TOP 25





AGILITY EXERCISES & DRILLS

ADVANTA SPORTS

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Agility Hurdle Drills

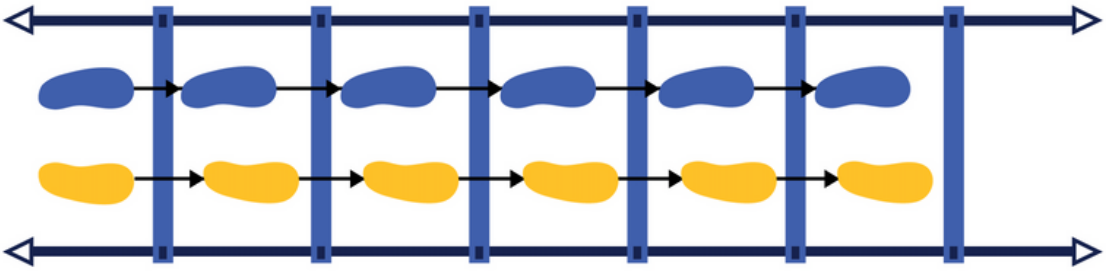
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Speed, Agility, and Quickness Training Tips

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AGILITY LADDER & HEXAGONAL RING DRILLS

STRAIGHT RUN DRILL



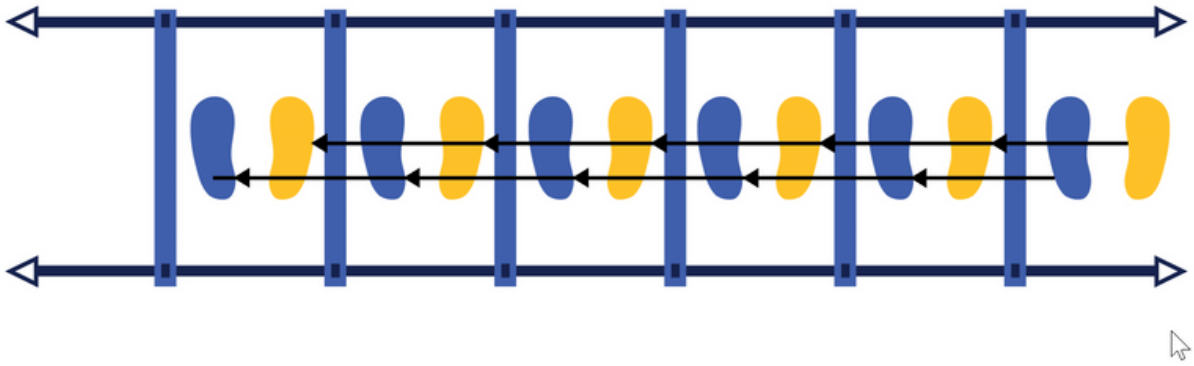
Setup

You will need your Advanta Sports agility ladder or hexagonal rings.

Instructions

1. Face the front of the ladder
2. Run through the ladder, placing the left foot in first hole, followed by the right foot in the same hole.
3. Follow this pattern through the ladder

LATERAL RUN/SIDE STEP DRILL



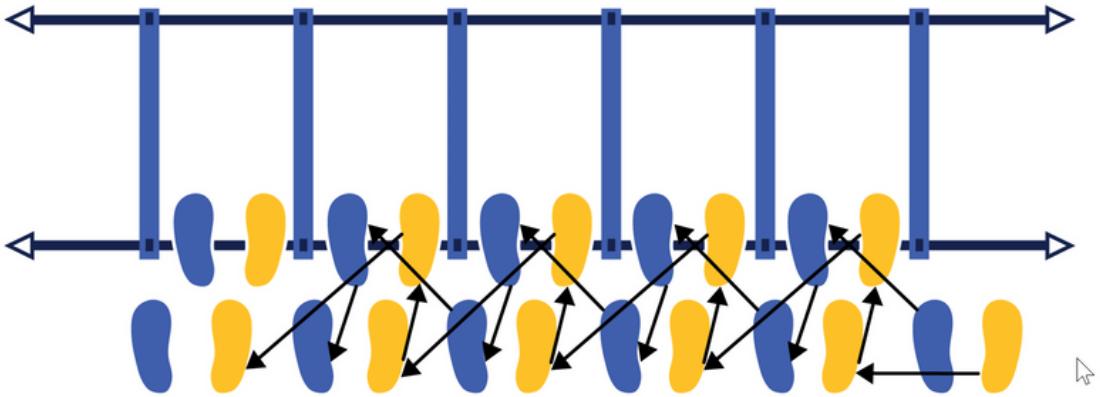
Setup

You will need your Advanta Sports agility ladder or hexagonal rings.

Instructions

1. Stand laterally to the ladder
2. Run laterally through the ladder, placing the LEFT foot in first hole, followed by the RIGHT foot in the same hole
3. Follow this pattern through the ladder

LATERAL RUN DRILL #2
(ALI SHUFFLE)



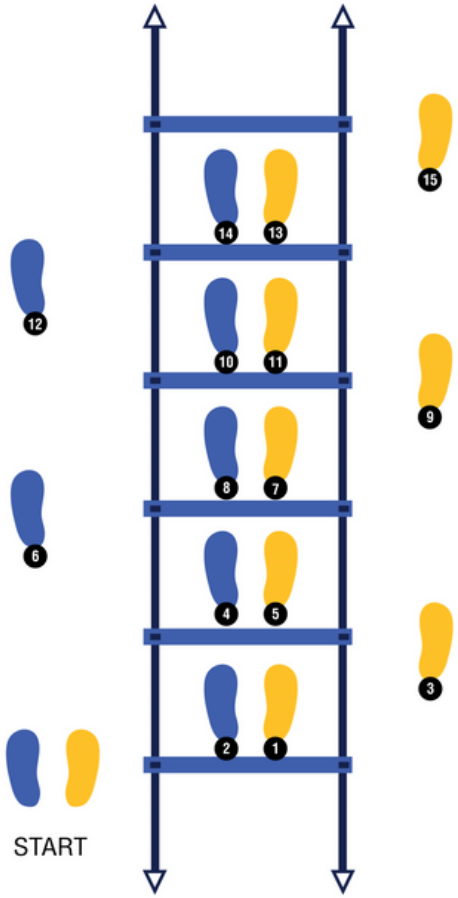
Setup

You will need your Advanta Sports agility ladder or hexagonal rings.

