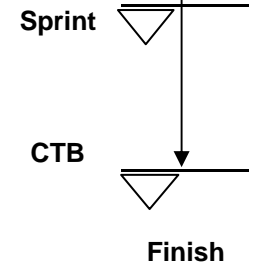
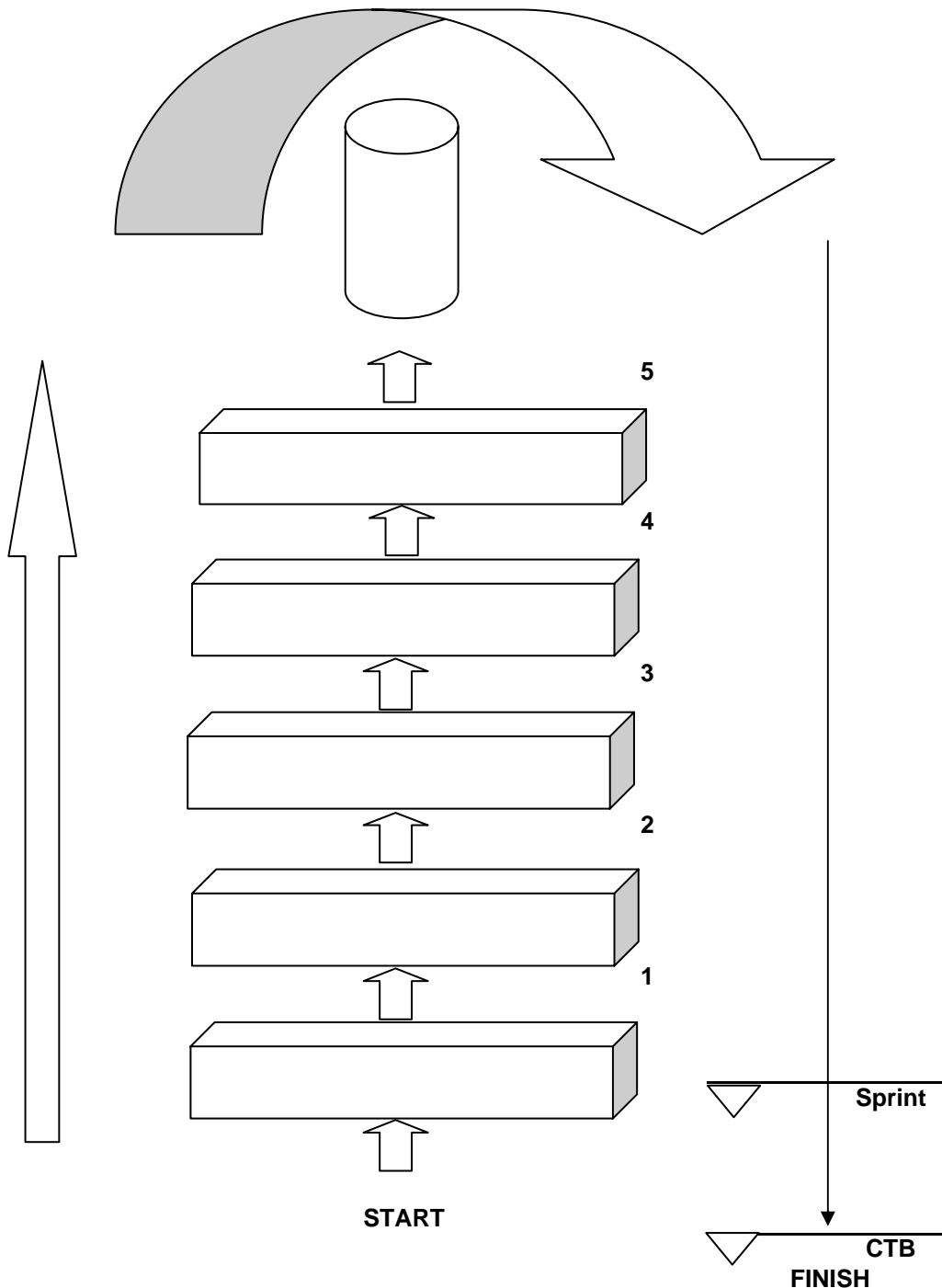


