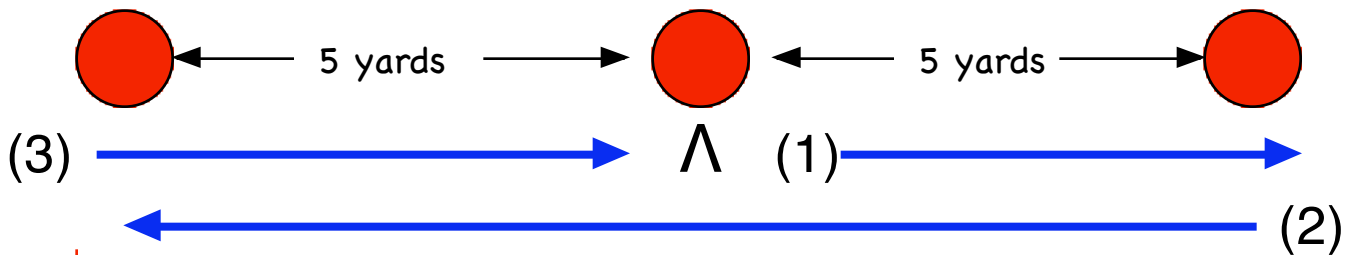


SPEED, AGILITY & QUICKNESS
Lateral Movement: "5-10-5"



THE BASIC RUN OF THE "5-10-5" DRILL

- (1) Slide/Shuffle to the Right for 5 yards
- (2) Slide/Shuffle to the Left for 10 yards
- (3) Slide/Shuffle to the Right for 5 yards

VARIATION #1

- (1) Slide/Shuffle to the Right for 5 yards, touch cone with Right Hand
- (2) Slide/Shuffle to the Left for 10 yards, touch cone with Left Hand
- (3) Slide/Shuffle to the Right for 5 yards, touch middle cone with both hands

VARIATION #2

- (1) Slide/Shuffle to the Right for 5 yards, touch cone with both hands
- (2) Slide/Shuffle to the Left for 10 yards, touch cone with both hands
- (3) Slide/Shuffle to the Right for 5 yards, touch middle cone with both hands

PROGRESSION

- > 1st Run: first slide/shuffle is to right
- > 2nd Run: first slide/shuffle is to the left
- > Number of repetitions and sets depends on age and athletic level
- > For athletes 10 and younger, do 2 sets of 2 runs (no rest between runs)
- > For 11 and older, 3 sets of 2 runs (no rest between runs)
- > For elite athletes, 3 sets of 4 runs (no rest between runs)

COACHING POINTS:

1. Lateral movement
2. Make sure athlete does not cross-over feet when sliding/shuffling
3. Make sure athlete keeps hips and feet pointing straight out
4. Shorter and quicker strides are better than longer strides
5. Make sure athlete does not "clap" feet together when sliding/shuffling