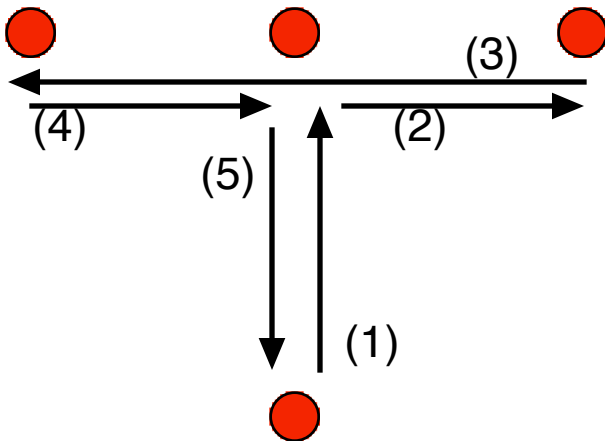


SPEED, AGILITY & QUICKNESS “Letter” Drills

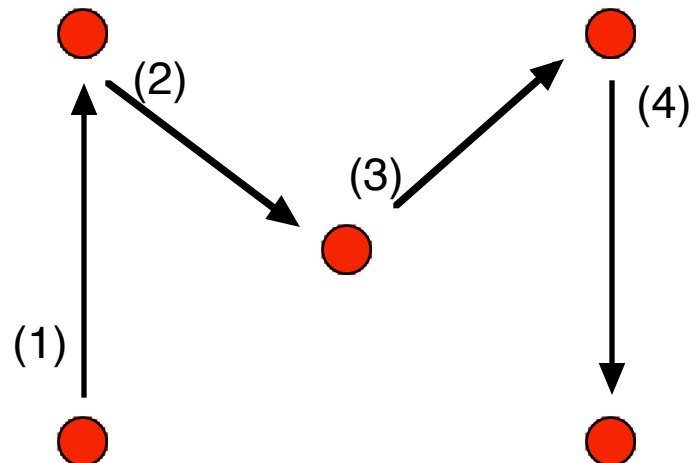


“T” DRILL

- (1) Sprint 10 yards
- (2) Slide to the Right 5 yards
- (3) Slide to the Left 10 yards
- (4) Slide to the Right 5 yards
- (5) Backpedal back to “start” cone

“M” DRILL

- (1) Sprint (10 yards)
 - (2) Plant Left foot, turn, sprint 5 yards to middle cone
 - (3) Plant Right foot, turn, sprint 5 yards to upper right cone
 - (4) Plant Left foot, turn, sprint 10 yards to finish
- 2ND RUN: Start at right lower cone
- VARIATION: Instead of planting feet and turning, have athletes run past and around each cone



DRILL PROGRESSIONS:

> Reps/Sets depend on age and athletic level; 2 sets of 3 runs work best

COACHING POINTS:

1. When sliding or shuffling, make sure athletes do not “clap” feet together
2. When sliding or shuffling, make sure athletes stay low (slight bend in the knees, feet pointing straight out)
3. When sliding or shuffling, make sure the stride of the athlete is not too long; the shorter, the quicker
4. When sprinting coach athletes to decelerate before planting foot