Lateral Bag Shuffle with Mid Line Hoop [bag] Run

Athlete begins drill in an athletic position with his lead leg hugging the first bag [high bag]. On command he performs 3 lateral bag shuffles [2 feet in], comes completely out of bags [both feet touch ground]. He runs the hoop around the pop up bag and then performs 3 lateral bag shuffles with opposite leg lead. When the athlete comes completely out of the 3 bags, he sprints through the first cone [5 yds] and then comes to balance at final cone [10 yds]. 2-3 feet between bags - Square Bags [big]



Lateral Bag Shuffle with Mid Line Hoop [bag] Run

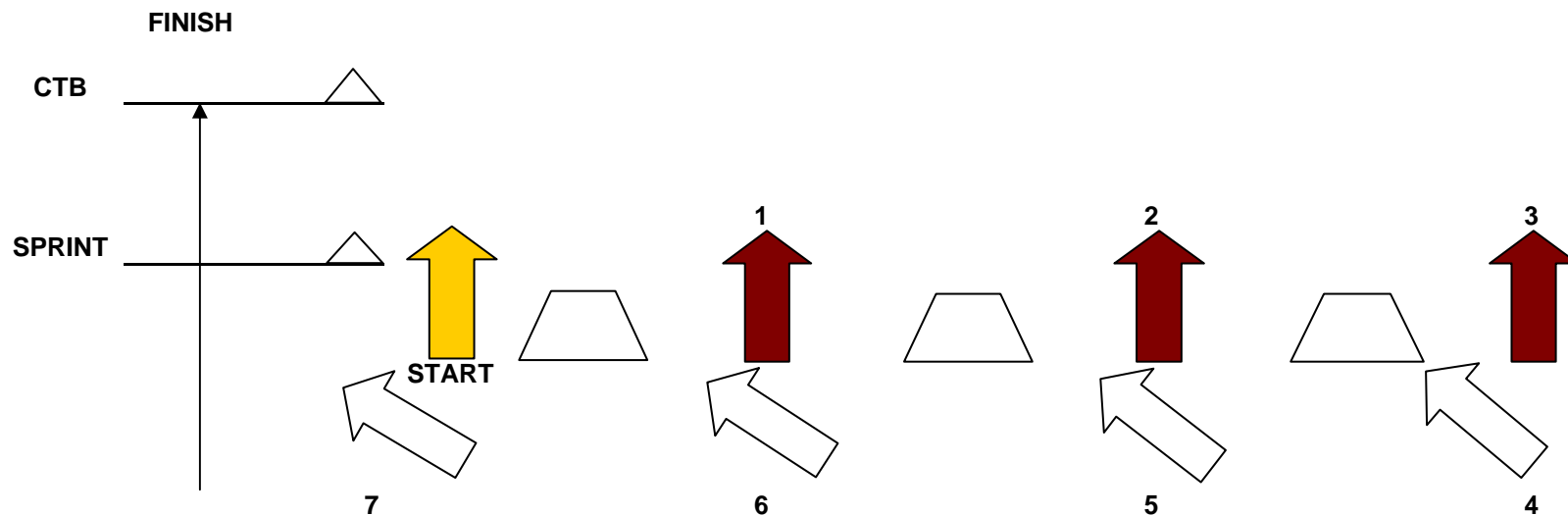


Low Bag Sprint with Hoop [bag] Run w/Full Sprint

Athlete begins drill in an athletic 2 point stance with foot stagger based on lead foot for the session. The athlete sprints through 5 bags [2 feet in each], runs the mini hoop around the pop up bag and runs a full sprint through the first cone [8-10 yds] and then comes to balance at final cone [13-15 yds].

