

Speed/Agility Training

**Phase I-IV All Sports (Running Dominant)
Phase V Sport Specific**

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Phase I – Speed Agility

Seated Arm Action: seated on the floor/field with the legs straight out in front with arms bent to 90 degrees. Keep hands and face relaxed while beginning to move arms from the shoulder. The action will bring the fist from hips to lips paying close attention to “not” bringing arms across body. Remember to sit up nice and tall, breathe and relax the hands and face.

[http://www.kudda.com/clinic/5 Drills That Create Killer Speed/Speed %3A the seated arm drill](http://www.kudda.com/clinic/5%20Drills%20That%20Create%20Killer%20Speed/Speed%3A%20the%20seated%20arm%20drill)

Sets x Reps: 3x20 each arm

Lean Fall Run: begin by standing with feet together, rise up on toes and lean forward until your balance is lost. At the point where you feel like you are going to fall pick up one leg keeping your body as straight as possible and drive that foot down and back under your hips. Accelerate through the first four to five steps then maintain speed for prescribed distance. This will help enhance quick leg turnover at start and teach the proper acceleration lean and foot placement.

[http://www.kudda.com/clinic/Fitness for Basketball Players/Speed: lean fall then run](http://www.kudda.com/clinic/Fitness%20for%20Basketball%20Players/Speed%3A%20lean%20fall%20then%20run)

Sets x Reps: 3-5x each foot for 20 yards

Hurdle, Hoop or Dummy 1-2 Stick and Hold: begin by setting up four hoops standing on the left foot in the first hoop, hurdle or dummy. Proceed in a right-left-right series of steps. Push off with the left foot, step over hoop two into hoop three with the right foot, step into hoop two with the left foot, and finish on the right foot with a stable, single leg landing in hoop four. Repeat this process the opposite direction using a left-right-left. Concentrate on landing on the inside ball of the foot.

[http://www.kudda.com/clinic/6 Drills Guaranteed to Make You Quicker/One two stick](http://www.kudda.com/clinic/6%20Drills%20Guaranteed%20to%20Make%20You%20Quicker/One%20two%20stick)

Sets x Reps: 3x each way

Lateral Run with Stick and Hold: begin by setting up 3-5 hoops, hurdles or dummies. Stand beside the hoops and move sideways touching both feet down inside the hoop. When you reach the last hoop

push up and out as far as you can landing on the opposite foot. Stick and hold that position. Repeat going in the opposite direction.

<http://www.kudda.com/media/show/994>

Sets x Reps: 3x each way

Wall March Drill: Lean against a wall at about a 45-60 degree angle with your arms supporting your body. Stay on the balls of your feet at all times and bring one knee up, simulating the acceleration or running position. From this position drive you leg down and back under your hips. As you drive down with one foot bring the other one up to the starting position.

Sets x Reps: 5x5 each leg

90 Degree Lean Fall Run: begin by standing with feet together and bent over at the waist at a 90 degree angle, rise up on toes and lean forward until your balance is lost. At the point where you feel like you are going to fall pick up one leg and drive that foot down and back under your hips. Accelerate through the first four to five steps then maintain speed for prescribed distance. This will help enhance quick leg turnover at start and teach the proper acceleration lean and foot placement.

<http://www.kudda.com/media/show/621>

Sets x Reps: 3-5 each leg for 20 yards

Phase II – Speed/Agility

2 Leg Ball Drop: begin by getting into two point stance with two feet firmly on the ground facing a partner who is about 5 yards away holding a tennis ball at shoulder height. When your partner releases the ball push off both feet (balls of feet) so you can catch the ball after one bounce. This is an acceleration drill focus on the first four – five steps and finish through the ball, catch or not.

Sets x Reps: 3x5

Lateral 1-2 Cut (Hoops, Hurdles or Dummies): : begin by setting up four hoops standing on the left foot in the first hoop, hurdle or dummy. Proceed in a right-left-right series of steps. Push off with the left foot, step over hoop two into hoop three with the right foot, step into hoop two with the left foot, and finish on the right foot with a stable, single leg landing in hoop four. Repeat this process immediately in the opposite direction using a left-right-left. Concentrate on pushing off of and stopping on the inside ball of the foot.

