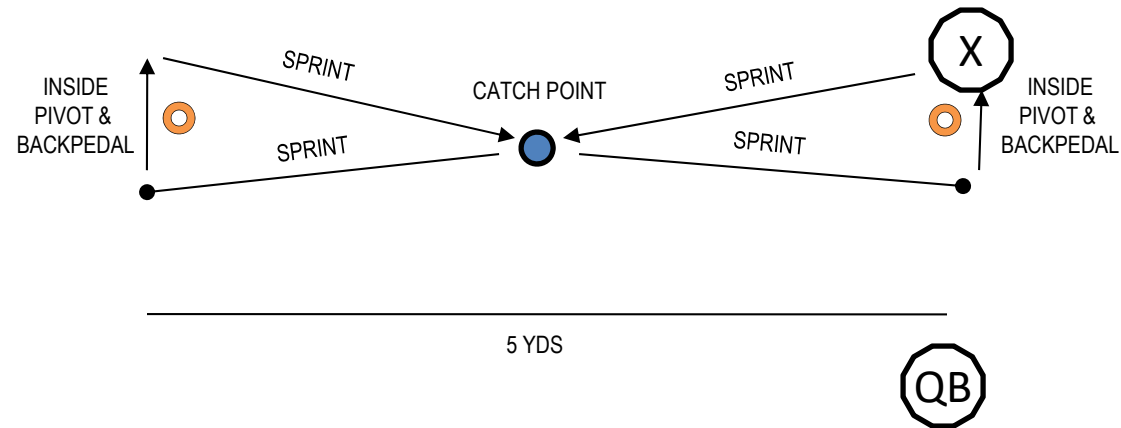


1. TWO CONE WEAVE DRILL

PERFORM 4 REPETITIONS : 2X EACH DIRECTION

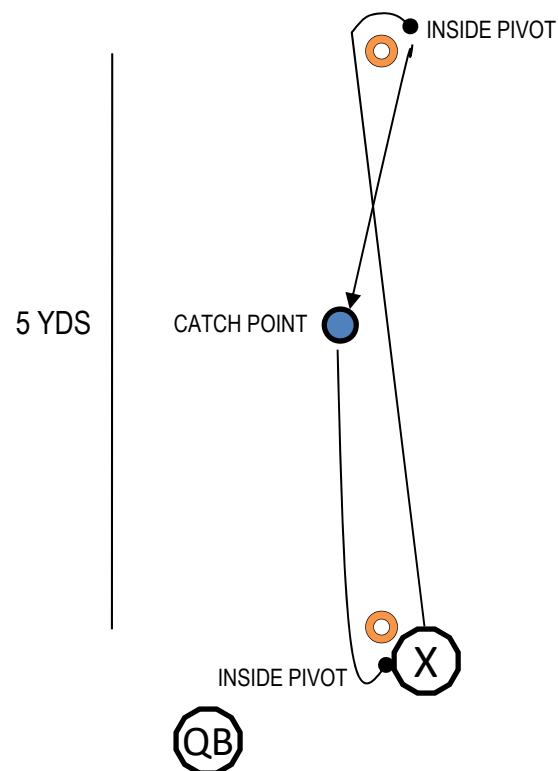


- Set up two cones 5 yards apart as shown. You will need a partner and a football for this drill.
- Initiate the drill by running to the opposite side of the opposite cone. Catch the football and throw it back somewhere near the midpoint of the drill.
- Gather your feet at the opposite cone, inside pivot and backpedal to the other side of the cone. Plant and drive in the opposite direction.
- Sprint to the opposite side of the start cone. Catch the football and throw it back somewhere near the midpoint of the drill.
- Inside pivot and backpedal as before.
- Four round trips equals one repetition. Complete 4 repetitions. Two in each direction.