2-3 feet between bags - Agile Bags

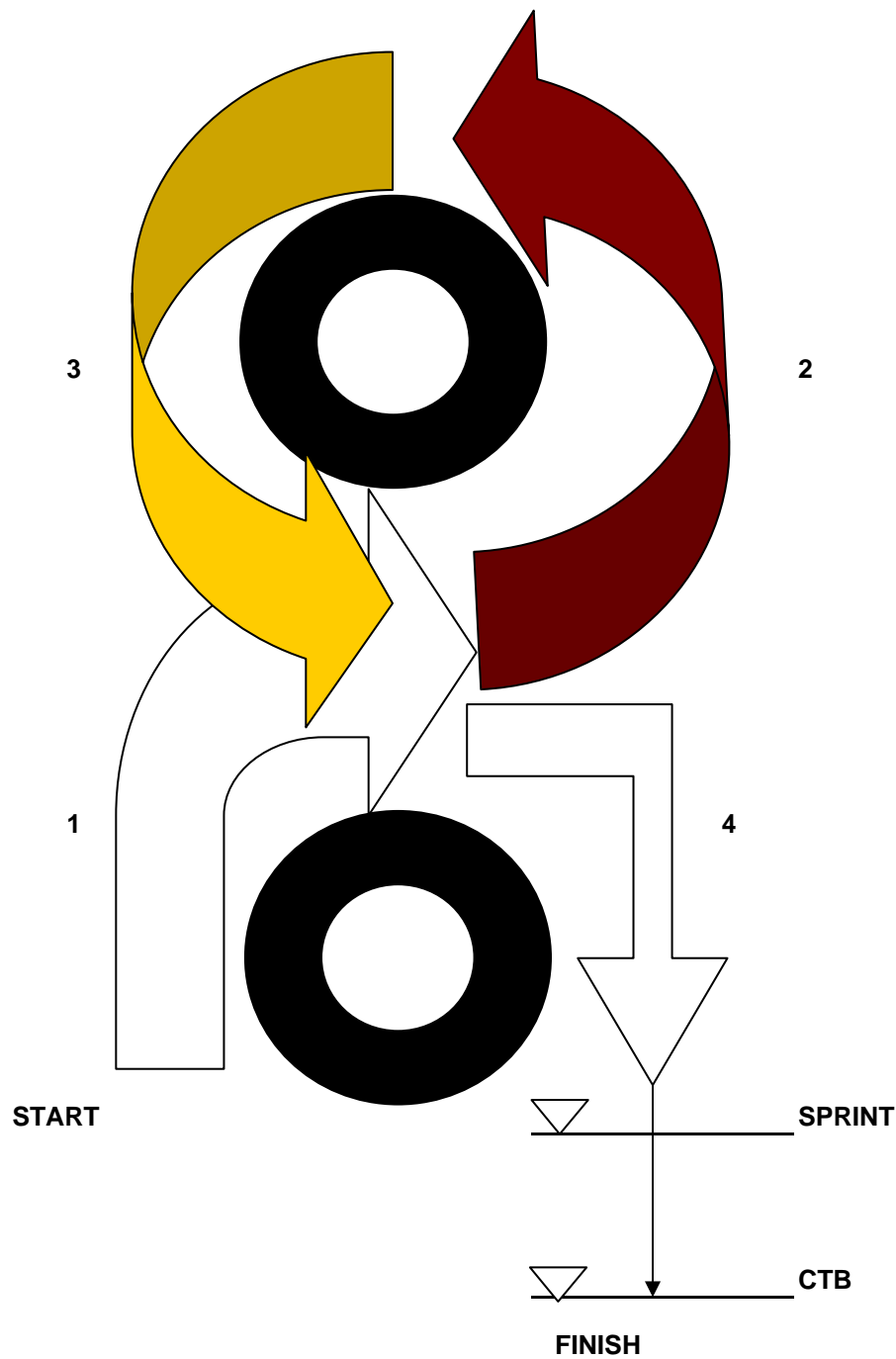
Low Bag Sprint with Hoop Run w/ Full Sprint



Low Bag Combo Shuffle - Crossover Run

Athlete begins drill in an athletic position with his lead leg hugging first bag. The athlete shuffles through 3 bags [2 feet in]. He comes completely out of the bags [both feet touch ground] and then performs a crossover run [1 foot in] in the opposite direction back over the 3 bags. He comes completely out and sprints through cone 1 [5 yds] and then comes to balance at final cone [10 yds].
2-3 feet between bags - Agile Bags

