

Speed/Agility/Quickness Drills

X- Box	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
$C \longrightarrow C$	1				7			
\ /	2				8			
B	3				9			
D	4				10			
A	5				11			
E A	6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.

Figure - 4	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
B	1				7			
, C	2				8			
	3				9			
	4				10			
	5				11			
Α 🛕	6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.

Inside Cut Zig Zag	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
	1				7			
1	2				8			
	3				9			
F \	4				10			
v X⊈′ X⊈′	5				11			
5 YRD	6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.

L - Drill	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
	1				7			
5 YRDS	2				8			
	3				9			
]] 's	4				10			
	5				11			
_	6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.



Double V Sprint	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
î	1				7			
/^\	2				8			
A S B C	3				9			
A E B C	4				10			
√ \	5				11			
5 YRDS	. 6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.

	Box Drill	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
	SHUFFLE	1				7			
	▲ 5 YRDS ▲ ↑	2				8			
l≥l	SORY &	3				9			
SPRINT	PEDA IJ. S	4				10			
H	<u> </u>	5				11			
'	SHUFFLE	6				12			

Instructions: 3 sets, Run at full speed, rest 1.5 to 2 minutes between sets.

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