

## Agility Drill

exercises	Week 1	Week 2	Week 3	Week 4
5 10 5 Shuttle	2 sets	2 sets	2 sets	2 sets
3 Cone Drill	2 sets	2 sets	2 sets	2 sets
4 Square Backpedal	2 sets	2 sets	2 sets	2 sets
Agility Cut Drill	2 sets	2 sets	2 sets	2 sets
Hop Sprint	2 sets	2 sets	2 sets	2 sets
4 Cone COD	2 sets	2 sets	2 sets	2 sets
4 Hop Drill	2 sets	2 sets	2 sets	2 sets
Power Sprints	2 sets	2 sets	2 sets	2 sets
Single Leg Cone Sprints	2 sets	2 sets	2 sets	2 sets
Lateral Deceleration Sprints	2 sets	2 sets	2 sets	2 sets
Cut Drill W Pause	2 sets	2 sets	2 sets	2 sets