent when your goal is to improve or enhance your agility, balance, quickness, and movement in general. They are also a good way for young athletes to begin developing some lower body functional strength. Start out by choosing 3 or 4 of the drills. If you don't have cones to work with, use cups, plastic soda bottles or anything like that. You can set up all of the drills and go through them in circuit fashion, or if you're limited in the number of cones you have available set up one drill at a time. Begin by using a 1 to 3 work to rest ratio while performing the drills. A good starting point is 15 seconds on and 45 seconds off. Go through the circuit of drills 3 times, or if you're doing 1 drill at a time, do it 3 times then quickly set up the next drill, do it, then set up and do the third. As the conditioning level improves, you may want to work up in the time of work and down in the time of rest, maybe reaching bouts of thirty seconds on and 30 seconds off. Emphasize quickness with control. As time goes on, alternate drills for variety keeping a good balance of forward, backward, and lateral movement.

### 1. Lateral Quick Steps

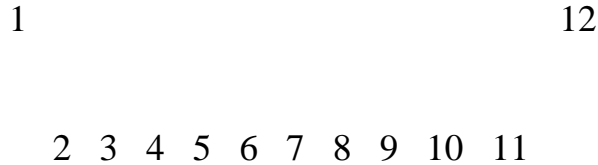
Arrange 12 cones or 6 inch hurdles approx. 18 inches apart in a straight line. Stand beside cone 1. Move laterally over the cones bringing the knees up high and bringing both feet down between each cone. After stepping over cone #12 move immediately back in the other direction. Keep your chest and hips squared up so all movement is lateral. Emphasize quickness off the ground with each step.

1 2 3 4 5 6 7 8 9 10 11 12

### 2. Lateral Quick Steps w/ Sprint up and backpedal

Use basically the same arrangement of cones as for the Lateral Quick Steps but move cones 1 and 12 approx. 3 yards forward. Begin by standing beside cone 2,

and then move laterally over the cones. After stepping over cone 11 sprint to cone 12 touching it with your right hand. Backpedal to cone 11 and move laterally to your left. After stepping over cone 2, sprint up to cone 1 touching it with your left hand.



### 3. Lateral Quick Steps w/ Sprint out

Use basically the same arrangement of cones as for the Lateral Quick Steps but move cone 12 approx. 10 yards from cone 11. Begin by standing beside cone 1, and then move laterally over the cones. After stepping over cone 11 sprint through cone 12. Turn and jog back to cone 1 and repeat.



### 4. Shallow V

Place 3 cones in a line with approx. 2 yards between each cone. Move cone 2 one yard below the line to form the shallow V. Stand behind cone 2 so that cone 1 is forward and to the left, and cone 3 is forward and to the right. Move as quickly as possible over to cone 3 touching it with your right hand, then back behind cone 2 and over to cone 1, touching it with your left hand then quickly back behind cone 2. Continue this movement while keeping your body squared up to the line from cone 1 to cone 3.



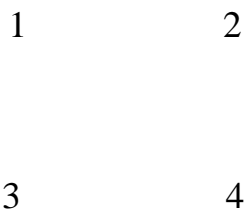
### 5. Deep V

Place 3 cones in a line with approx. 2 yards between each cone. Move cone 2 about 5 yards below the line to form the deep V. Perform as you did the shallow V. The Deep V emphasizes more forward/back movement.



### 6. Sprint/Lateral Jumps/Backpedal

Arrange cones in a rectangle with approx. 3 yards between cones 1 and 3, and cones 2 and 4. Approx. 4 yards should be between cones 1 and 2, and cones 3 and 4. Begin at cone 3, sprint up to cone 1, and jump laterally over to cone 2 emphasizing the push off the left foot. When you reach cone 2, backpedal to cone 4 and jump laterally over to cone 3 emphasizing the push off the right foot then sprint up to cone 1. Focus on the quick change of direction at each corner.



### 7. Single Leg Zig Zag Hops

Place two cones approx. 15 yards apart. Stand beside cone 1 facing cone 2. Balance on your right foot with the knee slightly bent. Hop your way to cone 2 using a zig zag pattern crossing the imaginary line running from cone 1 to cone 2. The angle of the hops should be approx. 45 degrees. Emphasize stability and balance when landing each hop before initiating the next one. Hop back to cone 1 using the left leg.



### 8. Single Leg Forward Jumps

Place two cones approx 15 yards apart. Stand beside cone 1 facing cone 2. Balance on your right foot with the knee slightly bent. Hop your way to cone 2 covering at least 36 inches on each hop. Emphasize landing with your heel down and not letting the knee get out in front of your toes. Stabilize and balance before initiating the next jump. Upon reaching cone 2 turn and work your way back to cone 1 using the left leg.



### 9. Mountain Climbers

Assume a push-up position with the arms extended. Drive one knee up toward your chest while the other leg stays in the extended position then begin alternating legs in a sprinting type motion.

### 10. Skiers

Assume a push-up position with the arms extended. Keep your feet and legs together as they “hop” from side to side gradually increasing the distance between landings.

### 10. “T” Drill

Begin at cone 1. Sprint to cone 2, shuffle laterally to cone 3, touch it and shuffle laterally to cone 4, touch it and shuffle laterally back to cone 2, touch it, and backpedal to cone 1, touch it and immediately sprint back to cone 2 to begin your second repetition through. Two repetitions through make 1 complete drill.

3      2      4

1

5 yds. between cones 1 and 2, 3 yds. between cones 2 and 3 & 4

### 11. Box Drill

Begin at cone 1. Sprint to cone 2, lateral shuffle to cone 3, backpedal to cone 4, lateral shuffle to cone 1.

2                      3

1                      4

5 yds. between cones

### 12. X Drill

Begin at cone 1. Sprint to cone 3 and backpedal to cone 4. Then sprint to cone 2 and backpedal to cone 1. Emphasize strong start of each sprint up.

2                      3

1                      4

4 yds. between cones

### 13. Scramble Drill

Start standing in the middle touching cone 1. As quickly as you can possibly move touch cone 2 the back to cone 1, then to cone 3 and back to cone 1, continue until you have gone completely around three times. Keep your body facing the same direction all the time.

3

2    1    4

5

2 yds. from outer cones to center