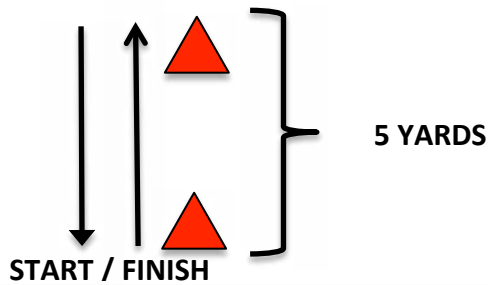


EVOLVED SPORTS SCIENCE AGILITY DRILLS

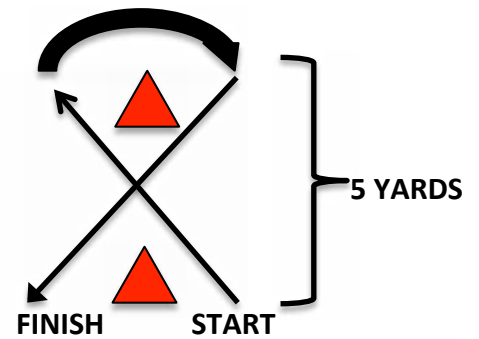
2 CONE DRILLS

2 cone Drill 1



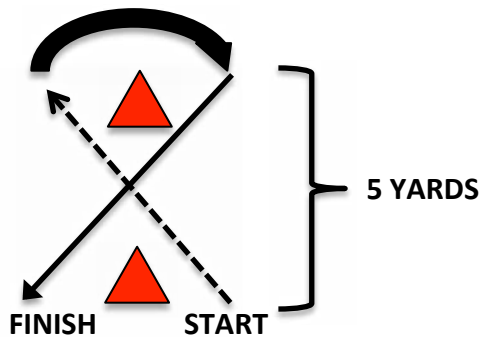
Start in the prone position.
Get up and Sprint to the second cone.
Plant right / left foot, sprint back to cone,
get back into the prone position.
Repeat as per program.

2 cone Drill 2



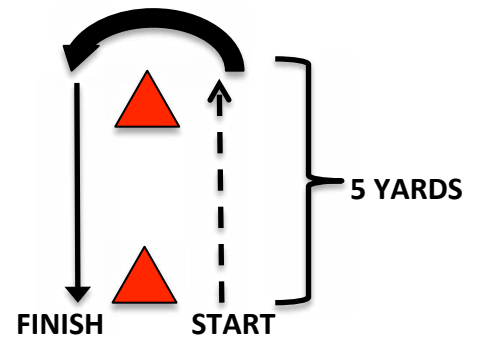
Start in 2 pt Stance.
Sprint to the opposite side of the 2nd cone.
Gather feet, sprint back to 1 st cone,
ending up on the opposite side you started on.

2 cone Drill 3



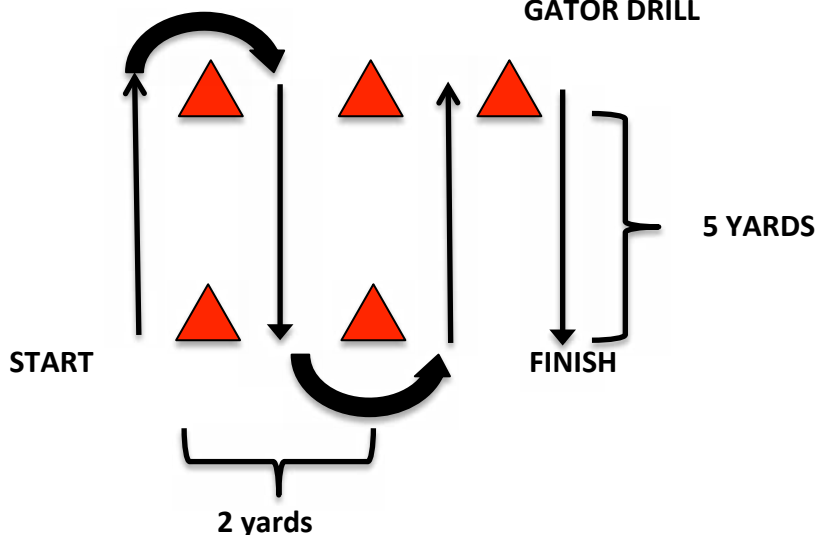
Start in 2 pt Stance.
Backpedal to the opposite side of the 2nd
cone. Gather feet, sprint back to 1 st cone,
ending up on the opposite side you started on.

