



# G7 FITNESS

## SPEED AND AGILITY DRILLS



### Standing Stationary Arm Swings

**Purpose-** To improve your overall speed and running mechanics

1. Stand with your feet shoulder width apart and knees slightly bent.
2. Begin by swinging your arms in a sprinting motion.
3. Each arm should move simultaneously while keeping the elbows bent at approximately a 90 degree angle.
4. The hands should remain relaxed with both hands open.
5. When your arms are in motion, your hand that is in front of your body should come up about shoulder height while the other hand should pass the gluteus in the back.

### Ankling

**Purpose-** To improve your foot speed & elastic ankle strength

1. Begin by jogging with very short steps emphasizing the plantar flexion.
2. The individual wants to land and push off the ball of the foot.
3. The heel of the foot should never touch the ground.
4. The feet should be quiet when making contact with the ground but fast.

### Weighted Bag Pull

**Purpose-** Enhance running strength and power

1. Attach a belt strapped around the waist. Use a strap to attach the weighted bag to your belt. Make sure the strap is long enough to keep separation from you and the bag.
2. Begin by dragging the bag and maintaining proper sprinting mechanics.
3. Vary the distances.
4. Do not make the weighted bag too heavy so that you are compromising form.

### Parachute Running

**Purpose-** Enhance running strength and power

1. Attach a belt with a small parachute attached by a cord or strap.
2. Have a partner hold the parachute behind you.
3. Begin by starting to sprint. The parachute will deploy upon the first couple of steps taken.
4. Maintain proper running mechanics when sprinting.
5. Wind will provide resistance.

### 5-10-5 Yard Shuffle

**Purpose-** To improve the ability to change direction, footwork, and reaction time

1. Set-up three lines so the total distance of the two outside lines are ten feet away from each other.
2. Begin in the middle line. Start in a two-point stance straddling the starting line.
3. First you must turn to the right, sprint, and touch a line 5 yards away with your right hand.
4. Immediately turn to the left and sprint 10 yards touching the far outside line with your left hand.
5. After touching the far outside line with your left hand turn back to the right and sprint 5 yards through the start line to finish line.

## 30 Yards T Drill

**Purpose-** Develop agility, conditioning, and flexibility in abductors and adduction; improve strength

1. Start in a two-point stance
2. Sprint forward 5 yards to a cone on the ground.
3. Side-shuffle to the right and touch a cone 5 yards away with the right hand.
4. Shuffle to the left 10 yards and touch the far cone with your left hand.
5. Shuffle back to the right 5 yards to the cone.
6. Touch the cone with right hand and backpedal through the starting line to finish.

## Star Drill

**Purpose-** To improve your ability to change directions and cutting ability.

1. Place four cones in a square 10 yards apart. Place a fifth cone in the middle of the four cones.
2. Begin by sprinting diagonally from cone 1 to 5. Backpedal back to cone 1.
3. Side shuffle laterally from cone 1 to cone 2 facing cone 5.
4. At cone 2 sprint to cone 5. When at cone 5 backpedal back to 2.
5. Side shuffle laterally from cone 2 to cone 3 facing cone 5.
6. At cone 3 sprint to cone 5. When at cone 5 backpedal back to 3.
7. Side shuffle laterally from cone 3 to cone 4 facing cone 5.
8. At cone 4 sprint to cone 5. When at cone 5 backpedal back to 4.
9. Side shuffle laterally from cone 4 to cone 1 facing cone 5. This will conclude the drill when you arrive back to the beginning.

## Agility Ladder Drills

**Purpose-** Enhance timing and stride frequency

### Ladder Stride Run

Run through an agility ladder as fast as possible, touching one foot down between every other rung.

### Speed Run

Run through an agility ladder as fast as possible, touching both feet down between each rung.

### Right Foot In & Out

1. Start on the left side of the agility ladder.
2. Right foot will step into one square and step out of square.
3. Left foot steps forward when right foot is in the square.
4. Repeat this process through each square in the agility ladder.

### Left Foot In & Out

1. Begin on the right side of the agility ladder.
2. Left foot will step into one square and step out of square.
3. Right foot steps forward on the outside of the ladder when left foot is in the square. 4) Repeat this process through each square in the agility ladder.

### Lateral 2 in 2 out

1. Start on one side of the ladder facing the ladder.
2. Begin by stepping into the first square with the right foot followed by the left foot. 3) Do not let the heel of the foot touch the ground.
3. Step diagonally first with the right foot followed by the left foot out of the square so you are facing the next square.
4. Repeat this process through each square of the agility ladder.