http://www.kudda.com/clinic/6_Drills_Guaranteed_to_Make_You_Quicker/One_two_cut

Sets x Reps: 3x3 facing each direction

Lateral Run with Return (hoops, hurdles, or dummies): begin by setting up 2-5 hoops, hurdles or dummies. Stand beside the hoops and move sideways touching both feet down inside the hoop. When you reach the last hoop push back accelerating in the opposite direction. Stick and hold after the final hoop. Repeat

<http://www.kudda.com/media/show/995>

Sets x Reps: 3x3 facing each direction

1 Leg Ball Drop: begin by getting into a one point or single leg down stance with facing a partner who is about 5 yards away holding a tennis ball at shoulder height. When your partner releases the ball accelerate and attempt to catch the ball after one bounce. This is an acceleration drill focus on the first four – five steps and finish through the ball, catch or not.

Sets x Reps: 3x5 each foot

Phase III – Speed/Agility

Standing Chase Sprints (facing forwards): this drill can be performed any number of ways. This is the introduction of competition running. If you have the use of a breakaway belt (a belt with a Velcro center) attach yourself to a partner and get into a two point stance with a slight bow in the belt. If you do not have a belt stand about an arms distance in front of your partner(s). Set up cones or lines twenty yards apart. You will use a two point stance designating one foot to be in front each rep (left, right). The person in front will ask if partner(s) are ready. At that point he/she can start at any time trying to avoid being touched before the marker. On the second day of this drill athletes can face backwards and turn to run.

Sets x Reps: 3-5x each foot in front

Resisted Running (bands, sled, or parachute): place the band/sled or parachute belt around waist and run as fast as you can for prescribed distance. Use good form (pump the legs, hands and face relaxed, and constant breathing). The resistance should not change your form and should only slow you down about 5-10% of normal speed.

http://www.kudda.com/clinic/Fitness_for_Soccer_Players/Resistance_b_and_run

Sets x Reps: Week 1 4x forward & 1 time backwards 15 yards
Week 2 5x forward & 2 times backwards 15 yards
Week 3: 6x forward @ 3 times backwards 15 yards

Assisted/Resisted 1-2 Cut (Hoops, Hurdles or Dummies): begin by setting up four hoops standing on the left foot in the first hoop, hurdle or dummy. Have a partner secure a band around your waist for assistance and resistance. Proceed in a right-left-right series of steps. Push off with the left foot, step over hoop two into hoop three with the right foot, step into hoop two with the left foot, and finish on the right foot with a stable, single leg landing in hoop four. Repeat this process immediately in the opposite direction using a left-right-left. Concentrate on pushing off of and stopping on the inside ball of the foot.

http://www.kudda.com/clinic/6_Drills_Guaranteed_to_Make_You_Quicker/Resistance_one_two_cut

Sets x Reps: 3-5x3 up and back facing each direction

Assisted/Resisted Lateral Run with Return (**hoops, hurdles, or dummies**): begin by setting up 2-5 hoops, hurdles or dummies. Have a partner secure a band around your waist. Stand beside the hoops and move sideways touching both feet down inside the hoop. When you reach the last hoop push back accelerating in the opposite direction. Stick and hold after the final hoop. Repeat

<http://www.kudda.com/media/show/991>

Sets x Reps: 3-5x3 up and back facing each direction

Phase IV – Speed/Agility

Ground Chase Sprints: begin by lying face down next to a partner. The partners head should be around your waist and about an arms length away. (If your partner is a lot faster than you they can start at your knees, feet, or even farther back). The opposite would be true for the slower athletes (start at the shoulders or elbow). When the person in front moves both athletes scramble to there feet (choosing left or right as first step) and run the prescribed distance or until someone is caught.

http://www.kudda.com/clinic/5_Drills_That_Create_Killer_Speed/Speed%3A_lying_chase_drill

Sets x Reps: 3-5x each foot for 20 yards

Resisted Running (bands, sled, or parachute): place the band/sled or parachute belt around waist and run as fast as you can for prescribed distance. Use good form (pump the legs, hands and face relaxed, and constant breathing). The resistance should not change your form and should only slow you down about 5-10% of normal speed.

http://www.kudda.com/clinic/Fitness_for_Soccer_Players/Resistance_b_and_run

Sets x Reps: Week 1 5x forward & 2 time backwards 20 yards
Week 2 7x forward & 3 times backwards 20 yards
Week 3: 9x forward @ 4 times backwards 20 yards

