EMORY HEALTHCARE
EMORY SPORTS MEDICINE CENTER

Agility Drills - Months 6 - 7



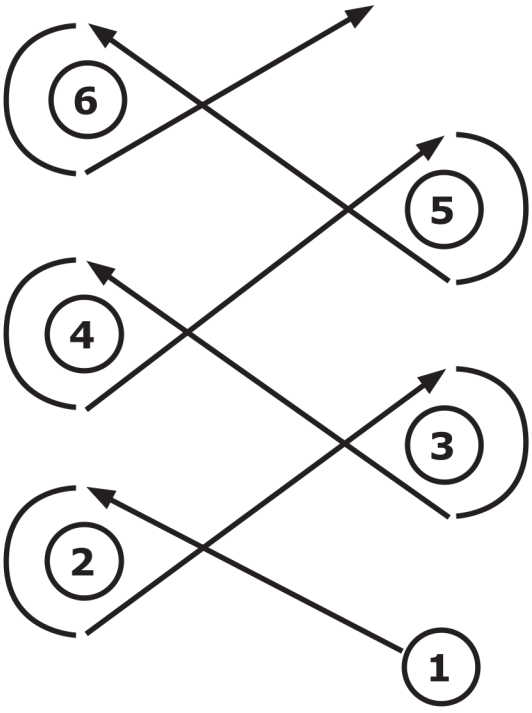
FIGURE EIGHT (8)

Set-up Procedures:

1. Using two cones, separate cones 5 yards apart.
2. Begin at cone one (1) and finish the drill through cone (1).
3. Example of drill: Sprint from cone 1-2; sprint around cone 2; and sprint from cone 2-1.
4. Repeat the drill going in the opposite direction.

Variations:

1. Sprint - Sprint
2. Shuffle - Sprint
3. Sprint - Shuffle
4. Backpedal - Sprint
5. Sprint - Backpedal



X-LANE DRILL

Set-up Procedures:

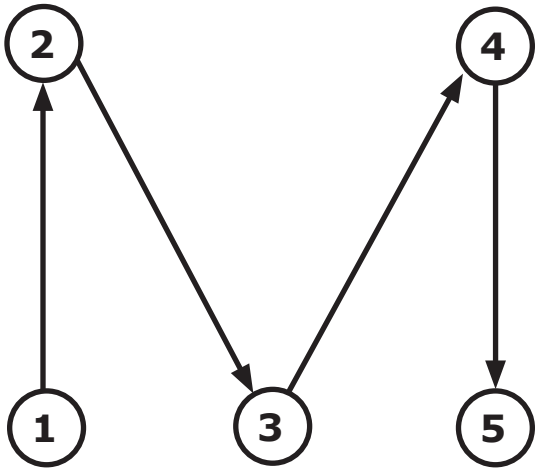
1. Using four cones, separate cones each by 10 yards.
2. Begin at cone one (1) and end with cone one (1).
3. Example of drill: Sprint from cone 1-2; shuffle from cone 2-3; sprint from cone 3-4; and shuffle from cone 4-1.
4. Repeat the drill going in the opposite direction.

Variations:

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

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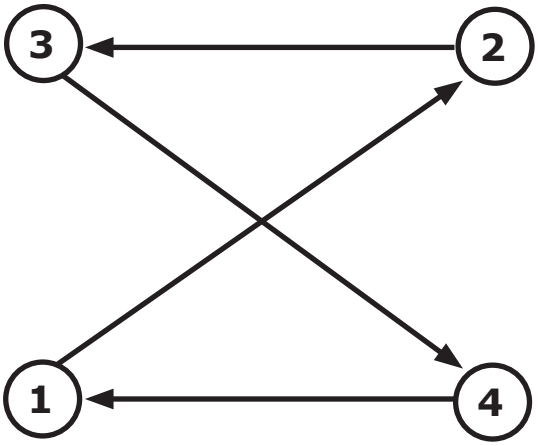
B. MADISON DRILL

Set-up Procedures:

1. Place cones one (1), three (3) and five (5) five yards apart in a straight line. Place cone two (2) ten yards in front of cone one (1). Place cone four (4) ten yards in front of cone five (5).
2. Begin at cone one (1) and end through cone five (5).
3. Example of drill: Begin at cone 1 and sprint to cone 2; Backpedal from cone 2 to cone 3; Sprint from cone 3 to cone 4; Backpedal from cone 4 through cone 5.
4. Repeat the drill going in the opposite direction.