2 cone Drill 4



Start in 2 pt Stance.
Back pedal to 2nd cone
Plant right / left foot, sprint back to cone,
ending up on the opposite side you started on.

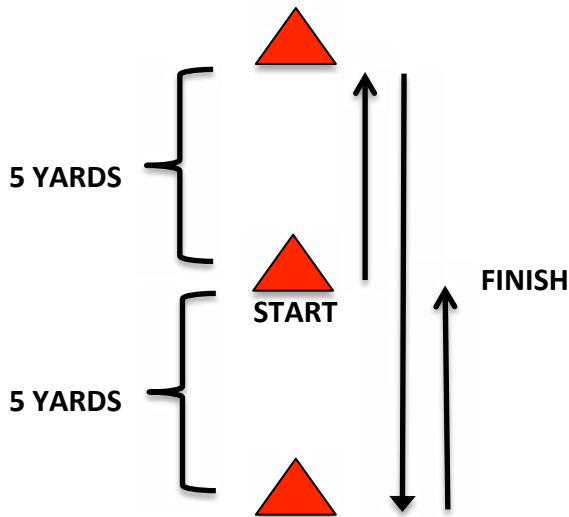
GATOR DRILL



Start in Prone position.
Sprint 5 yd around the cone to the left /
right. Sprint 5 yd around the next cone
to the left or right. Sprint to next cone,
then Sprint to the finish. Get down
into prone position and repeat drill
reversing the the turn direction ending
back at the starting cone.

EVOLVED SPORTS SCIENCE AGILITY DRILLS

5-10-5 / PRO AGILITY



Start from the middle line.
 Sprint 5 yds, touch the line with your hand.
 Turn sprint 10 yds touch line with your hand.
 Turn sprint 5 yds, through the finish.

- this will be tested starting and moving both to your left and right.
- experiment with a crossover first step into a side shuffle for the first 5 yards.
- experiment with no crossover shuffle for the first 5 yards.

Conditioning Runs / Program Layout

		AGILITY DRILLS	CONDITIONING DRILLS
WEEK 1	MONDAY	2 cone Drill 1 x 10 rest 3 min 3 sets	Aerobic 5 KM Run
	TUESDAY	U-17/19 Practice	OFF
	WEDNESDAY	2 cone drill 4 x 5 rest 90 sec 2 sets	100M Sprint walk back to start (rest) x 8
	THURSDAY	U-17/19 Practice	OFF
	FRIDAY	GATOR DRILL x 5 rest 2 min 3 sets	Run hard 30 sec / jog easy 30 sec - repeat for 15 min
	SATURDAY	5-10-5 Drill x 3 each side - 2 min rest 3 sets	OFF
	SUNDAY	MAVERICKS PRACTICE	MAVERICKS PRACTICE

		AGILITY DRILLS	CONDITIONING DRILLS
WEEK 2	MONDAY	2 cone Drill 2 x 5 each side rest 90 sec 4 sets	Aerobic 5 KM Run
	TUESDAY	U-17/19 Practice	OFF
	WEDNESDAY	2 cone drill 4 x 5 rest 90 sec 2 sets	100M Sprint walk back to start (rest) x 10
	THURSDAY	U-17/19 Practice	OFF
	FRIDAY	OFF	Run hard 30 sec / jog easy 30 sec - repeat for 15 min
	SATURDAY	CHALLENGE CUP	CHALLENGE CUP
	SUNDAY	MAVERICKS PRACTICE	MAVERICKS PRACTICE

		AGILITY DRILLS	CONDITIONING DRILLS
WEEK 3	MONDAY	2 cone Drill 2 x 6 each side rest 90 sec 4 sets	Aerobic 5 KM Run
	TUESDAY	U-17/19 Practice	OFF
	WEDNESDAY	GATOR DRILL x 5 rest 2 min 3 sets	100M Sprint walk back to start (rest) x 8
	THURSDAY	U-17/19 Practice	Run hard 30 sec / jog easy 30 sec - repeat for 15 min
	FRIDAY	ARC	ARC
	SATURDAY	ARC	ARC
	SUNDAY	ARC	ARC