45 Degree 1-2 Cut: begin by placing hoops, hurdles or dummies down in a 45 degree angle. Use a left-right-left sequence moving smoothly and quickly through pushing off of the ball of each foot. Ideally you should use about 16 hoops or 4 turns. To make this a little more challenging/fun add a short sprint to the end.

http://www.kudda.com/clinic/6_Drills_Guaranteed_to_Make_You_Quicker/Forty-five_degree_one_two_cut

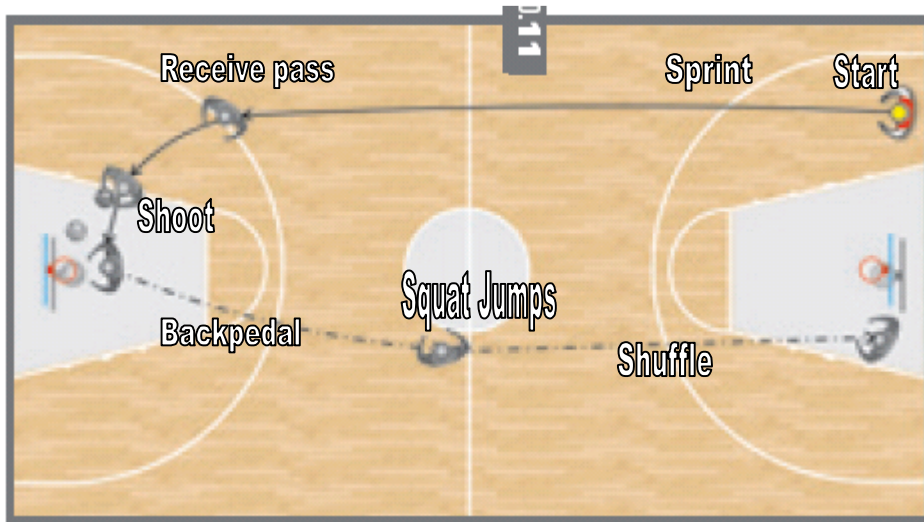
Sets x Reps: 5x

Resisted Band, Sled or Parachute Shuffle: begin by having a partner secure a band around waist. Drop into an athletic ready position (head up chest up, butt back, feet shoulder width apart, and knees slightly bent). Push to one side keeping your feet at a shoulder width position the entire time you shuffle. Do not cross or touch feet together.

Sets x Reps: 3x15 yards each way
5x15 yards each way
7x15 yards each way

Phase V – Speed/Agility Basketball

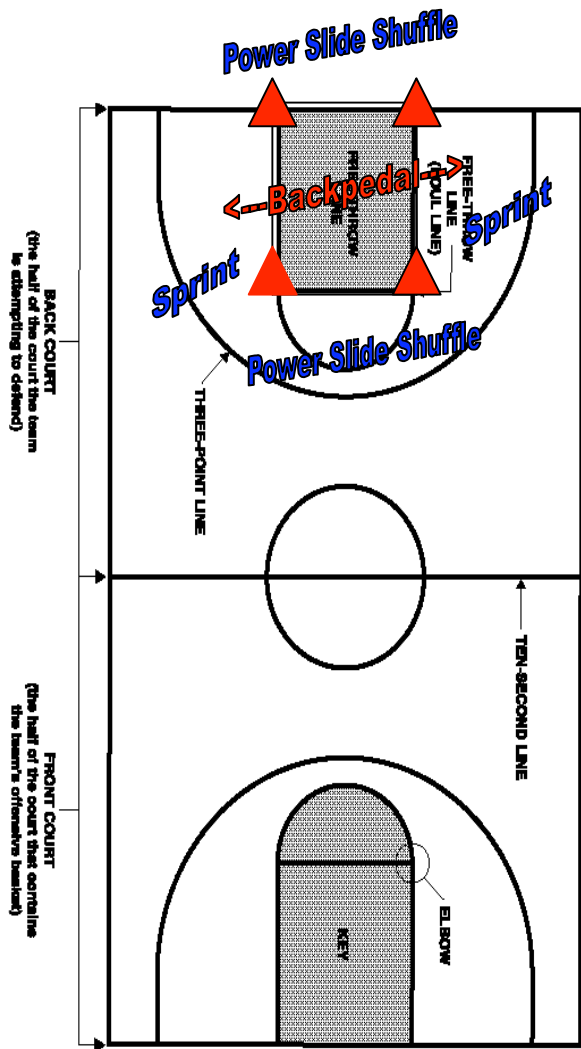
Pattern Run I: Start at the baseline, sprint to the top of the key at the other end of the court, where you receive a pass from your partner or coach. At the elbow, shoot a jumper or go in for a layup. After your shot, do five quick backboard taps, backpedal to half court, and perform five squat jumps. After your jumps, shuffle back to the baseline. Shoot 10 free throws between sets.