Instructions

- Begin on the lateral right side of the ladder/ring.
- Step with LEFT and RIGHT foot at the same time Left in the hole, right outside the ladder
- Step with RIGHT and LEFT foot at the same time Right in the first hole, left outside the ladder
- Continue with pattern through end of ladder

ICKY SHUFFLE



Setup

You will need your Advanta Sports agility ladder.

Challenge

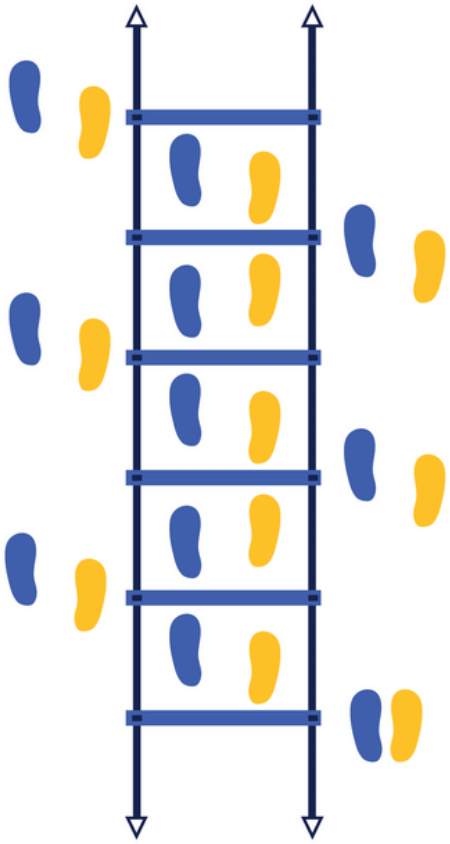
Perform same movement backwards

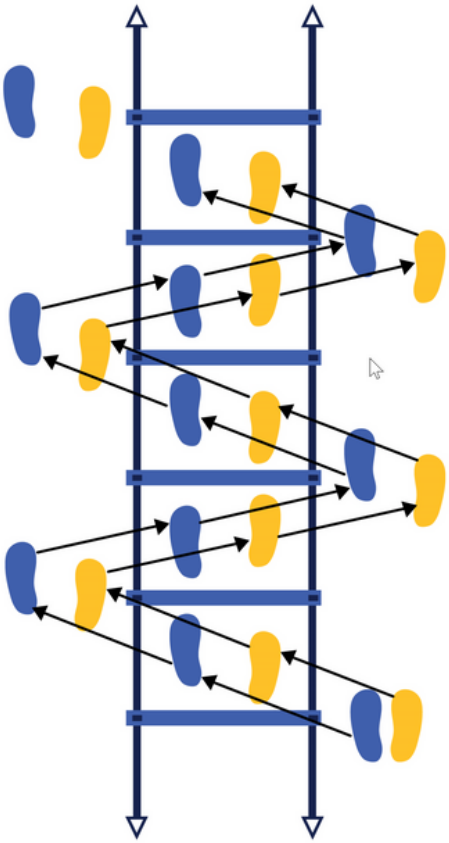
Instructions

1. Stand at the end of the ladder and to the side of the first rung.
2. While facing forward step laterally into the first square of the ladder with each foot.
3. Immediately step out with just the outside foot.
4. Place the foot still in the square into the next square of the ladder followed by the outside foot.
5. Immediately step out to the other side with just the outside foot.
6. Continue pattern, moving as quickly as possible while maintaining good body control.
7. Jog back to line.
8. Repeat this drill leading with the opposite leg

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ICKY SHUFFLE #2





Setup

You will need your Advanta Sports agility ladder.

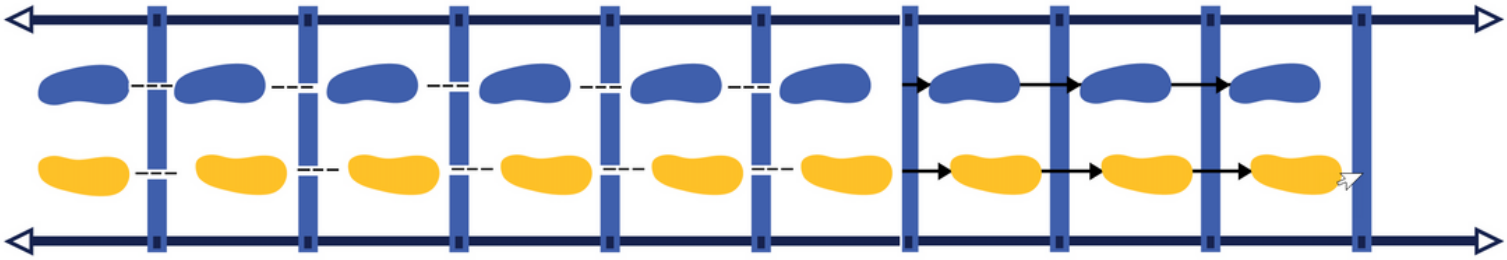
Challenge

Perform same movement backwards

Instructions

1. Start at the right side of the ladder:
2. Step with LEFT foot, followed by the RIGHT
3. Step out with LEFT foot, followed by the RIGHT
4. Step forward with RIGHT foot, follow with LEFT
5. Step out with RIGHT foot, followed by the LEFT
6. Step forward with LEFT foot, follow with RIGHT
7. Continue with pattern through end of ladder