2. TWO CONE LINEAR WEAVE DRILL

PERFORM 4 REPETITIONS : 2X EACH DIRECTION

- Set up two cones 5 yards apart as shown. You will need a partner and a football for this drill.
- The receiver or running back sprints to the opposite side of the second cone.
- Gather your feet and slide to the other side of the cone. Inside pivot and sprint back toward the QB. Catch the football somewhere near the midpoint of the drill tuck the ball, then toss it back to the QB.
- Gather your feet and slide to the opposite side of the first cone. Inside pivot once again and repeat this pattern.
- Four round trips equals one repetition. Complete 4 repetitions. Two in each direction.



3. LATERAL HAT DANCE

PERFORM 1 REP IN EACH DIRECTION (BOTH INSIDE AND OUTSIDE LEAD)



PART A: INSIDE LEAD

- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag.
- Leading with your inside foot, step over the hurdle. If you are leading with your right foot the 3 count sequence should be R-L-R on the other side of the hurdle. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step over to the other side, leading with your inside foot.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle with your inside foot, sprinting laterally and catching a football.
- Perform once in both directions.

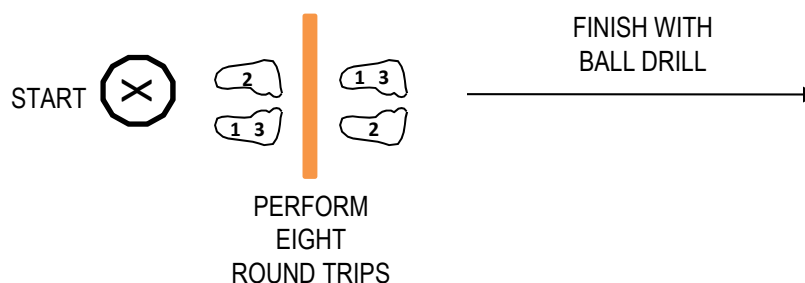
PART B: OUTSIDE LEAD

- Complete the drill the same as Part A but lead with your outside foot.
- You should be crossover stepping over the hurdle each time if you are doing this correctly.
- As in Part A, finish the drill by sprinting laterally and catching the a football.
- Perform once in both directions.

4. LINEAR HAT DANCE

PERFORM 4 REPETITIONS (2X WITH RIGHT FOOT LEAD & 2X WITH LEFT FOOT LEAD)

LEFT FOOT LEAD



PART A: LEFT FOOT LEAD

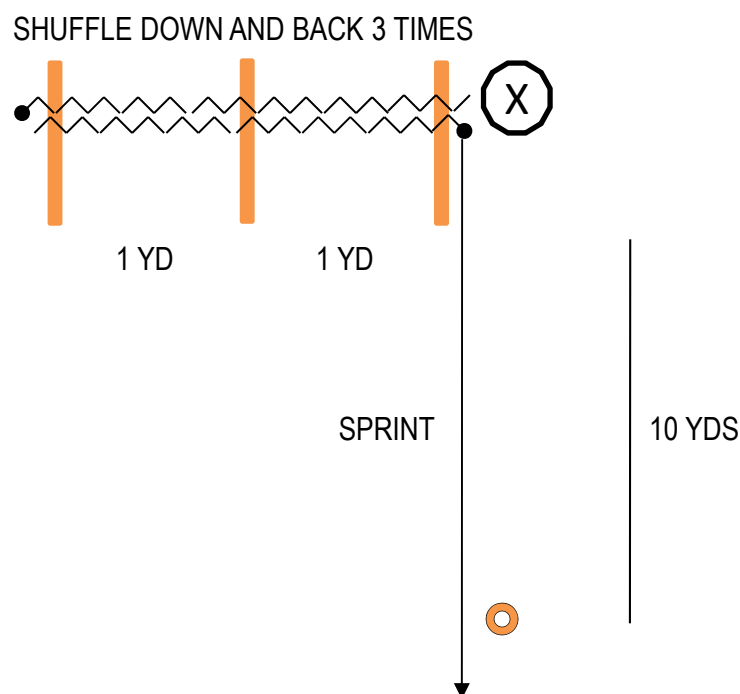
- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag as shown above.
- Leading with your left foot, step over the hurdle. The 3 count sequence should be L-R-L on the other side of the hurdle as shown. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step backward over the hurdle in the same manner. Face the same direction and keep your shoulders square.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle, sprinting forward and catching a football.
- Perform two repetitions.

