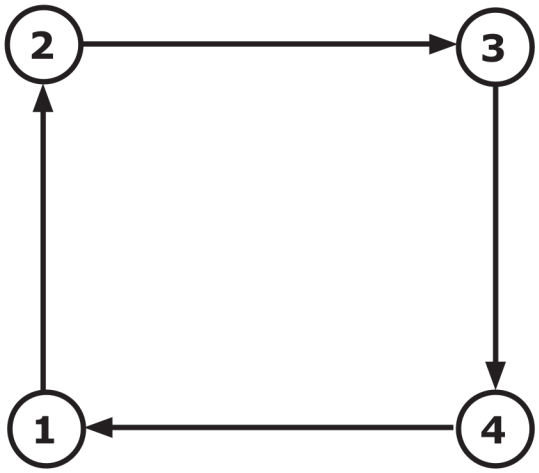
EMORY HEALTHCARE

EMORY SPORTS MEDICINE CENTER

Agility Drills - Months 4 - 5



FOUR (4) CORNERS

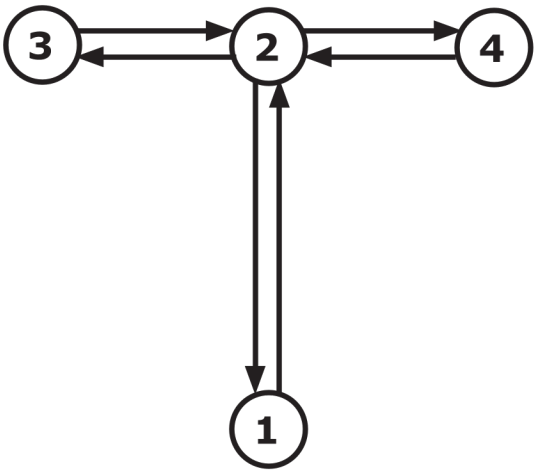
Set-up Procedures:

1. Using four cones, separate each cone by 10 yards.
2. Begin at cone one (1) and finish the drill through cone (1).
3. Example of drill: Sprint from cone 1-2; shuffle from cone 2-3; back pedal from 3-4; and sprint from 4-1.
4. Repeat the drill going in the opposite direction.

Variations:

1. (1-2) Sprint (2-3) Shuffle (3-4) Backpedal (4-1) Sprint
2. (1-2) Sprint (2-3) Carioca (3-4) Backpedal (4-1) Carioca
3. (1-2) Backpedal (2-3) Shuffle (3-4) Sprint (4-1) Backpedal

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T- DRILL

Set-up Procedures:

1. Place cone one (1) 10 yards away from cone two (2).

   Place cone three (3) five yards to the left of cone two (2).

   Place cone four (4) five yards to the right of cone two (2).
2. Begin at cone one (1) and end with cone one (1).
3. Example of drill: Sprint from cone 1 to cone 2; shuffle from cone 2 to cone 3; shuffle from cone 3 to cone 4; shuffle from cone 4 to cone 2; and backpedal from cone 2 to cone 1.

Variations:

1. (1-2) Sprint (2-3) Shuffle (3-4) Shuffle (4-2) Shuffle (2-1) Backpedal
2. (1-2) Sprint (2-3) Carioca (3-4) Carioca (4-2) Carioca (2-1) Backpedal
3. (1-2) Sprint (2-3) Sprint (3-4) Sprint (4-2) Sprint (2-1) Backpedal