Sets x Reps: Week 1: 3x below :45 seconds
Week 2: 4x below :45 seconds
Week 3: 4x below :45 seconds

Lane Agility Box: set up four cones, one on each corner of the free throw lane. Start beside one cone in a two-point stance. Sprint to the baseline cone; then power slide shuffle facing away from the court to and past the second baseline cone. When past the second baseline cone, backpedal to and past the elbow cone, then power slide shuffle across and past the starting cone. When you pass the starting cone, reverse the process by power slide shuffling across the free throw line, sprinting to the baseline cone, and power slide shuffling across the baseline. When you are past the baseline cone, backpedal to and past the start/finish cone and compare your time to the table.

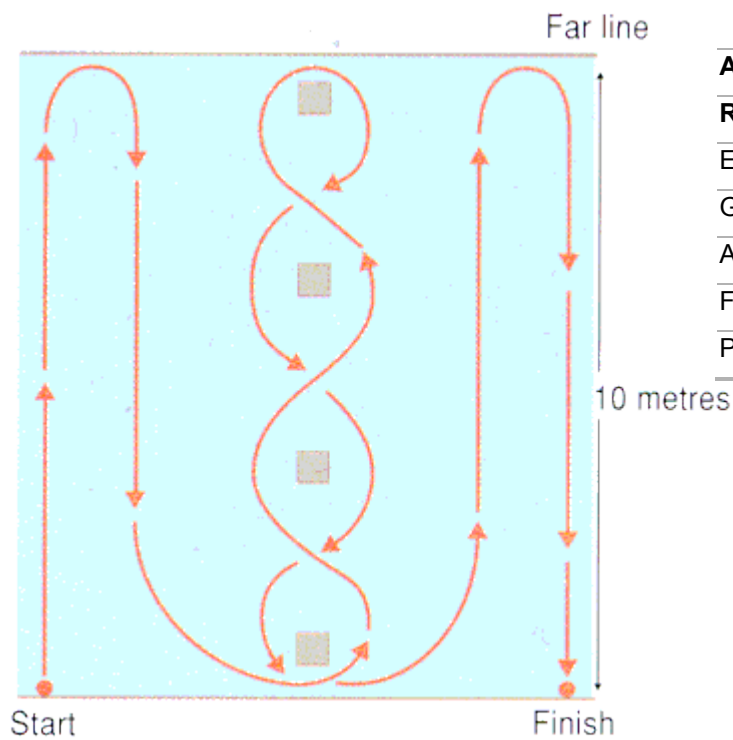
Position	Time for male(s)	Time for female(s)
Guards	10.2 to 10.9	13.0 to 14.5
Forwards	11.0 to 11.4	14.6 to 15.5
Centers	11.5 to 12.3	14.6 to 15.5



Sets x Reps: Week 1: 5x
 Week 2: 7x
 Week 3: 9x

**Phase V – Speed/Agility
Lacrosse**

Illinois Agility Test: The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Subjects should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.



Agility Run Ratings (seconds)		
Rating	Males	Females
Excellent	<15.2	<17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
Fair	18.3-18.2	23.0-21.8
Poor	>18.3	>23.0

Sets x Reps: Week 1 = 5x
 Week 2 = 7x
 Week 3 = 9x

Band Towing: begin by partnering up with someone of equal size and weight. Take four jump stretch bands and attach together in two pairs with two Velcro straps at the top. Get down on all fours and on “Go” attempt to drive partner in your direction. Stay low!!!



Sets x Reps: Week 1 = 5 x :15 seconds

Week 2 = 7 x :15 seconds

Week 3 = 9 x :15 seconds

Z Pattern Run (women): position three cones on two lines 5 yards apart such that the cones on line 1 are at 0, 10, and 20 yards, and the cones on line 2 are at 5, 15, and 25 yards. Start in a two point stance and sprint diagonally 5 yards to the first cone, plant the outside foot and run around the cone. Continue to sprint diagonally to each cone, running around each. To make this more difficult try running around the cone and starting in different positions (i.e. lying, four point stance, etc.).