Variations:

1. (1-2) Sprint (2-3) Back Pedal (3-4) Sprint (4-5) Backpedal
2. (1-2) Sprint (2-3) Shuffle (3-4) Sprint (4-5) Shuffle
3. (1-2) Carioca (2-3) Shuffle (3-4) Carioca (4-5) Shuffle



X-LANE DRILL

Set-up Procedures:

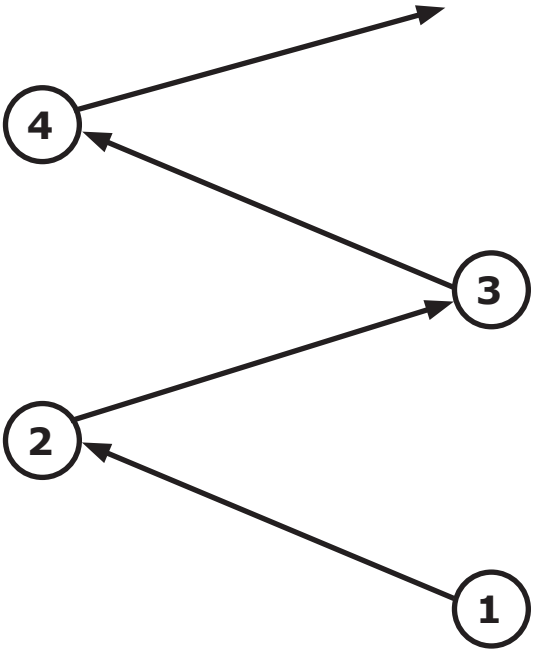
1. Using four cones, separate cones each by 10 yards.
2. Begin at cone one (1) and end with cone one (1).
3. Example of drill: Sprint from cone 1-2; shuffle from cone 2-3; sprint from cone 3-4; and shuffle from cone 4-1.
4. Repeat the drill going in the opposite direction.

Variations:

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

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ZIG-ZAG

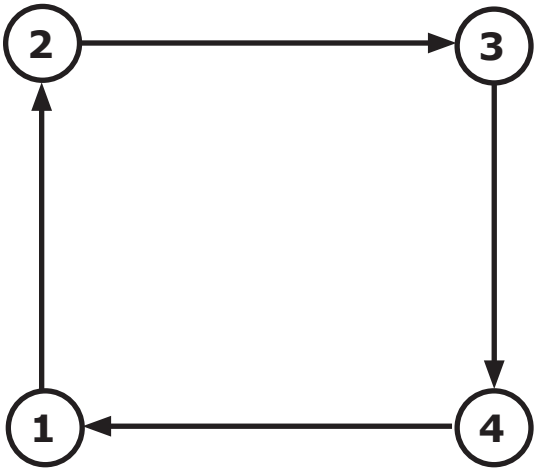
Set-up Procedures:

1. Using four cones, separate 5 yards apart and staggered.
2. Begin at cone one (1) and finish the drill 10 yards past cone four (4).
3. Example of drill: Sprint from cone 1-2; shuffle from cone 2-3; sprint from cone 3-4; and shuffle from cone 4 to 10 yards beyond it.
4. Repeat the drill going in the opposite direction.

Variations:

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

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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.

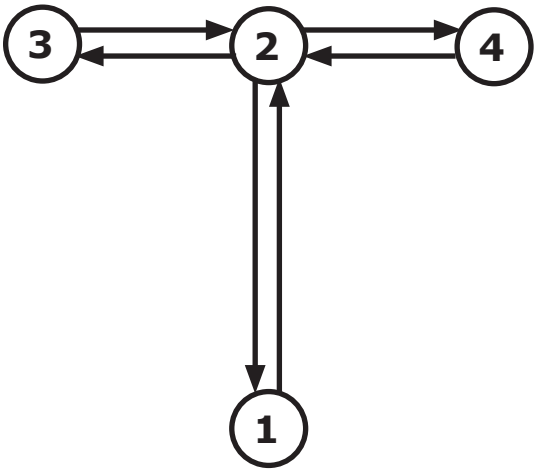
Variations:

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