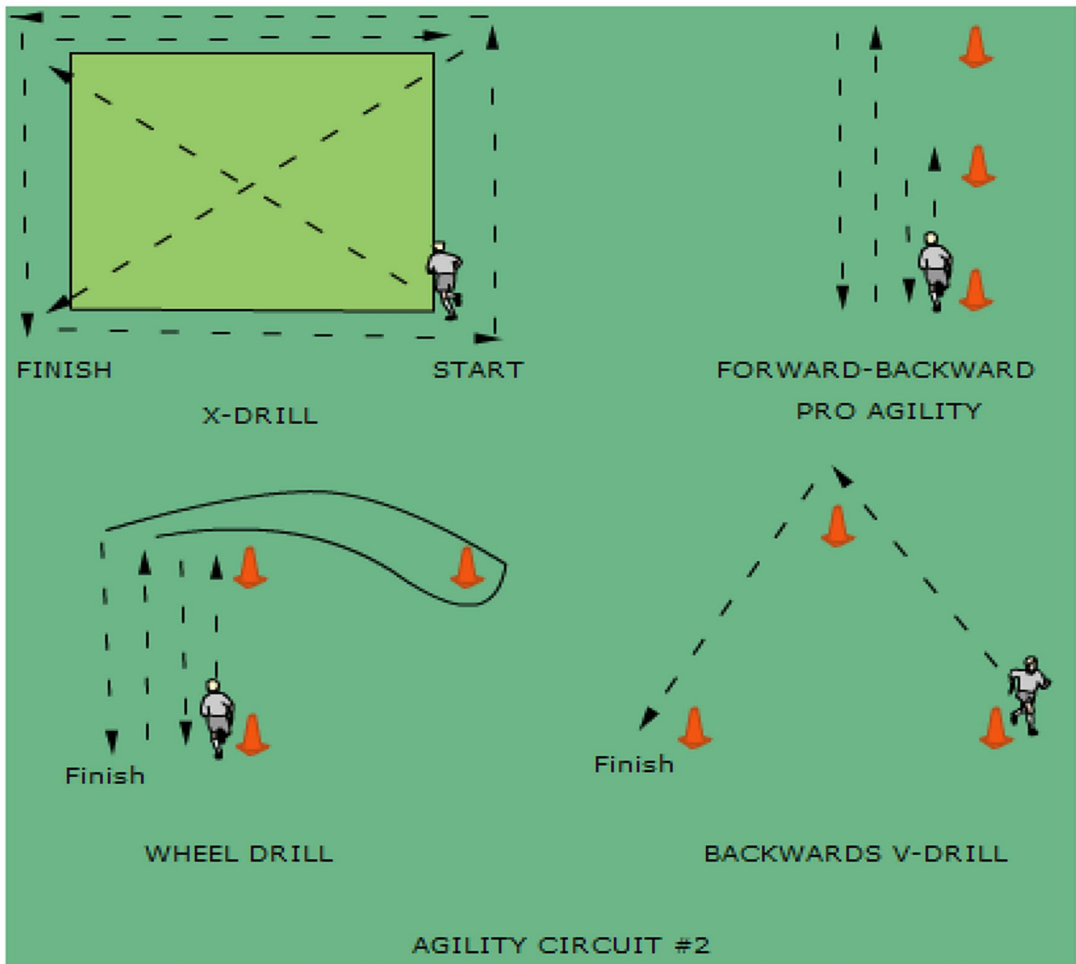
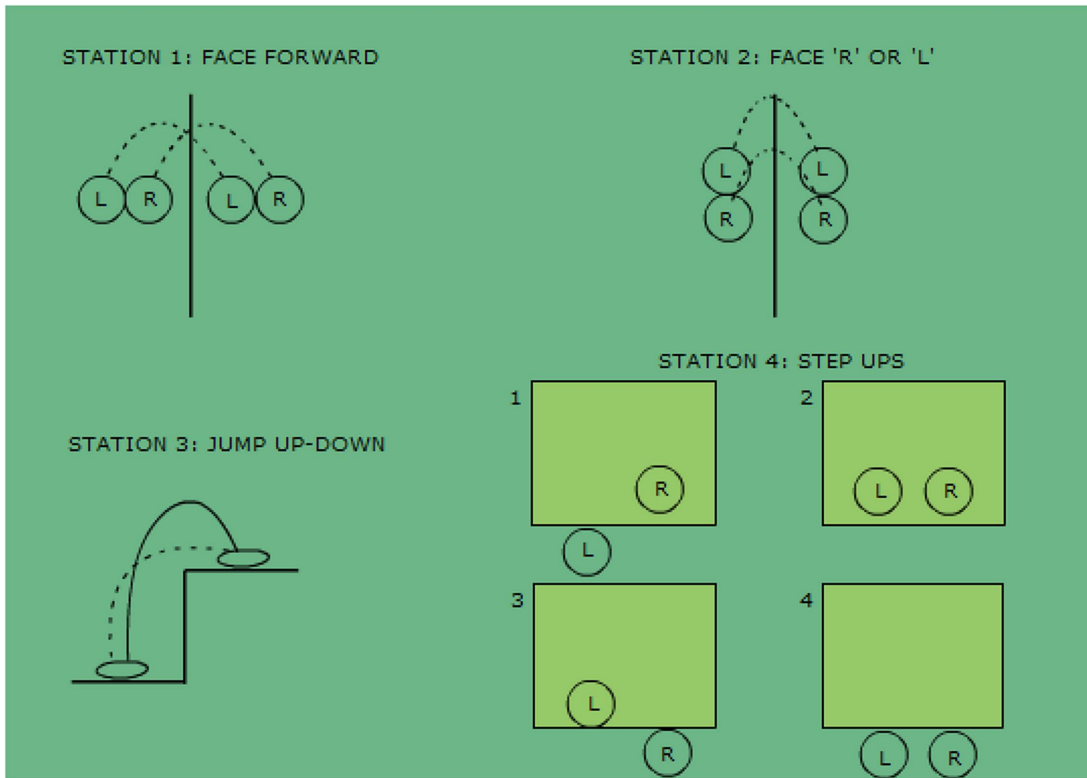


