

# Agility and Core *2-Day (either Tuesday / Friday or Wednesday / Saturday)*

Definitions for each agility exercise can be found on page 2 and 3.

3 Minute Jog

2 X 15 Yards Each - high knee skips, side shuffles, carioca, high knees, butt kicks

<b>Exercise</b>	<b>Number of Times</b>
4 Cone Sprints	5 times, 1 way each
Box Run	8 times each direction
Zig Zag Run	5 times each way

200 Abs and 50 Low Back (lower back exercises are toward the end of the video)

<b>Exercise</b>	<b>Number of Times</b>
Triangle Runs	3 times each way
Pro-Agility	5 times each way
Cone Hops	2 X 20 front/back, side/side

200 Abs and 50 Low Back (lower back exercises are toward the end of the video)

# Agility Definition Sheet

If you do not have cones, use your keys, water bottle, etc.

## 4 Cone Sprint

Place 4 cones in a line, each 5 yards apart.

Start at Cone 1, sprint to Cone 2 and back, then to Cone 3 and back, then to Cone 4 and back.

Work on how quickly you can turn and your start up speed each time.

Rest 10-15 seconds between.

Four ways to do this exercise:

1. Sprint forwards out and back
2. Shuffle out facing to the right and sprint back
3. Shuffle out facing the left and sprint back
4. Sprint forwards out and backpedal back



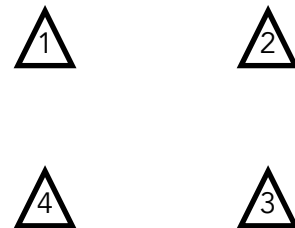
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## Box Run

Make a 5 yard square box.

Start at Cone 1, sprint forward to Cone 2, side shuffle to Cone 3, back pedal to Cone 4, side shuffle back to Cone 1. Repeat in the other direction.

Rest 5-10 seconds between.



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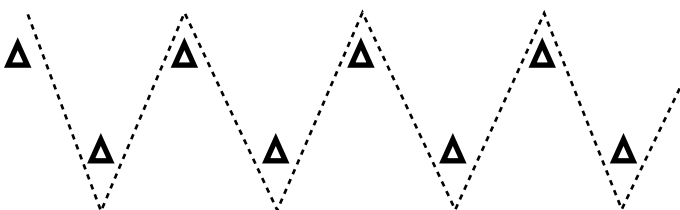
## Zig Zag Run

Place 8 cones in a zig zag pattern about 3 yards apart down a line. Start at Cone 1 and go around all of them. Keep your body position low.

Two ways to do this exercise:

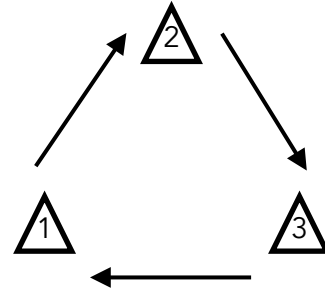
1. Shuffle side to side around all of the cones
2. Running forwards, back pedaling around the next cone, run forward again and repeat.

Rest: 5-10 seconds



## Triangle Runs

Place 3 cones 12 yards apart in a shape of a triangle.  
Start at Cone 1, sprint to Cone 2 - perform 3 block jumps.  
Shuffle to Cone 3 - perform 3 block jumps.  
Sprint back to Cone 1 - perform 3 approach jumps.  
Repeat in the other direction.  
Rest: 10-15 seconds



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## Pro-Agility Run

Place 3 cones in a straight line, 5 yards apart. Start straddling the middle cone (Cone 2), turn and run to Cone 1, turn and sprint to the farthest cone (Cone 3), turn and sprint/finish back at the middle (Cone 2). Repeat starting in the other direction.

