

WEST SPRINGFIELD HIGH SCHOOL FOOTBALL

Speed, Agility & Quickness Drills

REMODEL YOUR ATHLETIC MINDSET

To become better, is to be different than you were before. CHANGE will require CHALLENGE and challenge will require DISCIPLINE!

All athletes can benefit from these agility drills to help improve coordination, speed, power, and specific sports skill. Use these drills to perfect your foot speed and refine your sports technique.

— 5 Basic Drills To Increase Your Speed —

1. FAST ARMS (Stride Rate Development) Stand tall in front of a mirror with your feet shoulder width apart. Bend your elbows at 90 degrees with your palms open facing each other. Bring one hand up to your cheek in front of you and the other hand to your rear butt cheek. Remember to keep your arms at 90 degrees through the whole movement. While standing tall on command pump your arms as fast as you can through the sprinting motion for 20 seconds at a time then rest. Your open hands should graze your pockets which means you are not raising your shoulders and tightening up. Keep your legs slightly bent but you are not running in place yet. As you get better increase the time to 30 seconds while still keeping good form or add a little two to five pound dumbbell weight in your hands.

2. FAST FEET (Stride Rate Development) Stand in front of a mirror with your feet shoulder width apart. Bend your elbows at 90 degrees with your palms open facing each other. Assume the position with you right hand at your eyes in front of you, the other at your rear butt cheek. On "Go" run as fast as you can in place by bringing your knees up half way. Make sure knees are pointing straight ahead, your heels do not touch the ground and your hands are still grazing your pockets. This is a speed drill that helps teach your muscles and nerves to fire fast while you are working on perfect form running. Perform this exercise starting out five times for 20 seconds with one-minute rest in between. The athlete should count how many times their right foot hits the ground which is an indicator of the stride rate and how in shape they are from one set to the next.

3. HIGH KNEES (Stride Length Development) Stand in front of a mirror with your feet shoulder width apart. Bend your elbows at 90 degrees with your palms open facing each other. Assume the position with you right hand at your cheek. On "Go" run as fast as you can in place by bringing your knees the same height as your hips. Make sure knees are pointing straight ahead, your heels do not touch the ground and your hands are still grazing your pockets. This is a speed drill that helps your core and leg muscles develop the strength and endurance needed to maximize and maintain top speed levels over time and distance. Perform this exercise starting out five times for 20 seconds with one-minute rest in between. The athlete should count how many times their right foot hits the ground which is an indicator of the stride rate and how in shape they are from one set to the next.

4. SQUATS (Stride Length Development)

5. SPRINTING (Stride Rate & Stride Length Development) Nothing helps you learn how to run faster than running itself. Now that you have the information it takes to improve your form, it is now time to put it all together. For this exercise go to a field or surface where you can run for 30 to 50 yards straight. Your focus is running with perfect form: Hands moving cheek to cheek, knees coming up waist high and quick and powerful steps that cover a lot of yards with each stride. Perform this exercise by marking off 30-50 yards and on command sprint from start to finish. Remember to get a good warm up and stretch before performing this all out sprint. Start out running five sprints with three minutes of rest in between reps. Add one more sprint each week until you can perform 10 in one practice session.

— Agility Drills —

1 Lateral Plyometric Jumps [Lateral plyometric jumps](#) help build dynamic power, coordination, and balance by using just an athlete's body weight. This advanced exercise is a must for any athlete that needs lateral power and coordination. Start small, and slowly build up the height of the barrier. This exercise should only be performed after a thorough warm up.

2 Speed Ladder Agility Drills The speed ladder is a simple piece of portable equipment that can be used to perform the following agility drills:

- **Forward Running, High-Knee Drill:** This drill is great for improving foot speed and coordination for all field sport athletes. Run with high knees forward through the ladder, touching every ladder space. Land on the balls of the feet and drive forward with your arms.
- **Lateral Running, Side-to-Side Drill:** The lateral movement of this drill is great for court-sports and improves knee and ankle stability as well. Keep a low center of gravity and step side-to-side through the ladder one foot at a time. Touch in each rung of the ladder with both feet. Land on the balls of the feet and repeat right to left and left to right.