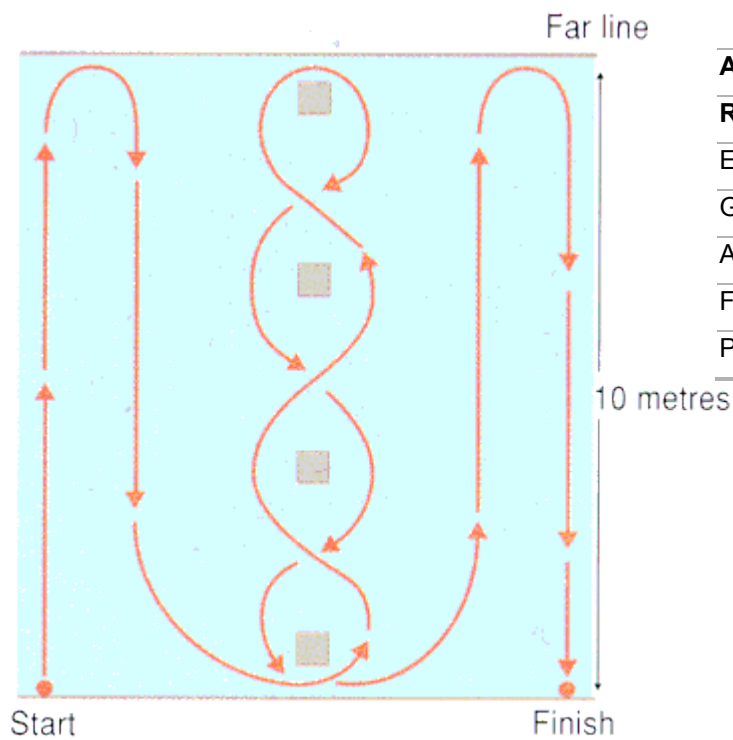
Sets x Reps: Week 1: 5x

Week 2: 7x

Week 3: 9x

**Phase V – Speed/Agility
Soccer**

Illinois Agility Test: The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Subjects should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.



Agility Run Ratings (seconds)		
Rating	Males	Females
Excellent	<15.2	<17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
Fair	18.3-18.2	23.0-21.8
Poor	>18.3	>23.0

Sets x Reps: Week 1 = 5x
 Week 2 = 7x
 Week 3 = 9x

Z Pattern Run: position three cones on two lines 5 yards apart such that the cones on line 1 are at 0, 10, and 20 yards, and the cones on line 2 are at 5, 15, and 25 yards. Start in a two point stance and sprint diagonally 5 yards to the first cone, plant the outside foot and run around the cone. Continue to sprint diagonally to each cone, running around each. To make this more difficult try running around the cone and starting in different positions (i.e. lying, four point stance, etc.).



Sets x Reps: Week 1: 5x
Week 2: 7x
Week 3: 9x

Phase V – Speed/Agility Wrestling

Tumbling Series (Stand Up from 4 Points → Forward Roll → Backward Roll → Sprawl & Stand Up → Reaction Ball 21 Shot): from a four point position stand up as quickly as possible, perform a forward roll finishing on your feet, immediately drop into a backward roll finishing on your feet, drop into a sprawling position and get back up, as soon as you get up a coach or partner will drop a reaction ball. The reaction ball will bounce while you keep track of how many bounces it takes. If it reaches 21 you are to take a shot on the 21st bounce before it touches the 22 time. If it looks like it is going to go into a roll then shot before it goes into a steady roll.

Sets x Reps: Week 1 = 5x
Week 2 = 7x
Week 3 = 9x

Hot Hands: stand facing a partner with one athletes hands out in front hands together (palm to palm) with the other athletes hands behind his back. The athlete with his hands behind his back attempts to slap his partners hands before he moves them. If contact is made continue. If no contact is made switch whose hands are out.

Sets x Reps: 5 minutes or until someone taps out.

