

WORKOUT #1



LENGTH: 35 MIN

EQUIPMENT: Hurdles

FOCUS: Quick Feet, Movement Mechanics, Acceleration, Sprint Speed

BLOCK A: LINE DRILLS

COACH NOTES: These drills strictly use a line as a marker. We really want to challenge your ability to express power while staying under control. Find your low hip position and make sure you're always controlling your body.

EXCERCISE	SET 1	SET 2			
Lateral Line Hops	20 reps	20 reps			60sec
Linear Line Hops	20 reps	10 reps			SPRINT
Single Leg Lateral Line Hops	10 each	10 each			
SL Rotational Lateral Line Hops	10 reps	10 reps			
Forward/Backward Quick Touches	10 reps	10 reps			60sec

BLOCK B: QUICK & LIGHT

COACH NOTES: These drills are designed to challenge your ability to go from "quick and light" to explosive. Make sure you're staying as low and light as possible in the hurdles, and then immediately hit the gas - expressing as much power as possible in your first 3-4 steps.

EXCERCISE	SET 1	SET 2			
5 Yard Shuffle	10 reps	10 reps			60sec
10 Yard Shuffle	6 reps	6 reps			SPRINT
10 Yard Crossovers	6 reps	6 reps			

BLOCK C: SPRINT & ACCELERATION WORK

COACH NOTES: All of these drills are focusing on the first 3-4 steps. Make sure you're hitting each of these steps with as much power as possible. Start low and don't get into your full sprint height until you've gotten in those first steps.

EXCERCISE	SET 1	SET 2			
Half Kneel to 5 Yard Sprint	1 each	1 each			60sec
Forward Half Kneel to 5 Yard Sprint	1 each	1 each			SPRINT
Falling Start to Sprint	2 reps	2 reps			
3 Skater Hops to Sprint	2 reps	10 reps			
Shuffle to Opposite Direction Sprint	1 each	1 each			60sec

WORKOUT #2



LENGTH: 30 MIN

EQUIPMENT: Ladder, Cones

FOCUS: Quick Feet, First Steps, Explosive Acceleration, Change Of Direction

BLOCK A: LADDER DRILLS

COACH NOTES: For your ladder drills, make sure you're really finding your low athletic position. Really focus on dialling in your movement mechanics and then start to challenge your speed each time through.

EXERCISE	SET 1	SET 2			
One Foot in Each	1 rep	2 reps			30sec
2 Feet in Each	1 rep	2 reps			30sec
Icky Shuffle	1 rep	2 reps			
Front Crossover	1 rep	2 reps			
Lateral Hip Rotations	1 rep	2 reps			

BLOCK B: ACCELERATION

COACH NOTES: All of these drills are focusing on the first 3-4 steps. Make sure you're hitting each of these steps with as much power as possible. Start low and don't get into your full sprint height until you've gotten in those first steps.

EXERCISE	SET 1	SET 2			
Half Kneel to 5 Yard Sprint	1 each	1 each			60sec
Crossover Start to 5 Yard Sprint	1 each	1 each			60sec
Shuffle to Sprint	1 each	1 each			
Opposite Direction Shuffle to Sprint	1 each	1 each			

BLOCK C: CHANGE OF DIRECTION

COACH NOTES: For these drills, we really want you to find a low position in your hips as a "plant" position to absorb and then rapidly express power from. Really get powerful when making that first push in the opposite direction.

EXERCISE	SET 1	SET 2			
5 Yard Shuffles	20 sec	20 sec			60sec
Lateral Figure 8 Drill	6 reps	6 reps			60sec
Forward/Backward Figure 8 Drill	6 reps	6 reps			
Pivot to Sprint	1 each	1 each			

WORKOUT #3



LENGTH: 30 MIN

EQUIPMENT: Hurdles, Cones

FOCUS: Quick Feet, Acceleration, Multi-Directional Speed

BLOCK A: QUICK FEET HURDLE DRILLS

COACH NOTES: These drills are all about refining your movement mechanics. With hurdle drills, athletes have the tendency to "stand up" - our goal here is to stay as low as possible while adding more and more speed.

EXERCISE	SET 1	SET 2			30sec
Two Feet Quick Touches	20 sec	20 sec			QUICK FEET
Two Feet Crossover Quick Touches	20 sec	20 sec			
Continuous Lateral Hurdle Quick Steps	15 sec	15 sec			
Continuous Lateral Crossover Steps	15 sec	15 sec			

BLOCK B: QUICK FEET TO SPRINT

COACH NOTES: These drills are designed to challenge your ability to go from "quick and light" to explosive. Make sure you're staying as low and light as possible in the hurdles, and then immediately hit the gas - expressing as much power as possible in your first 3-4 steps.

EXERCISE	SET 1	SET 2			90sec
Lateral Hurdle Quick Steps to 5 Yard Sprint	1 each	1 each			QUICK FEET
Lateral Hurdle Crossover Steps to 5 Yard Sprint	1 each	1 each			
Linear Hurdle Quick Steps to 5 Yard Sprint	1 each	1 each			
Skater Changes to 5 Yard Sprints	2 reps	2 reps			
					90sec

BLOCK C: MULTI-DIRECTIONAL

COACH NOTES: All of these drills are challenging your ability to combine multiple movements to generate speed multi-directionally. Make sure when you change directions that you're staying as low as possible. You can repeat each drill 3x before setting up the next ones, or set them up all at the same time.

EXERCISE	SET 1	SET 2			75sec
Square Drill	2 reps	2 reps			QUICK FEET
Zig-Zag Shuffle Drill	2 reps	2 reps			
N-Drill [Forwards]	2 reps	2 reps			
N-Drill [Forwards/Backwards/Forwards]	2 reps	2 reps			