5 HOPS & RUN



Setup

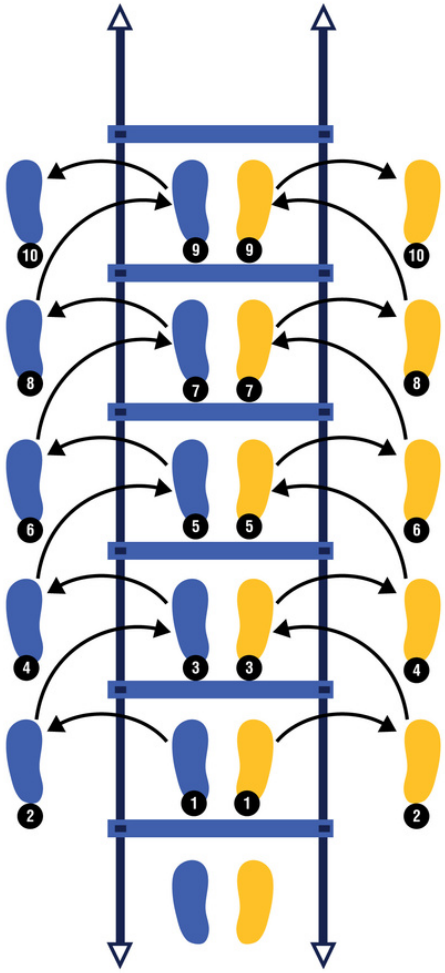
You will need your Advanta Sports agility ladder or hexagonal rings.

Instructions

5 Hops and Run helps develop a quick change.

- With both feet, quickly hop five boxes and on the fifth box, land with both feet
- Immediately transition into one step in each box for the remainder of the ladder.
- Land with both feet on the fifth hop before taking off and to go as fast as you can under control.

SIDE STRADDLE & HOP



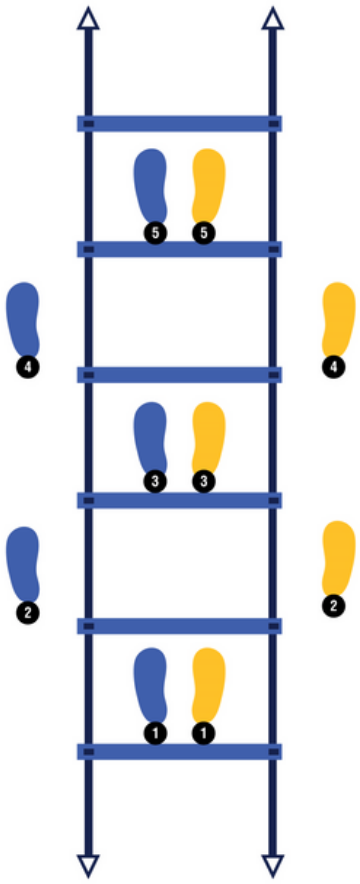
Setup

You will need your Advanta Sports agility ladder or hexagonal rings

Instructions

Side Straddle Hop develops explosive lateral movements by hopping in and out of each box with a simple two count of: “In Out, In Out.” Avoid clapping your feet when bringing them together. Keep your arms at a 90-degree angle. Work to gradually increase the rate of speed at which you hop in and out of each box.

JUMPING JACKS



Setup

You will need your Advanta Sports agility ladder or hexagonal rings

Challenge

Perform same movement backwards

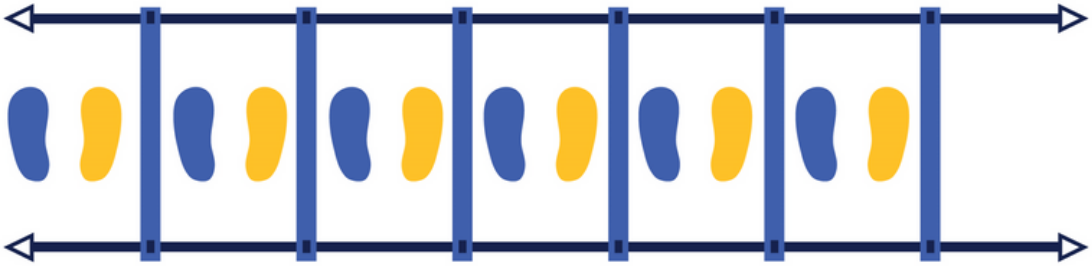
Instructions

This drill will improve your balance, strength and coordination.

- Jump with both feet inside the ladder/ring before springing forward, landing with both feet to either side of the next rung.
- You then want to advance through the ladder alternating between your feet being in and out of the rungs.
- As you do this, make sure to raise your arms above your head as you jump, as with normal jumping jacks.

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LATERAL HIGH KNEES



Setup

You will need your Advanta Sports agility ladder or hexagonal rings.