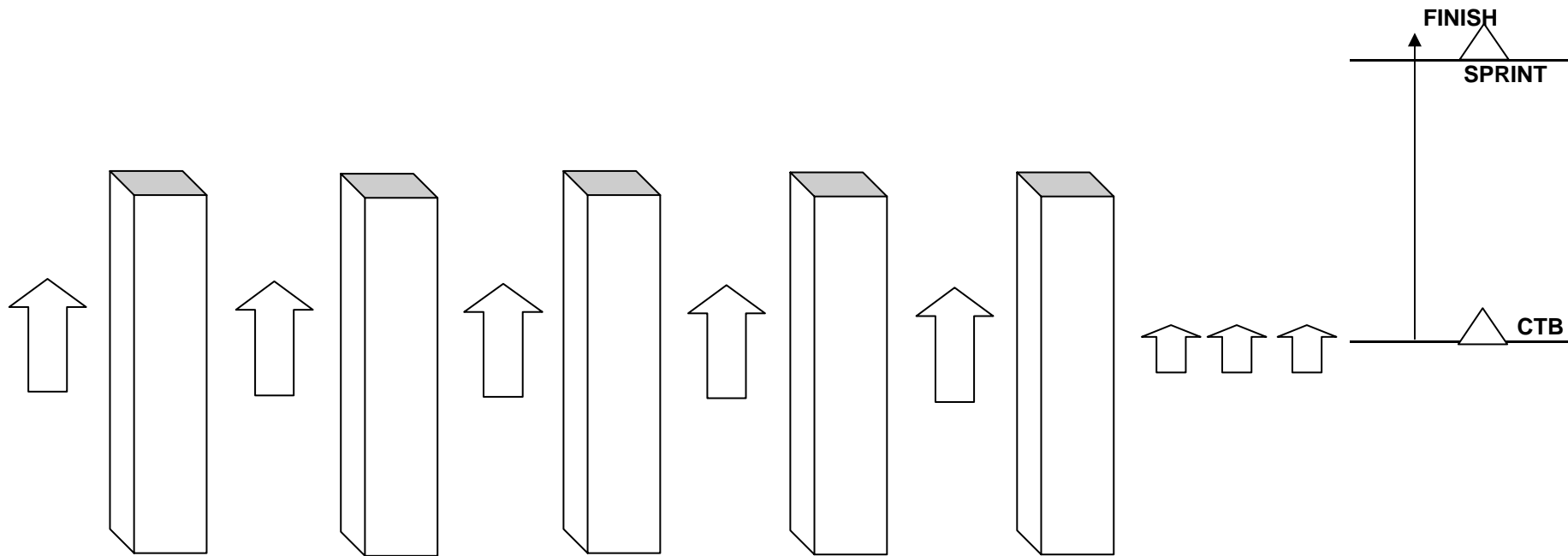
Low Bag Combo Shuffle Crossover Run



Big Figure 8

Athlete begins drill in an athletic 2 point stance with foot stagger based on lead foot for the session. The athlete sprints to the opposite side of the big tire and runs the hoop. He makes an intentional burst coming out of the turn and sprints through the opposite side of the start tire [1st cone] and comes to balance at second cone [5 yds]. Giant Tractor Tire -5 yards between tires

