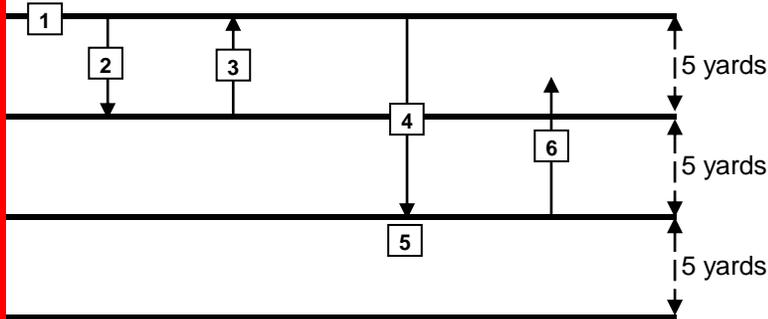


Football Team Time Trial

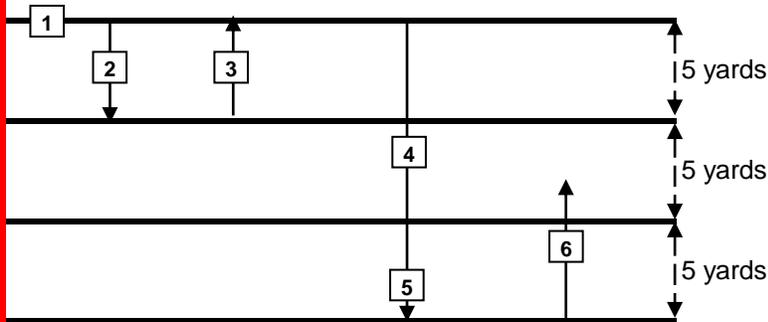
FRONT SEVEN INTERIOR LINE - 25 Yards - 2125

Offensive Linemen, Defensive Tackles, Long Snappers



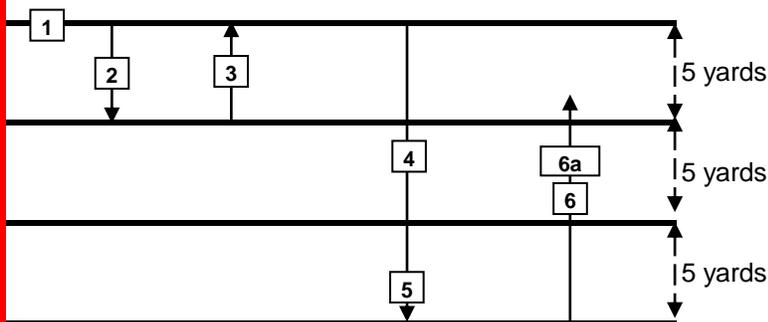
FRONT SEVEN Level 2 - 30 yards - 2550

Tight Ends, Defensive Ends, Linebackers, Quarterbacks, Specialists



OUTSIDE THE BOX - 35 YARDS - 2975

Running Backs, Wide Receivers, Safeties, Cornerbacks



1 - Athlete Straddles Start Line similar to the start of the Pro Agility

2 - On Whistle - athlete will perform 5 yard lateral run and touch line with outside hand
cross, cross, touch technique

3 - Athlete will lateral run in the opposite direction back to start line and touch line with outside hand
cross, cross, touch technique

4 - Athlete will then turn and sprint:

F7 IL - 10 yards

F7 "2" - 15 yards

OTB "O" - 15 yards

OTB "D" - 15 yards

5 - Athlete will touch the line with his foot. The foot that touches allows the athlete to pivot off the line facing the same way he straddles the start line

6 - Athlete will then pivot off leg and sprint through finish line

F7 IL - 5 yards

F7 2 - 5 yards

OTB "O" - 10 yards

6[a] - *Defensive Outside the Box*

athletes will touch the line with their foot and then complete the drill by back peddling 5 yds flipping hips and sprinting through the finish line

OTB "D" - 5+5 yards

50-85 Play Game

12 Series of Plays - rotate starting stance per series

8 seconds goal time - 35 seconds rest

Offense/Defense - Series Rotations

Randomn Selection of Plays [3,3,5,5,5,6,6,7,8,10,12,15]