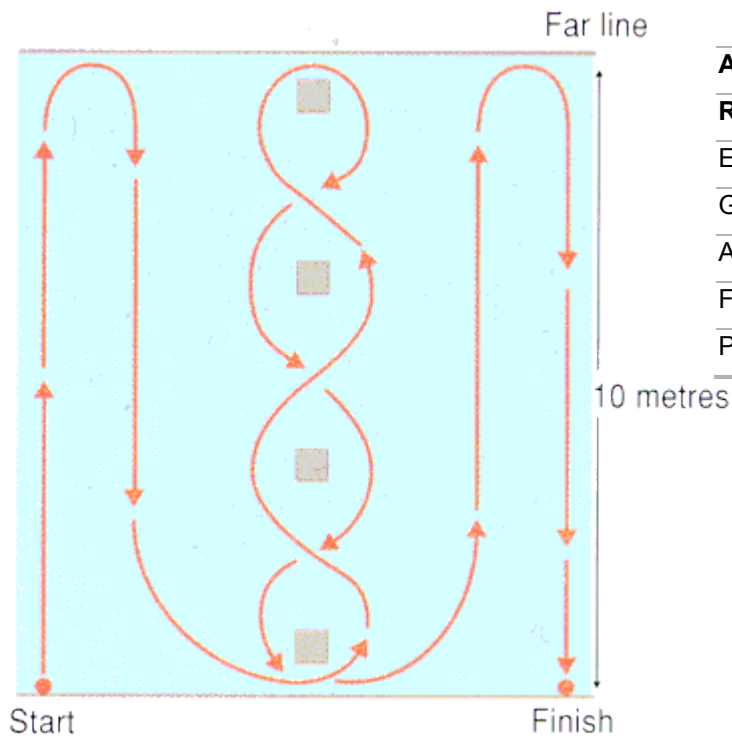
Band Towing: begin by partnering up with someone of equal size and weight. Take four jump stretch bands and attach together in two pairs with two Velcro straps at the top. Get down on all fours and on “Go” attempt to drive partner in your direction. Stay low!!!



Sets x Reps: Week 1 = 5 x :15 seconds
Week 2 = 7 x :15 seconds
Week 3 = 9 x :15 seconds

**Phase V – Speed/Agility
Field Hockey**

Illinois Agility Test: The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart. Subjects should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.



Agility Run Ratings (seconds)		
Rating	Males	Females
Excellent	<15.2	<17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
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Poor	>18.3	>23.0

Sets x Reps: Week 1 = 5x
Week 2 = 7x
Week 3 = 9x

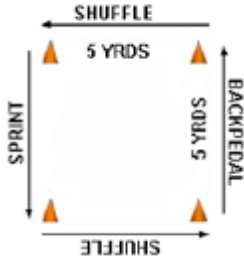
Z Pattern Run: position three cones on two lines 5 yards apart such that the cones on line 1 are at 0, 10, and 20 yards, and the cones on line 2 are at 5, 15, and 25 yards. Start in a two point stance and sprint diagonally 5 yards to the first cone, plant the outside foot and run around the cone. Continue to sprint diagonally to each cone, running around each. To make this more difficult try running around the cone and starting in different positions (i.e. lying, four point stance, etc.).



Sets x Reps: Week 1: 5x
Week 2: 7x
Week 3: 9x

**Phase V – Speed/Agility
Softball/Baseball**

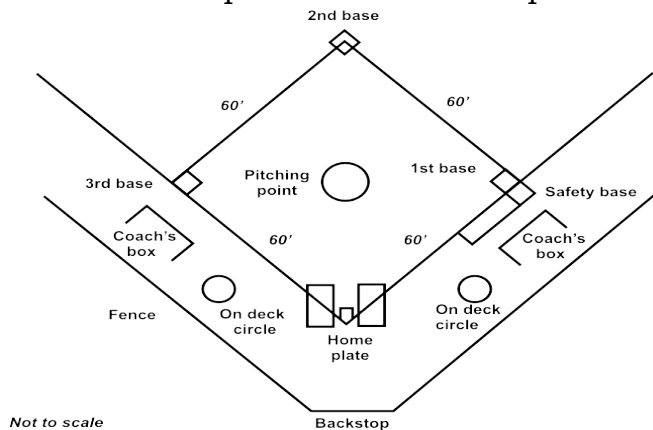
20 Yard Square: start in a two point stance sprint 5 yards to the first cone and make a sharp right cut. Shuffle right 5 yards and make a sharp cut back. Backpedal 5 yards to the next cone and make a sharp cut left. Shuffle left through the start/finish.