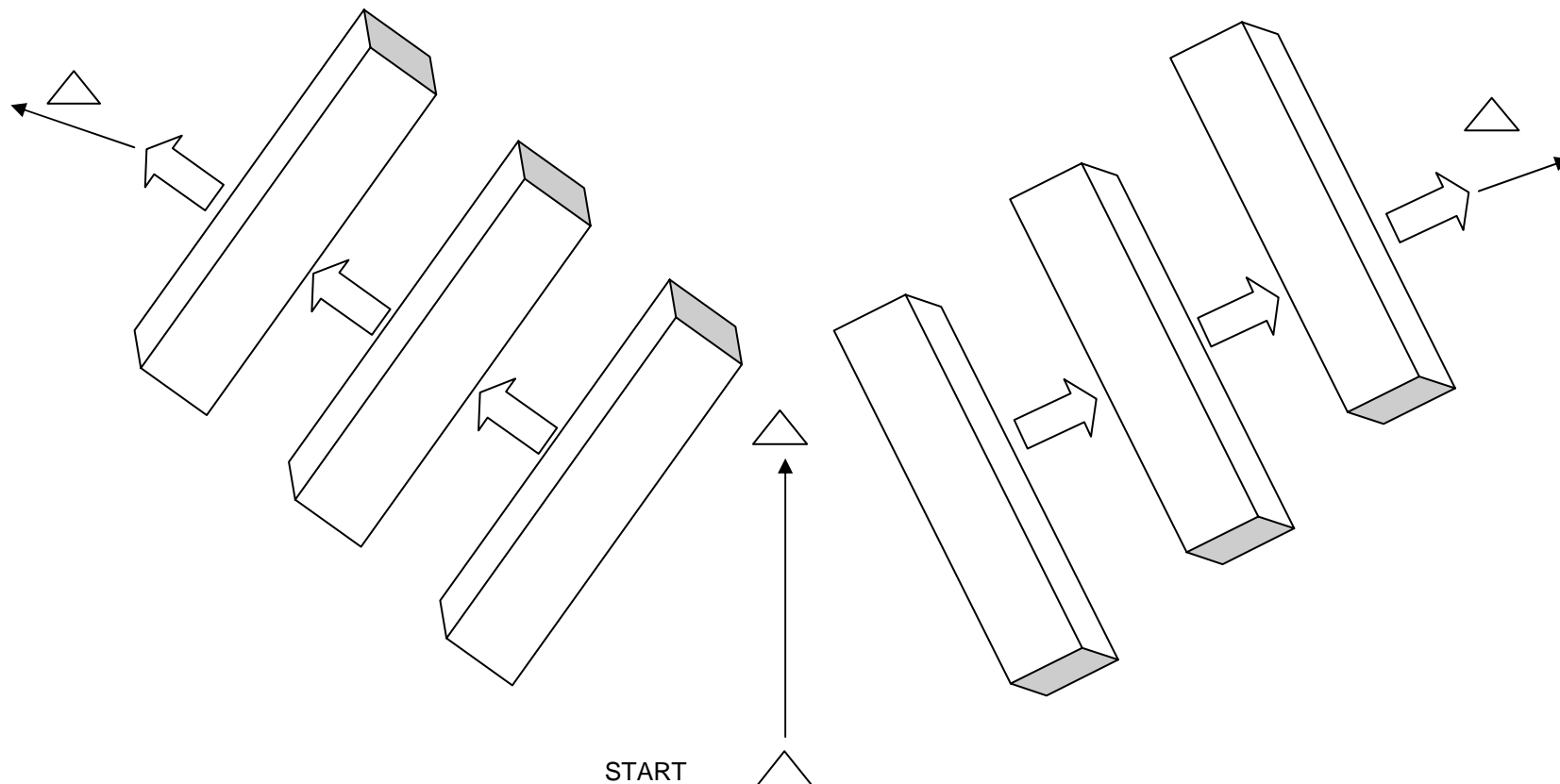
Big Figure 8



Lateral Low Bag Shuffle with Shuffle CTB and Burst

Athlete begins drill in an athletic position with his lead leg hugging first bag. On command he performs 5 lateral bag shuffles [2 feet in]. He comes completely out of bags [both feet touch ground] and shuffles 3 yards to the come to balance cone. When the athlete has settled into a great athletic position the coach will give the go command and the athlete will sprint 5 yards forward to finish the drill. The athlete will push off the lead leg for the session. 2-3 feet between bags - Agile Bags