PART B: RIGHT FOOT LEAD

- Complete the drill the same as Part A but lead with your right foot.
- Perform two repetitions.

5. THREE HURDLE SHUFFLE DRILL (I/S FOOT LEAD)

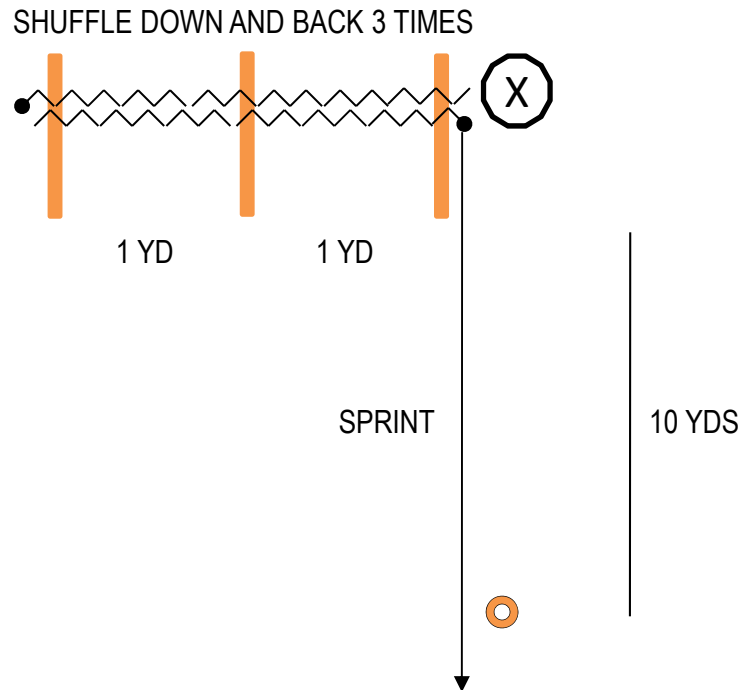
PERFORM 4 REPETITIONS: 2X EACH DIRECTION



- Set up three hurdles and one cone as shown above. You will need a football for this drill.
- Carry a football in either hand throughout the drill. Leading with your inside foot, shuffle over the hurdles. Plant your leading foot outside of the third hurdle and redirect without losing your balance or bringing your trailing foot over the third hurdle.
- Shuffle back to the starting position and redirect in the same manner on the first hurdle.
- Repeat this pattern 3 times. On the third trip back to the starting position, sprint ten yards through the cone as shown.
- Complete 4 repetitions. Twice in each direction.