Sets x Reps: Week 1 = 5x
Week 2 = 7x
Week 3 = 9x

Crazy Z Ball Drill: throw the crazy Z-Ball up in the air let it bounce as many times as you can while counting the bounces. Catch it before it goes into a roll. The athletes who reach exactly 21 bounces can stop.

Softball Cat and Mouse: Set up cones the exact distance as the softball diamond. Start one athlete, wait one one-thousand and send the next athlete. If any athlete is caught they will perform 25 body weight squats at a 5-0-1 tempo after drill is complete. Bases are 60' or 20 yards apart.



Not to scale

Sets x Reps: 5-9x

Phase V – Speed/Agility Ice Hockey

Band Towing: begin by partnering up with someone of equal size and weight. Take four jump stretch bands and attach together in two pairs with two Velcro straps at the top. Get down on all fours and on “Go” attempt to drive partner in your direction. Stay low!!!



Sets x Reps: Week 1 = 5 x :15 seconds
Week 2 = 7 x :15 seconds
Week 3 = 9 x :15 seconds

Funnel Drill: Need 6 cones. The first 2 cones are next to each other 2 yards apart. Place the cones 3 and 4, 3 yards away from the first 2 and separate them 4 yards apart. Cones 5 and 6 are going to be 3 yards away from cones 3 and 4, and they will be separated 6 yards apart. The cones should form a shape of a funnel. To start this drill, you should stand in an athletic position in front of cone #1. On a command of a coach or training partner, laterally shuffle to cone #2. Touch the top of cone 2 then sprint diagonally to cone #3, touch, then shuffle to cone #4. Touch cone #4 then sprint diagonally to cone #5, touch and laterally shuffle to cone #6. Touch cone #6 then sprint forward 5 yards to the finish line.

Sets x Reps: Week 1 = 5x
Week 2 = 7x
Week 3 = 9x

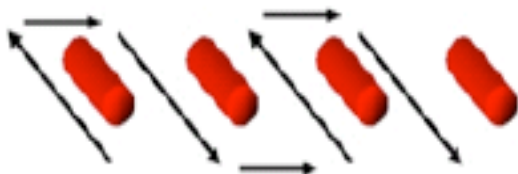
Phase V – Speed/Agility Football

Band Towing: begin by partnering up with someone of equal size and weight. Take four jump stretch bands and attach together in two pairs with two Velcro straps at the top. Get down on all fours and on “Go” attempt to drive partner in your direction. Stay low!!!



Sets x Reps: Week 1 = 5 x :15 seconds
Week 2 = 7 x :15 seconds
Week 3 = 9 x :15 seconds

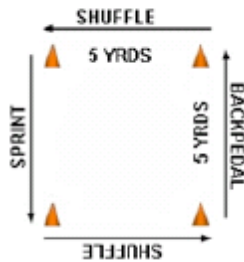
Bag Weave: start in a two point stance outside of the first of 4 bags, sprint forward until you are in front of the bag. Shuffle the feet to the right until you reach a space between the bags, but do not cross the feet when moving sideways. Backpedal quickly until you are one step past the bag. Shuffle the feet again until you reach the outside of the bag. Keep your shoulders square and stay in a two point stance. Keep your head up and use good running form while moving as fast as possible.



Sets x Reps: Week 1 = 7x
Week 2 = 9x
Week 3 = 11x

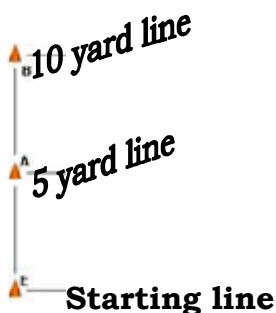
Phase V – Speed/Agility Tennis

20 Yard Square (on court with racket): start in a two point stance sprint 5 yards to the first cone and make a sharp right cut. Shuffle right 5 yards and make a sharp cut back. Backpedal 5 yards to the next cone and make a sharp cut left. Shuffle left through the start/finish.



Sets x Reps: **Week 1 = 5x**
Week 2 = 7x
Week 3 = 9x

40 Yard Ladder Sprint: start in a two point stance on the starting line. Sprint 5 yards to the first line touching it with your right hand. Return to the starting line and touch it with your left hand. Sprint 10 yards to the second line and touch it with your right hand, return to starting line and touch with left hand. Sprint 5 yards to the first line and touch the line with your right hand and return to the starting line.



Sets x Reps: Week 1 = 5-7x
Week 2 = 7-9x
Week 3 = 9-11x