

8 BEST AGILITY TRAINING DRILLS

#1 - LATERAL PLYO JUMPS DRILLS

Builds explosive power, balance, and coordination.

- Begin jumping over a line on the ground.
- With feet no more than hip-width apart, bend your knees to squat straight down.
- Pushing through your heels quickly, push upward and sideways toward the other side of the line. Land softly and absorb the shock by squatting deeply.
- Repeat jumping over the line in 30 - 60 second intervals.



#2 - HIGH-KNEE FORWARD RUN DRILLS

Improves foot coordination and speed.

- Use a ladder on the ground.
- Run with high knees forward through a ladder
- Land in every ladder space.
- Land on the balls of the feet.
- Drive forward with the arms.



#3 - SIDE-TO-SIDE LATERAL RUN DRILLS

Improves knee and ankle stability.

- Maintain a low center of gravity while quickly stepping side-to-side through the ladder.
- Step both feet, one at a time, inside each rung.
- Drive your arms forward and always land on the balls of the feet.
- Repeat from right to left. Then again left to right.



#4 - DOT DRILLS

Improves leg strength to achieve change of direction, speed and agility.

- Use a dot drill mat or place a small "X" on the ground in a dice pattern of 5.
- Warm up by jumping with both feet from dot to dot for 30 seconds.
- Progress to one foot hopping and follow a specific jumping pattern one leg at a time.



#5 - JUMP BOX DRILLS

Builds quads, glutes and hamstring muscles.

- Step onto the V8 platform using medium to heavy resistance.
- Keep knees over the toes, jump up onto the bench or box as fast as you can.
- Land on the balls of your feet,
- Repeat jumping for 10 - 20 seconds.



#6 - L DRILLS WITH 3 CONES

Develops rapid change of direction ability and speed.

- Start at the line in a 3 point stance.
- Come out low for 5 yards maintaining medium speed control.
- Touch the line at the center cone.
- Immediately return to start cone and touch line with same hand.
- Turn and sprint back around the center cone planting off inside foot for hard turn and figure 8 around the end cone planting inside foot.
- Make sharp cut around middle cone on inside foot and sprint back to start. Repeat 3 - 5 times.



#7 - PLYOMETRIC HURDLE DRILLS

Builds explosive power and speed. Improves coordination and dexterity.

- Set small agility hurdles 2 feet apart.
- With legs shoulder width apart, jump upward and forward clearing hurdles. Land lightly on the balls of the feet.
- After landing immediately jump again, driving forward with the arms.
- Repeat with both legs several times.
- Repeat drills with right foot only and then left foot only.



#8 - SHUTTLE RUN DRILLS

Benefits stop-and-go sports with high-intensity training.

- Set two markers like cones about 25 yards apart.
- With explosive speed, sprint from one marker to the other and back.
- Repeat back and forth 6-8 times.
- Switch it up by including forward-touch-return runs, forward-backward runs, and side-to-side touch runs.



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