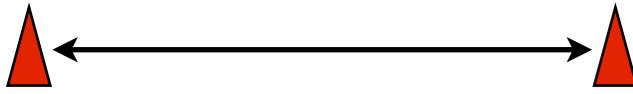


**SPEED, AGILITY & QUICKNESS (WITH THE BALL)**

**INDIVIDUAL PLAYER DRILLS**



**“CONE-TO-CONE”**

Place 2 Cones 8-10 yards apart (depending on the age and/or skill level of player)

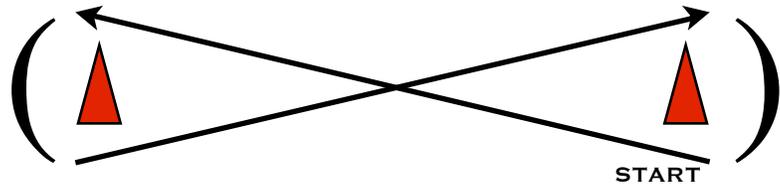
**“Straight Runs”**

Player dribbles back-and-forth between cones using Pull-Backs at each cone.

**“Figure-8 Runs”**

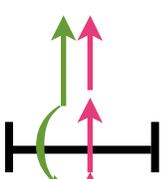
Player dribbles in Figure-8 sequence. Coaching Points:

- Use outside of feet to cut around cones
- When cutting to the left around a cone, use the outside of the left foot
- When cutting to the right of the cone, use the outside of the right foot



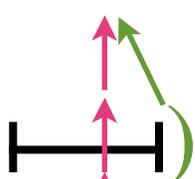
**WORKOUT SEQUENCE:**

Player works for 60 seconds. Rests for 60 seconds. Reps and sets depend on age/skill level



**“HURDLE WORK”**

Place an 18-inch high hurdle about 5-8 yards away from starting position



**“Hurdle Hop”**

Player dribbles to hurdle and passes ball with side of foot under hurdle  
Player jumps over hurdle, collects ball and returns, repeating the sequence

**“Around the Hurdle”**

Player dribbles to hurdle and passes ball with side of foot under hurdle  
Player then sprints around hurdle, collects ball and returns, repeating the sequence

**WORKOUT SEQUENCE:**

Player works for 60 seconds. Rests for 60 seconds. Reps and sets depend on age/skill level



**“FITNESS SQUARE”**

Form a 10-yard x 10-yard square with cones

**DRILL SEQUENCE:**

- Player starts at one cone and dribbles straight to second cone
- (2) Player “scuttles” -- rolls ball to left using right foot inside of right foot to outside of right foot in a continuous motion
- (3) Player drags back ball using soles of both feet, pulling the ball back in a continuous motion (every step).
- (4) Player “scuttles” right, using left foot.