<p>Box Drill</p> <p>Lateral Slide (Shuffle) 5 yards Sprint 5 yards Lateral Slide (Shuffle) 5 yards Back Pedal (Backwards Sprint) 5 yards</p>	<p>Lateral Pro Agility (5-10-5)</p> <p>Sprint 5 yards Sprint 10 yards Sprint 5 yards</p>
<p>T- Drill</p> <p>Sprint 5 yards Lateral Slide (Shuffle) 5 yards Lateral Slide (Shuffle) 10 yards Lateral Slide (Shuffle) 5 yards Back Pedal (Backwards Sprint) 5 yards</p>	<p>Forward V-Drill</p> <p>Sprint 10 yards Breakdown Lateral Slide (Shuffle) 10 yards</p>



<p>Forward - Backward Pro Agility Sprint 5 yards Back pedal 5 yards Sprint 10 yards Back pedal 10 yards (Lean forward when you back pedal)</p>	<p>Backwards V-Drill Back pedal 10 yards Lateral slide (Shuffle) 10 yards (Get your butt down when you shuffle)</p>
<p>X-Drill Sprint 15 yards Round cone sprint 10 yards Round cone sprint 15 yards Round cone sprint 10 yards Round cone sprint 10 yards Round cone sprint 10 yards Round cone sprint 10 yards</p>	<p>Wheel Drill Sprint 5 yards Turn sprint back 5 yards Turn sprint 5 yards Round cone sprint 5 yards Wheel around and sprint 5 yards Round cone and sprint 5 yards</p>



<p>Station 1 Find a line and jump over it side to side with both feet as quickly as possible. Duration: 15 seconds</p>	<p>Station 2 Find a line and jump over it forwards and backwards with both feet as fast as possible. Duration: 15 seconds</p>
<p>Station 3 Find a small step or ledge about six inches high. Start with one foot up on the step and other down on the ground. Jump up and quickly switch feet while in the air so that the foot that was on top of the step is now on the floor, and the foot that was on the floor, is now on top of the step. Duration: 15 seconds</p>	<p>Station 4 Find a small step or ledge about 6 in. tall. <ol style="list-style-type: none"> 1 - Start with your right foot on top of the step and your left foot on the floor. 2 - Bring your left foot up so that you are standing with both feet on top of the step. 3 - Now, move your right foot down to the ground. 4 - Next, bring your left foot down so that both feet are on the ground. REPEAT this pattern as fast as possible for Duration: 15 seconds</p>