

WORKOUT #1



LENGTH: 35 MIN

EQUIPMENT: Cones

FOCUS: Change Of Direction, Multi-Direction Speed, Acceleration, Quick Feet

BLOCK A: POWER EXPRESSION

COACH NOTES: For these drills, set up a square of cones that are roughly 5-6 feet apart. These drills are designed to challenge both your foot speed and capacity to change direction. **Make sure you're staying super low through all of these drills.**

EXERCISE	SET 1	SET 2			30sec
Around the Square	1 each	1 each			30sec AGILITY
Hour Glass Square Drill	1 each	1 each			
Front/Back Hour Glass Square Drill	1 each	1 each			

BLOCK B: ACCELERATION

COACH NOTES: For these drills we really want to focus on our first 3-4 steps. These should be as aggressive and powerful as possible. **Stay low and really drive out of that bottom position.**

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

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			60sec
Square Drill	1 each	1 each			60sec AGILITY
Zig-Zag Shuffle Drill	2 reps	2 reps			
N-Drill [Forwards]	2 reps	2 reps			
N-Drill [Forwards/Backwards/Forwards]	2 reps	2 reps			60sec
N-Drill [Forwards/Backwards/Forwards]	2 reps	2 reps			

WORKOUT #2



LENGTH: 30 MIN

EQUIPMENT: Cones

FOCUS: Power Expression, Change Of Direction, Multi-Directional Speed, Sprint Speed

BLOCK A: POWER EXPRESSION

COACH NOTES: For all of these drills we really want to find as much power as possible in each rep. Really fire here. Take some time in between reps to make sure these don't turn into bagger drills - **we want to challenge your capacity to fire, not your conditioning capacity.**

EXCERCISE	SET 1	SET 2			
Lateral Skater Bounds	10 reps	10 reps			60sec
Explosive Crossover	10 reps	10 reps			60sec
Crossover Jumps to Skater Hop	6 reps	6 reps			
Diagonal Skater Hops	10 reps	10 reps			

BLOCK B: 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 in that first push in the opposite direction. **Stay low, stay light, stay athletic.**

EXCERCISE	SET 1	SET 2			
5 Yard Shuffle	20 sec	20 sec			60sec
5 Yard Shuffle w/ Crossover	15 sec	15 sec			60sec
Lateral Figure 8 Drill	6 reps	6 reps			
Linear Figure 8 Drill	6 reps	6 reps			
Linear Figure 8 Drill w/ Pivots	6 reps	6 reps			60sec

BLOCK C: CROSSOVER RUNS + SPRINTS

COACH NOTES: The first 2 runs should be for roughly 30-40 yards. We want you to be running almost in a zigzag - no straight lines. This will feel awkward at first, make sure you're creating a lean into your run. **Once you're comfortable, add some speed and really turn it up.**

EXCERCISE	SET 1	SET 2			
Linear Crossover Run	2 reps	2 reps			60sec
Linear Crossover Backwards Run	2 reps	2 reps			60sec
10 yard Sprints	3 reps	3 reps			
5-Backwards-10 Yard Sprints	1 rep	1 rep			

WORKOUT #3



LENGTH: 35 MIN

EQUIPMENT: Cones

FOCUS: Change Of Direction, Multi-Direction Speed, Acceleration, Quick Feet

BLOCK A: POWER EXPRESSION

COACH NOTES: For these drills, set up a square of cones that are roughly 5-6 feet apart. These drills are designed to challenge both your foot speed and capacity to change direction. **Make sure you're staying super low through all of these drills.**

EXERCISE	SET 1	SET 2			30sec
Around the Square	1 each	1 each			30sec Sprint
Hour Glass Square Drill	1 each	1 each			
Front/Back Hour Glass Square Drill	1 each	1 each			

BLOCK B: ACCELERATION

COACH NOTES: For these drills we really want to focus on our first 3-4 steps. These should be as aggressive and powerful as possible. **Stay low and really drive out of that bottom position.**

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

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			60sec
Square Drill	1 each	1 each			60sec Sprint
Zig-Zag Shuffle Drill	2 reps	2 reps			
N-Drill [Forwards]	2 reps	2 reps			
N-Drill [Forwards/Backwards/Forwards]	2 reps	2 reps			60sec
N-Drill [Forwards/Backwards/Forwards]	2 reps	2 reps			