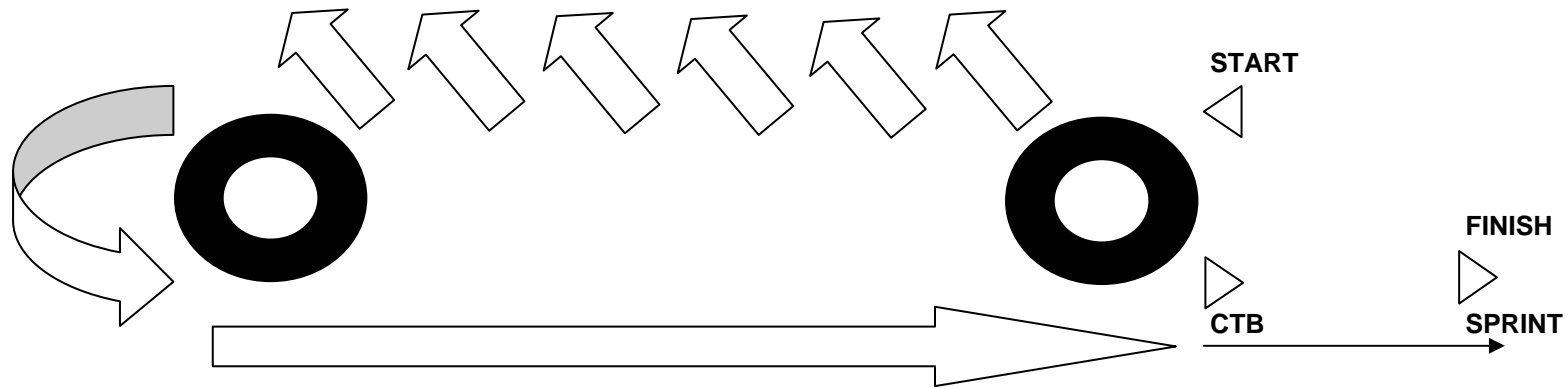
Lateral Low Bag Shuffle with Shuffle CTB and Burst



Sprint -CTB - 45 Degree Bag Run [1 leg in Each] Burst

Athlete begins drill in an athletic position and will begin in a straight ahead single leg start. On command the athlete will sprint 5 yards to the cone to balance. When the athlete has settled into a great athletic position the coach will redirect them to sprint over three high bags (high knee action) [1 foot in] and burst through the finish cone [3 yards]. Depending on the coaches discretion for the session the athlete will either plant off the outside foot (opposite of direction given or inside foot (crossover step) from the cone to balance position. 2-3 feet between bags . Big Bags