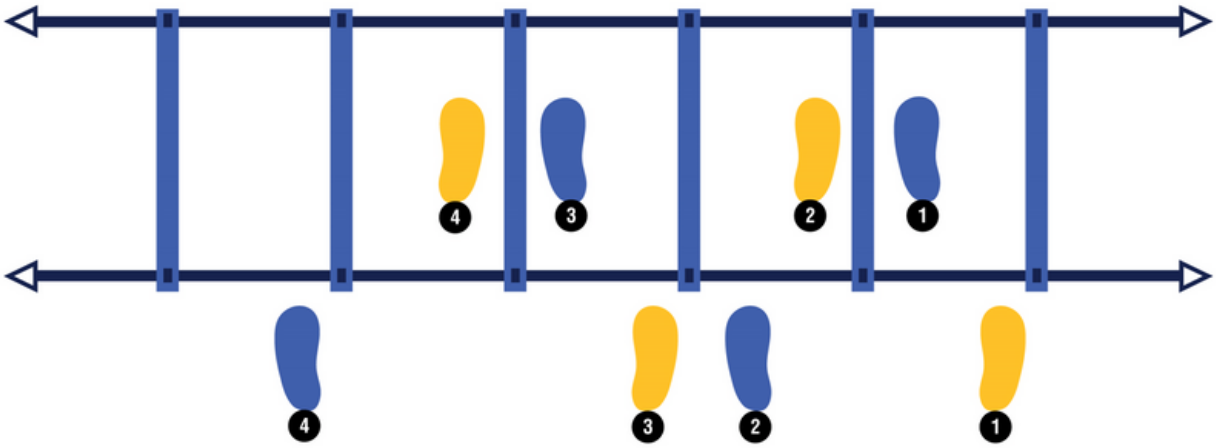
Instructions

Start by standing sideways at one end of the ladder.

- To begin, lift the right foot, driving the knee to waist height, and then place that foot into the first box of the ladder.
- Next, lift the left knee to waist height to place that left foot into the first box too.
- By the time the second foot touches the ground, repeat the process with the previous foot and move through all the rungs.
- At the other end of the ladder, repeat the activity starting with the opposite foot to balance both sides.

Set a time limit for the players to complete the drill to make it more challenging.

SCISSOR HOP



Setup

You will need your Advanta Sports agility ladder or hexagonal rings.

Instructions

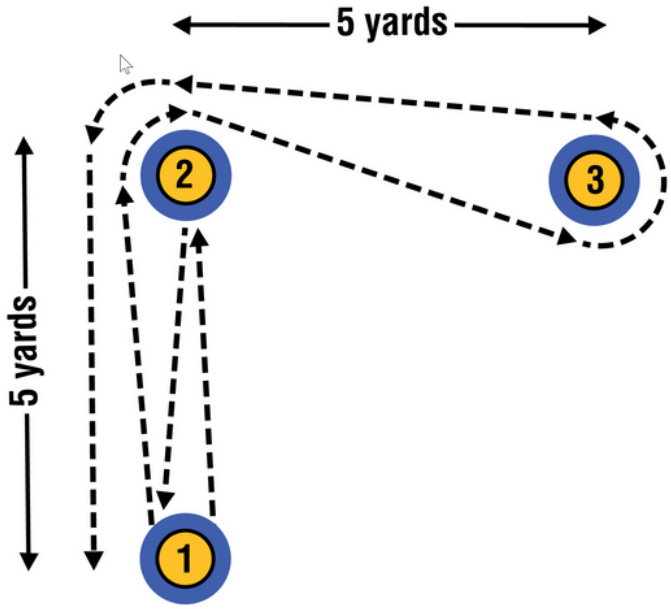
- Face the agility ladder, start the scissor hop by placing one foot in the box of the agility ladder, then quickly hop that foot back out as you bring the opposite foot into the box beside it.
- With your knees slightly bent and your elbows bent at 90 degrees, continue pumping your arms for momentum while keeping your core contracted to maintain balance.
- Quickly scissor your feet in and out of the boxes as you move laterally down the ladder.
- Once you reach the end of the ladder, reverse the direction and continue moving back to the starting point.

Repeat for time or reps.

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CONE DRILLS

3 CONE / L DRILL



Setup

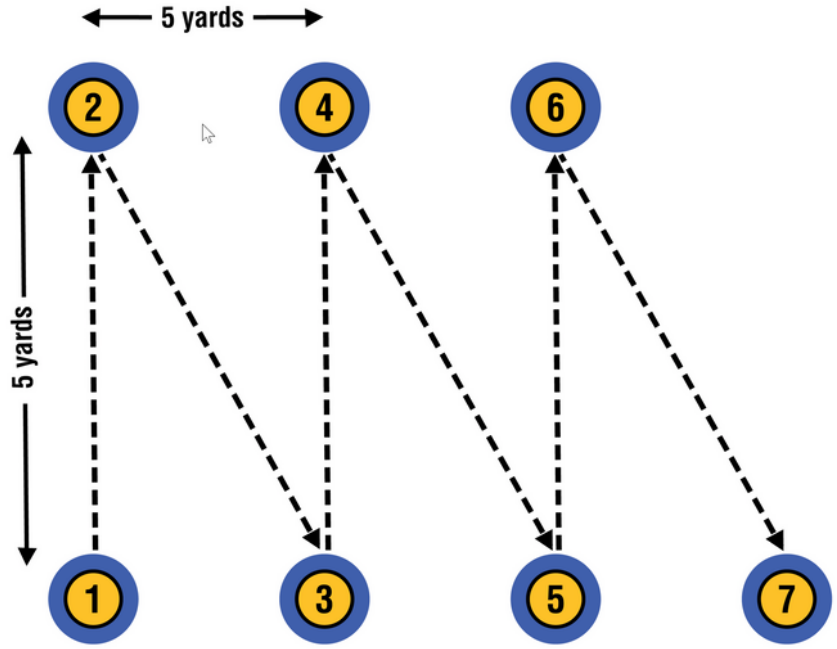
You will need 3 cones for this drill.

Instructions

This 3 cone L drill is a popular agility test to combine agility, balance, and change of direction.

Set Up: 3 cones, 5 yards apart in L shape
1. Start in a three point stance. Sprint to and touch cone #2.
2. Sprint back to and touch cone #1.
3. Sprint up and around cone #2 toward the inside of cone #3.
4. Turn around cone #3, back around cone #2 and passed cone #1.
5. Switch starting cone and repeat in opposite direction.

