



Speed/Agility/Quickness Drills

X- Box	Day	Set 1	Set 2	Set 3	Day	Set 1	Set 2	Set2
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	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
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	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			
	2				8			
	3				9			
	4				10			
	5				11			
	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			
	2				8			
	3				9			
	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
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	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
	1				7			
	2				8			
	3				9			
	4				10			
	5				11			
	6				12			

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

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