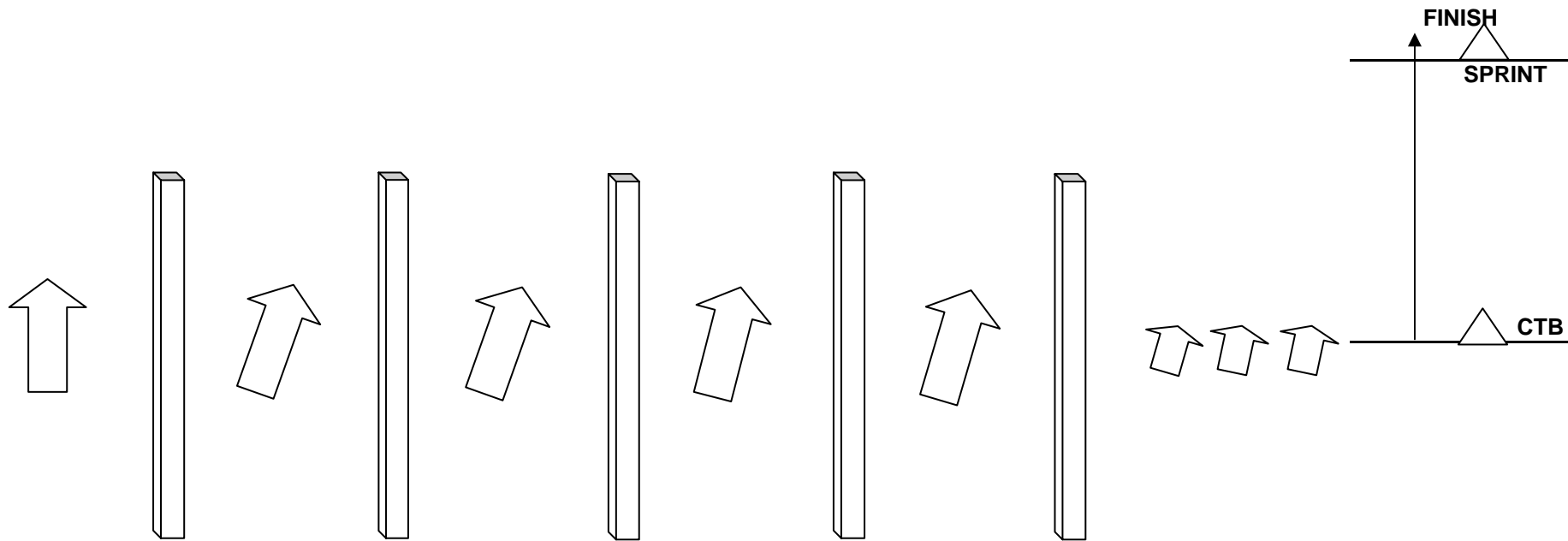
Sprint - CTB - 45 Degree Bag Run Burst



Crossover Run [crossover] with Retrace Sprint CTB Burst

Athlete begins drill in an athletic position with his lead leg hugging a small tire. On command he crossover runs 8 yards to second small tire. He bursts around the second tire and sprints to first cone [8 yards] and comes to balance. When the athlete has settled into a great athletic position the coach will give the go command and the athlete will sprint 5 yards forward to finish the drill. The athlete will push off the lead leg for the session.

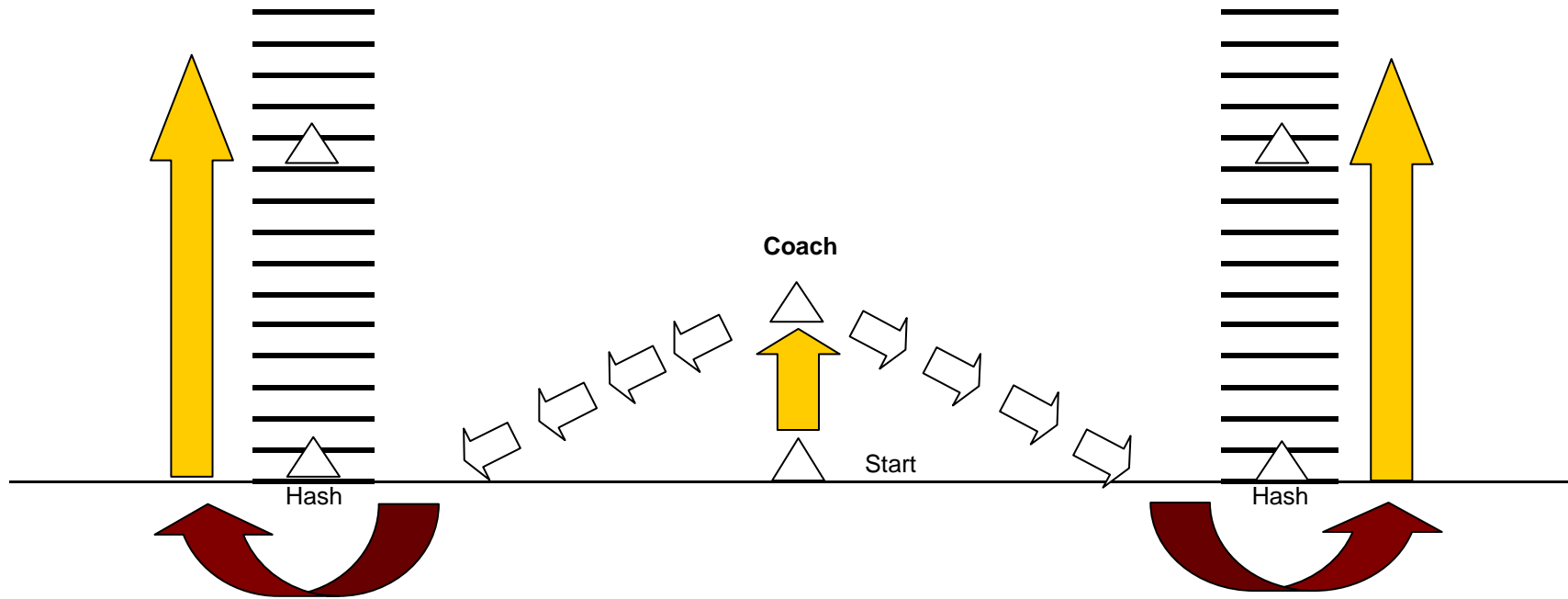
Crossover Run with Retrace Sprint CTB and Burst