W DRILL



Setup

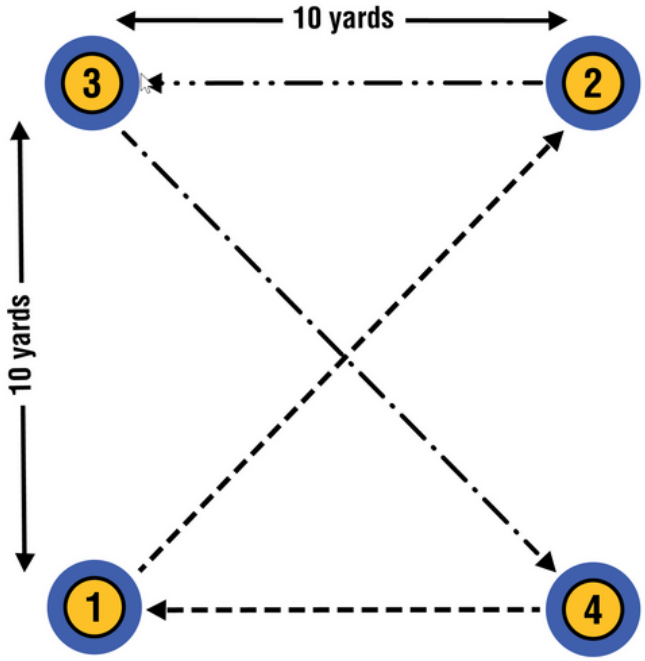
You will need 7 cones for this drill, 5 yards apart in zig-zag pattern

Instructions

This drill is to develop acceleration, change of direction, and forward to backward movements. Drill can also be performed side to side with diagonal sprints and lateral shuffles.

1. Start at cone #1. Sprint to cone #2.
2. Plant with the outside foot. Backpedal to cone #3.
3. Sprint to cone #4. Repeat until finished with all cones.
4. Switch starting cone and repeat in opposite direction.

X DRILL



Setup

You will need 4 cones for this drill 5 yards apart in a square

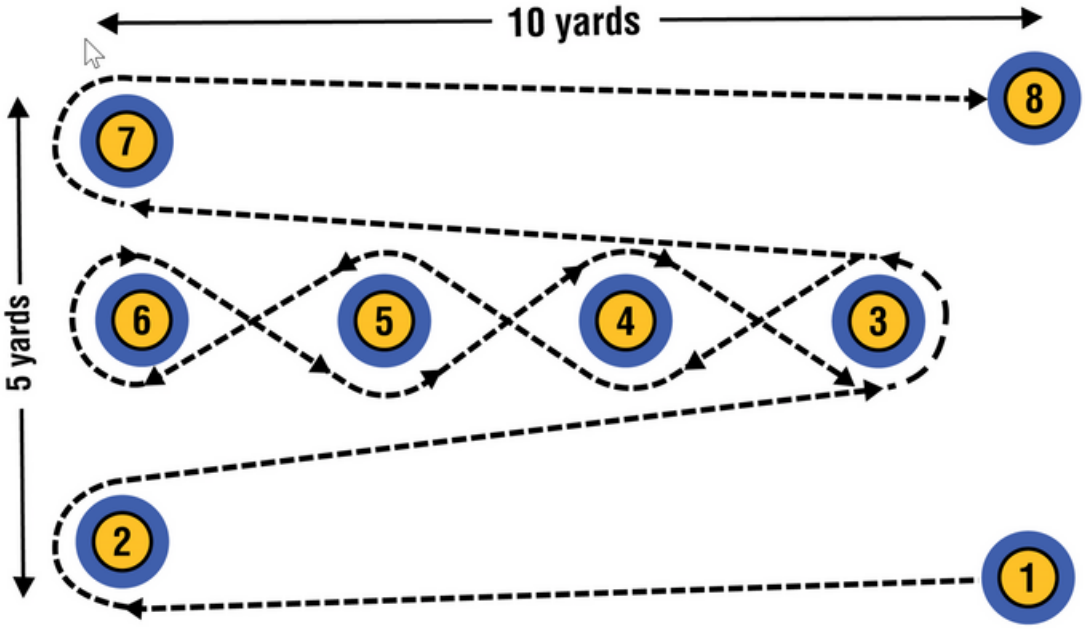
Instructions

The X Drill is a great agility drill for developing change of direction, quick feet, and running at different angles.

1. Start at cone #1. Sprint to cone #2.
2. Lateral shuffle across to cone #3.
3. Pivot 45 degrees and cross over backwards to cone #4.
4. Turn and sprint back to cone #1.
5. Switch starting cone and repeat in opposite direction.

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ILLINOIS AGILITY TEST



Setup

You will need 8 cones as shown above. 10 yards from top to bottom, 5 yards width from start to finish