6. THREE HURDLE SHUFFLE DRILL (O/S FOOT LEAD)

PERFORM 4 REPETITIONS: 2X EACH DIRECTION

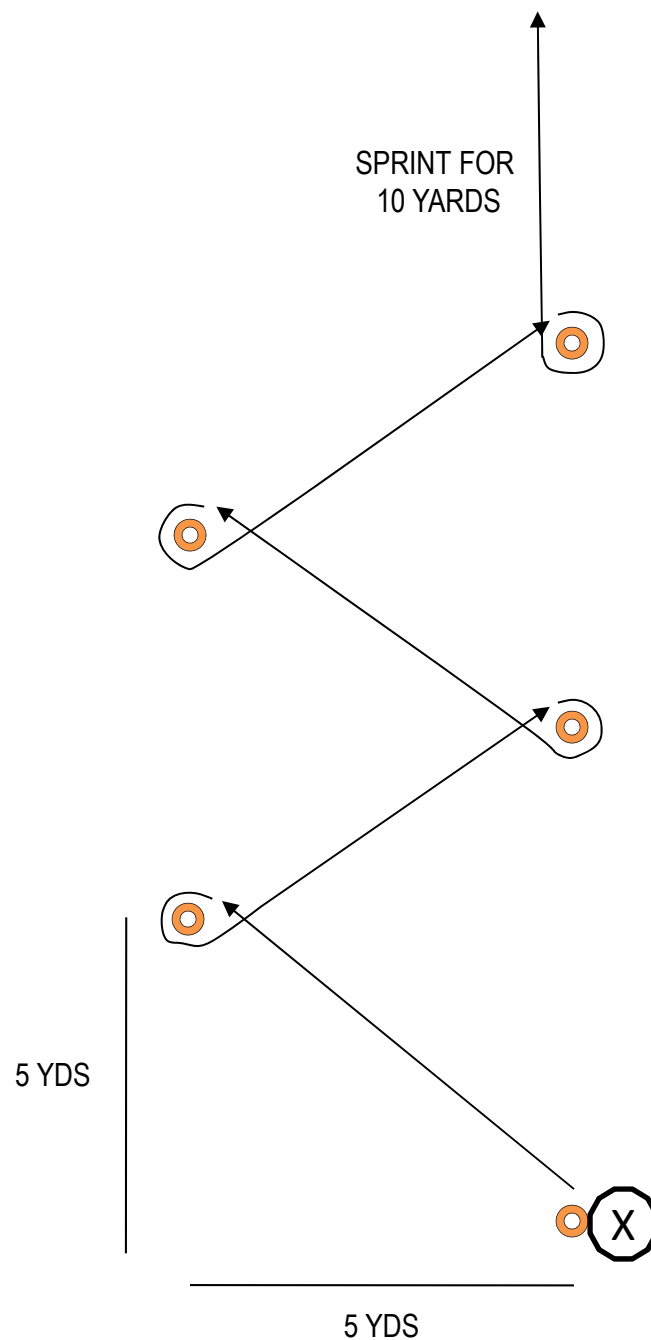


- Set up three hurdles and one cone as shown above. You will need a football for this drill.
- Carry a football in either hand throughout the drill. Leading with your outside foot, crossover run over the hurdles. Bring both feet over the third hurdle and plant off of your outside foot. Redirect without losing your balance and crossover step the third hurdle moving in the opposite direction.
- Crossover run to the starting position and redirect in the same manner on the first hurdle.
- Repeat this pattern 3 times. On the third trip back to the starting position, sprint ten yards through the cone as shown.
- Complete 4 repetitions. Twice in each direction.

7. FOUR CONE FIGURE EIGHT

PERFORM FOUR REPETITIONS (2 TIMES EACH WAY)

- Set up 5 cones at five yards apart as shown to the right.
- You will need a football for this drill.
- While carrying a football, sprint to the inside of the second cone. Go around the cone while maintaining a low pad level. Carry the ball with your outside arm.
- Sprint to the third cone and switch hands with the ball. Run around the cone and sprint to the fourth cone. Continue this pattern.
- After running around the fifth cone, sprint up field for 10 yards.
- Complete 4 repetitions. Two in each direction.



8. FOUR CONE ZIG ZAG WITH I/S PIVOT

PERFORM FOUR REPETITIONS (2 TIMES EACH WAY)

- Set up 5 cones at five yards apart as shown to the right.
- You will need a football for this drill.
- While carrying a football, sprint to the outside of the second cone. Inside pivot and run to the third cone. In other words, perform a spin move inside on the cone.
- Sprint to the third cone and inside pivot again. Repeat this pattern until you get to the fifth cone.
- Sprint around the fifth cone and upfield for 10 yards.
- Complete 4 repetitions. Two in each direction.