Crossover Run [boards] with Crossover CTB and Burst

Athlete begins drill in an athletic position with his lead leg hugging first board. On command he performs 5 crossover runs over the boards [1 foot in]. He comes completely out of the bags and crossover runs 3 yards to the cone to balance cone. When the athlete has settled in to a great athletic position the coach will give the go command and the athlete will sprint 5 yards forward to finish the drill. The athlete will push off the lead leg for the session. Boards 2 - 3 feet apart

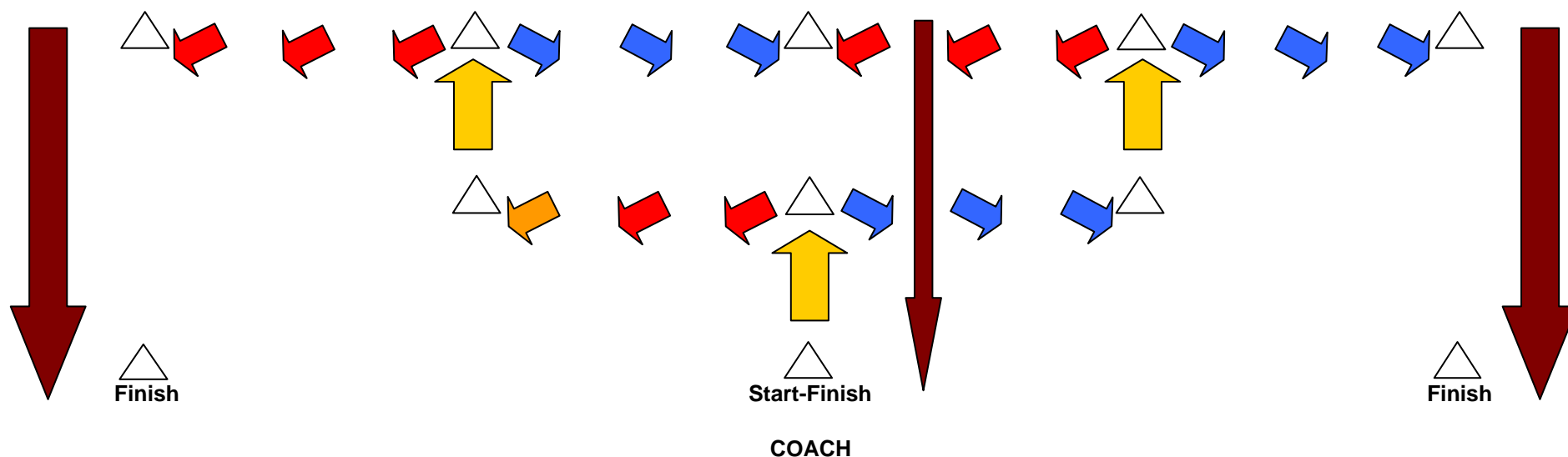
Crossover Run with Crossover CTB and Burst



Reactive Burst, Pursuit, Sprint

Athlete begins the drill either lying flat on stomach or back. The athlete's head or feet will be touching the starting cone [Coach determines the starting position]. The athlete's first movement will be a reaction to the coaches verbal command. The athlete will scramble off the ground and sprint to the coach [5 yards away]. The coach will give either a verbal or visual [hand] command to the athlete to direct them which way they will pursue. The athlete will pursue back to the hash mark cone, sprint around cone and finish with a ten yard sprint. Start cone is in alignment with the center of goal post

Reactive Burst, Pursuit, Sprint



Reactive Back Peddle, Crossover Run x2 to Sprint

Athlete begins the drill in the athletic position preparing to back peddle. On a verbal command from the coach the athlete back peddles for approximately 5-8 yards before the coach gives 1st reactive movement either to the left or right. The athlete will then cross over run 5-8 yards before the coach gives 2nd reactive command to back peddle 5-8 yards. The athlete reacts to 3rd reactive command with a cross over run 5-8 yards before the coach gives final command of sprint. The athlete will finish with approximately a 10-16 yard sprint.

Reactive Back Peddle, Crossover Run x 2 to Sprint