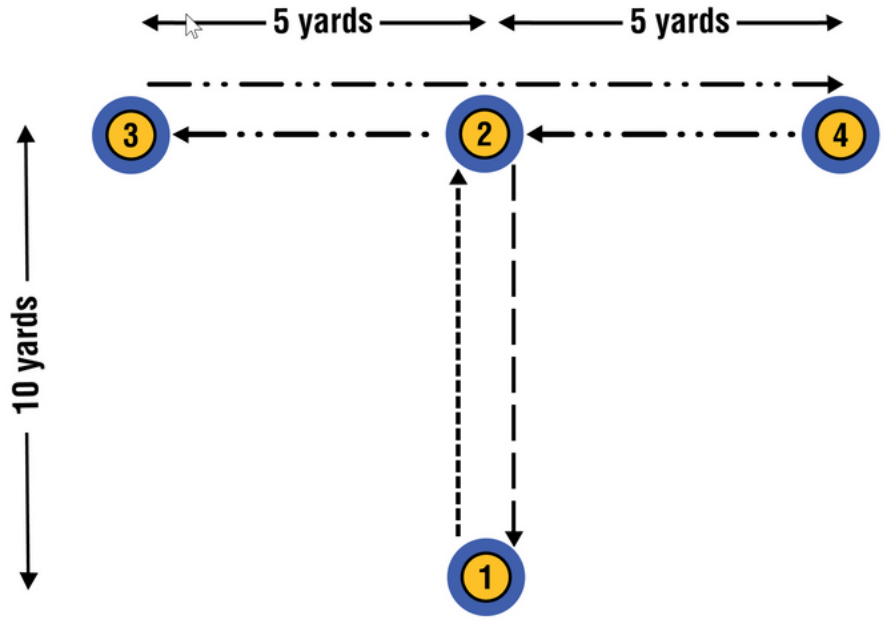
Instructions

This agility test is one of the top drills across all sports.

1. Start laying face down with hands by shoulders at cone #1.
2. Sprint through the course finishing through cone #8.
3. Repeat starting at cone #8 and finishing through cone #1.

ADVANTA SPORTS

T TEST



Setup

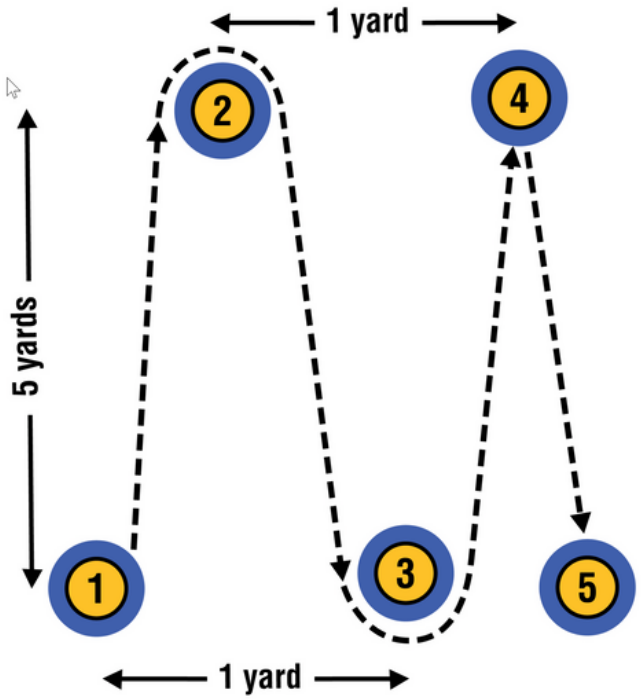
You will need 4 cones. 3 cones 5 yards apart in line, 4th cone 10 yards from in the middle to form T shape.

Instructions

This drill focuses on developing quickness, forward, and backward speed.

1. Start at cone #1 in a three point start position.
2. Sprint to cone #2 and touch with right hand.
3. Lateral shuffle to cone #3 and touch with left hand.
4. Lateral shuffle across to cone #4 and touch with right hand.
5. Lateral shuffle back to cone #2 and touch with left hand.
6. Backpedal through cone #1.
7. Repeat in opposite direction.

NEBRASKA AGILITY DRILL



Setup

You will need 5 cones, 1st and 2nd cones 5 yards apart, 3rd cone 1 yard from 1st cone, 4th cone 1 yard from 2nd cone

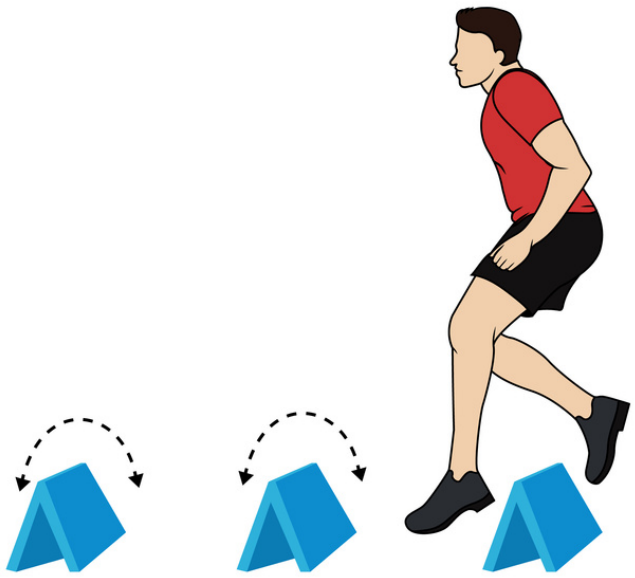
Instructions

Made popular by Nebraska Husker Football program, this drill is short and quick, but integrates several agility movements.

1. Start in three point stance at cone #1.
2. Run to cone #2 and make right hand turn around cone.
3. Run to cone #3 and make left hand turn around cone.
4. Run to cone #4, touch with your hand.
5. Backpedal across past cone #5.
6. Switch starting cone & repeat in opposite direction.

