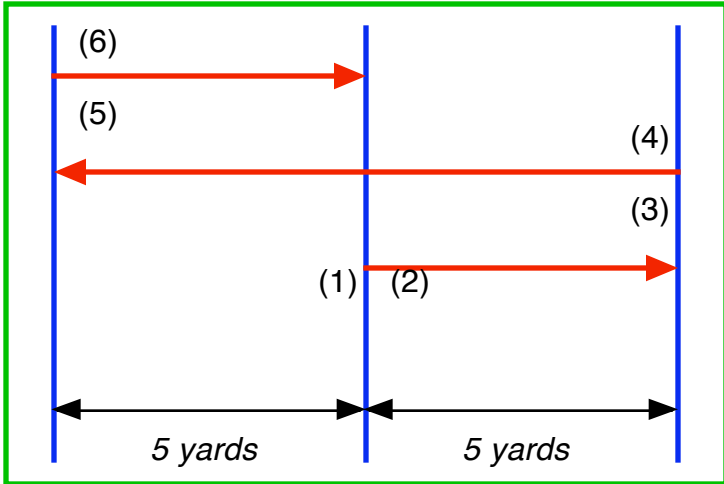


# SPEED, AGILITY & QUICKNESS

## “Agility Runs”

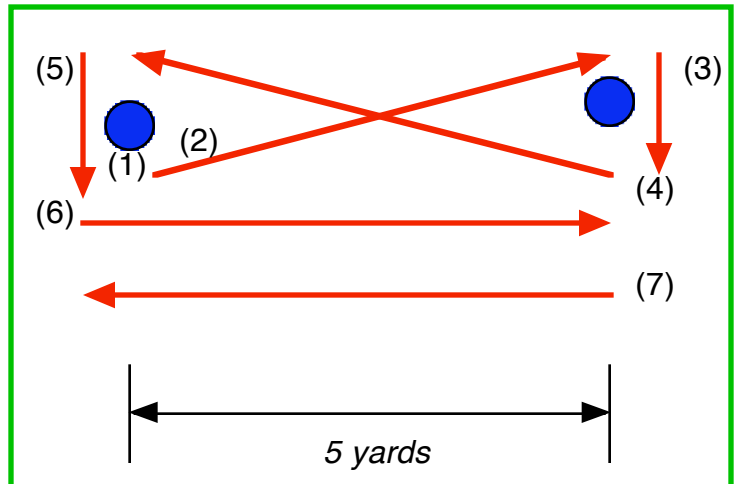


### “PRO” AGILITY 3-LINE RUN

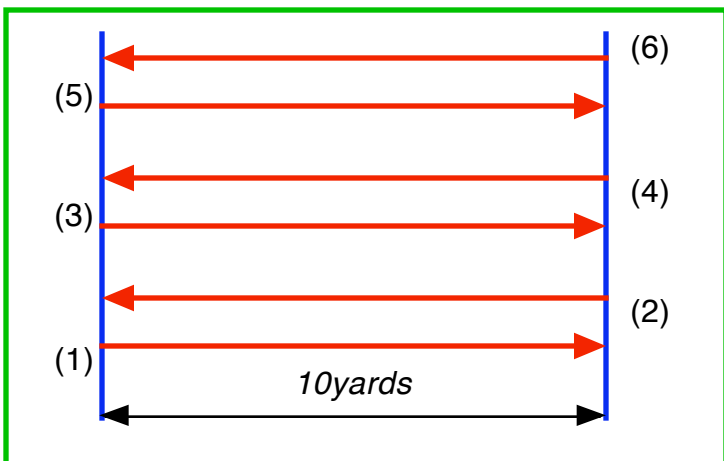
1. Start in soccer stance, straddling the center line
2. Turn right and sprint 5 yards to the right
3. Touch line with hand
4. Turn and sprint 10 yards to the left
5. Touch line
6. Turn and sprint 5 yards back to start

### “NEBRASKA” AGILITY RUN

1. Start in soccer stance at Cone 1
2. Sprint 5 yards to the opposite side of Cone 2
3. Place right hand on Cone 2 while turning to the right
4. Sprint 5 yards back to Cone 1
5. Place left hand on Cone 1 while turning to the left
6. Sprint to Cone 2
7. Backpedal back to Cone 1



### “COLGATE” AGILITY RUN



1. Sprint
2. Slide, Shuffle or Carioca left
3. Sprint
4. Slide, Shuffle or Carioca right
5. Backpedal
6. Sprint