3 Dot Drills Develop dynamic leg strength and increase knee and ankle strength and stability. A great agility drill for anyone who plays field or racket sports or those who need to make quick changes of direction and landings, such as skiers and basketball players.

- Use a Dot Drill Mat or place small "X" marks with tape in on the ground in a pattern of a Five on a Dice.
- Begin with a warm up and jump from dot to dot with both feet at a time.
- Progress to one foot hopping and follow a specific jump pattern.

4 Plyometric Jump Box Drills Plyometric box jump drills are a great way to build [explosive power](#) and foot speed. The most common plyometric box drill includes hops, jumps, and bounding movements. Another popular [plyometric](#) box drill is jumping off one box and rebounding off the floor and onto another, higher box. These exercises typically increase speed and strength and build power.

5 Forward/Backward Sprints [Sprint training](#) is a sure way to develop foot speed and agility for any athlete who needs explosive speed and quickness.

- Set up two markers about 10 yards apart.
- After a [good warm-up](#), sprint forward from the first cone to the far cone.
- Stop at the far cone and run or jog backward to the start.
- Stop and quickly accelerate in a sprint back to the far cone.
- Repeat 10 times.

6 Plyometric Agility Hurdles Athletes often use [plyometric jumping exercises](#) to build power and speed, improve coordination and agility, and effectively improve [sports performance](#). Using a set of small hurdles for bounding on one or both feet can improve agility and foot speed in any field sport athlete.

- Set up several small agility hurdles at 2-foot increments.
- Start with legs shoulder-width apart. Jump upward and forward to clear each hurdle landing lightly on the balls of the feet.
- Immediately upon landing, jump again, driving forward with your arms.
- Repeat several repetitions.
- Repeat the drill on only the right foot and then only the left foot.
- As you improve, move the hurdles farther apart.

7 Tuck Jumps Tuck jumps are simple drills that improve agility and power.

- Stand with feet shoulder-width apart and knees slightly bent.
- Bend your knees and powerfully jump straight up, bringing your knees toward your chest while in midair.
- Grasp your knees quickly with your arms and let go.
- Upon landing, immediately repeat the next jump.

8 Stair Running / Bleachers While not technically an agility drill, [running stairs](#) is a great way to develop quickness and foot speed while getting an excellent [interval workout](#).

Running stairs provides a cardiovascular benefit similar to that of running and is a great way to build sprint power. Many [athletes train](#) at a stadium of a local outdoor stairway with about 100 steps.

Begin by walking one step at a time. Avoid running stairs on your first workout or you may experience [delayed muscle soreness](#). Do no more than two-stair workouts a week. By week three you can begin running, perhaps two steps at a time. Use the return to the bottom as your rest interval, and then do another set. Work up to about 10 sets per workout.

9 Shuttle Runs and PRO AGILITY The [shuttle run](#) is a standard agility and speed drill used by athletes who play stop-and-go sports.

- Set up a source with two markers about 25 yards apart.
- Sprint from one marker to the other and back. That's one repetition.
- There are a variety of different ways to do the shuttle run, including side-to-side runs, forward-backward runs, and forward-touch-return runs.
- Pro Agility: 5-10-5 Drill.

The shuttle run is an easy way to add some high-intensity drills into a basic exercise program while you build speed, stamina, and endurance.

— Drills for Speed, Agility, and Quickness —

1. Circle Around the Cone Drill

- Stay tight to the cone as you circle around the cone
- Keep feet inside the frame of the body
- Avoid taking a false step
- Explode into a 5-8 yd sprint
- Do 3X in each direction

2. X-Drill

- Set 4 cones about 8–10 yards apart
- Start at top right cone
- Sprint forward to next cone, lateral shuffle right, back pedal, square up and lateral shuffle to cone you started with... You can end by doing a crossover step to sprint to end it.
- Go in the opposite direction.

3. Three Cone Lateral Weave

- Feet under hips

- Lateral side shuffle

- Switch directions while weaving through the 3 cones

4. Two Cone Drill also known as the U Drill

- Touch cone
- Back pedal
- Touch cone
- During entire movement the hips are low, chest up, chin is up

5. Linear W- Drill

- Set cones up like the letter W
- Move in the shape of the W
- Change directions

6. Figure 8

7. Three Cone L- Drill