AGILITY HURDLE DRILLS

ONE STEP



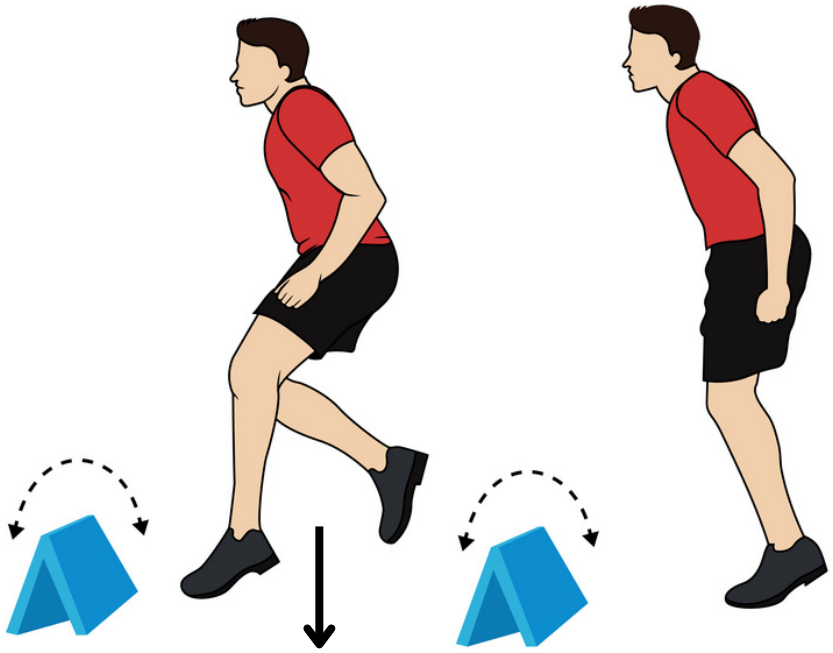
Setup

6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

The one step is a quick and light run through the hurdles. This drill teaches quick turnover and requires fast heel recovery to avoid knocking over the hurdles.

TWO STEP



touch the ground once with each foot

Setup

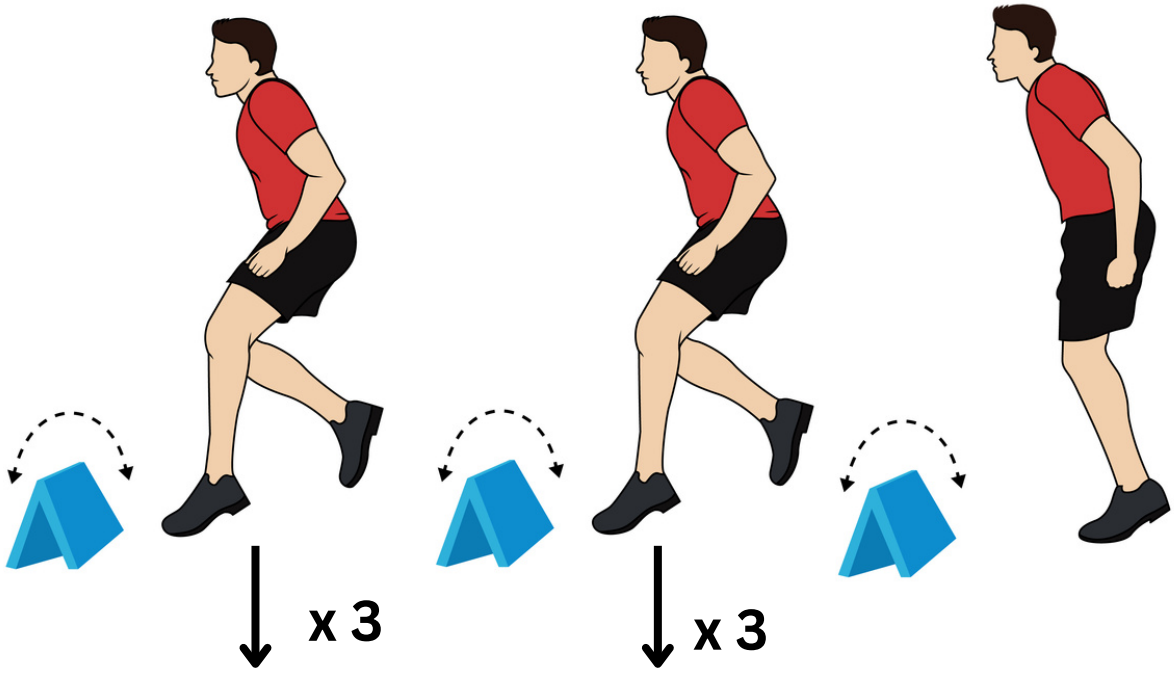
6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

The two-step is a sprint through the mini hurdles with two feet touching between each one. Keep your arms at 90 degress with a strong pump to help drive your knees up.

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THREE STEP



touch the ground three times alternating feet

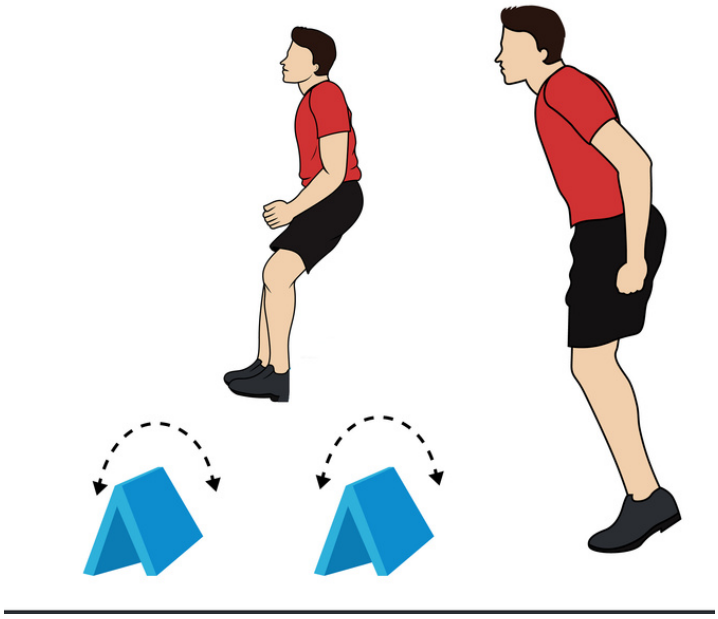
Setup

6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

The three-step works on knee lift and body control. Touch the ground with three steps in between each hurdle while pumping your arms at a 90-degree angle. Be sure to get three full steps each time.

