



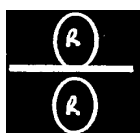
## Quick Feet Drills

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The following Quick Feet Drills are to be performed as a series of drills. In each drill, you jump over the line as many times as possible in a specified amount of time. Then, give yourself a few seconds to recover, and do the next set. Rest (approx. 30 seconds) in between exercises. During the agilities, rest between sets (approx 35 seconds) and get a long rest in between exercises (approximately 1 minute).

Before starting any workout, please remember to warm up and stretch properly. Incorporate speed drills into your warm up to help master the skills associated with proper running mechanics. A good warm up should last between five to ten minutes with the goal of increasing your internal, core body temperature. This increase in core temperature is normally defined when a substantial sweat is achieved. Then, take ten to fifteen minutes to dynamically stretch your entire body. Following the workouts, again, take time to warm down and stretch. Five to ten minutes is an adequate time for a warm down. The use of a static stretching program after a workout is more beneficial and should not be taken lightly. Stretching for fifteen minutes each day will increase the resting length of muscles, restore normal range of movement, encourage proper blood flow and permit increase of power with strengthening exercises.

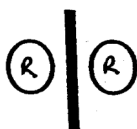
### Single Leg Front-to-Back



Start by hopping over the line with your right foot. Then hop back across the line as quickly as possible. Do as many reps as possible in the given amount of time. Repeat this exercises with the left foot.

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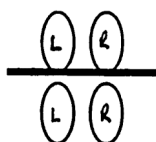
### Single Leg Side-to-Side



Start by hopping sideways across the line with your right foot. Then hop back across the line as quickly as possible. Do as many reps as possible in the given amount of time. Repeat this exercise with the left foot.

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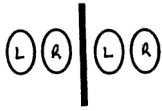
### Double Leg Front-to-Back



Start by hopping forward and across the line with both feet. Then hop back across the line as quickly as possible. Do as many reps as possible in the given amount of time.

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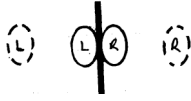
### Double Leg Side-to-Side



Start by hopping sideways across the line with both feet. Then hop back across the line as quickly as possible. Do as many reps as possible in the given amount of time.

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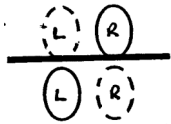
### On and Off the Line



Start with both feet touching the line. Next hop and spread both feet apart, upon touching the ground, quickly hop and bring both feet back together. Do as many reps as possible in the given amount of time.

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### Alternating Feet



Start with your right foot in front of the line and your left foot behind the line. Hop and quickly change foot positions so that your left foot is in front of the line and your right foot is behind the line. Do as many reps as possible in the given amount of time.

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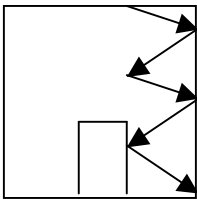
### Zig-Zag Shuffle Drill



Again start by facing the row of 10 cones. Start to the right of the line of cones. Step with your left foot in between the first two cones. Bring your right foot to the left and place it on the floor. Step with your left foot out to the left so that your feet are shoulder width apart. Then, step with your right foot in between the second and third cone. Bring your left foot to your right and again shuffle your right foot out to the right. Continue through the cones with your head up. Turn and jog back to the start.

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### ½ -Court Zig-Zag



Start at mid-court. Place 5 cones staggered from the side line to the lane line. Shuffle backwards from one cone to the other. Once you reach the baseline, turn and go in the same pattern from the baseline to mid-court.