HOP



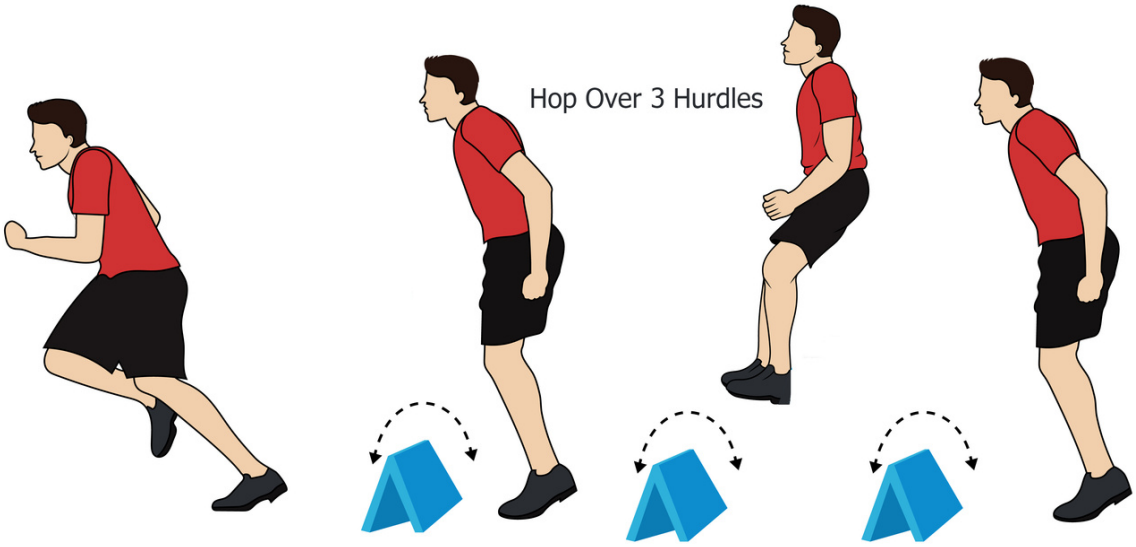
Setup

6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

This drill is quick and light. Jump just high enough to clear each hurdle and land lightly, ready to make another hop.

3 HOPS & RUN



Setup

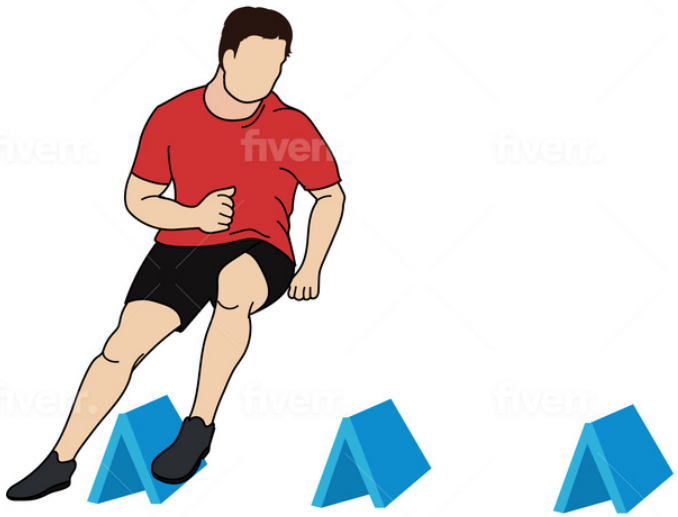
6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

3 hops and run works on a quick transition from a hop into a sprint. Hop over the first three hurdles and on the third hurdle, you are going to land with both feet and take off into a one step through the rest of the hurdles.

ADVANTA SPORTS

SIDE STEP



Setup

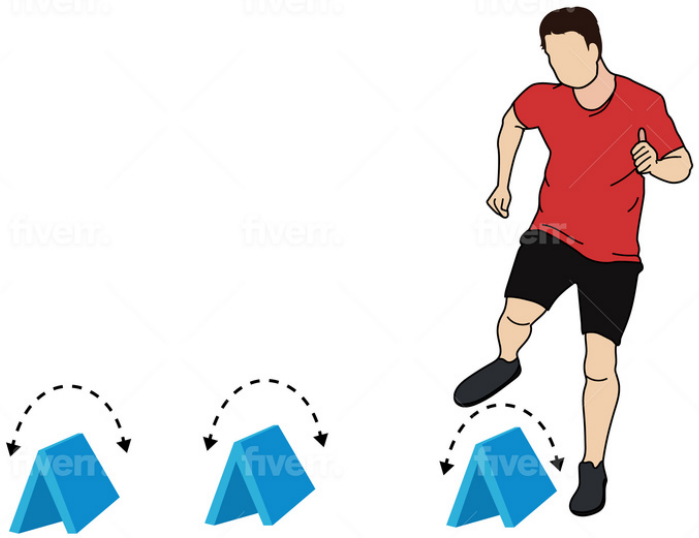
6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

Face sideways and step over each hurdle, touching the ground with both feet each time. Push off your back leg to move through the hurdles and avoid hopping.

ADVANTA SPORTS

CROSSOVER



Setup

6 minimum hurdles but recommend 10 for best results. Fold 6 Advanta Sports hexagonal rings to create hurdles. Set up hurdles at 3-foot spacing

Instructions

The crossover is a sideways run in which you are going to step over each hurdle with one foot. Lean towards the direction you are running to help propel yourself through the hurdles and avoid swinging your leg out in front of you.



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