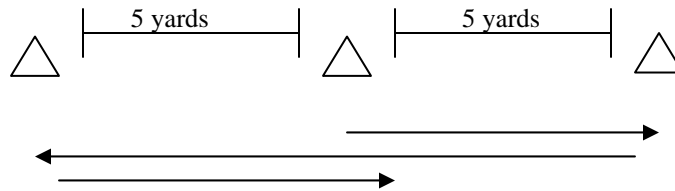


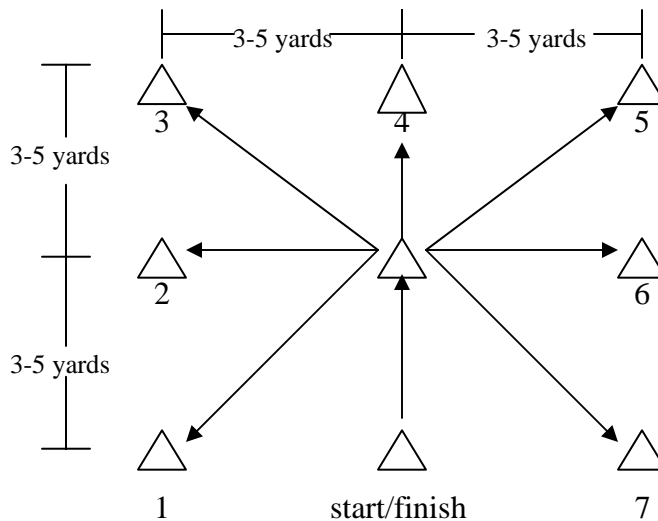
# University of Wyoming Agility

## 20 Yard Shuttle



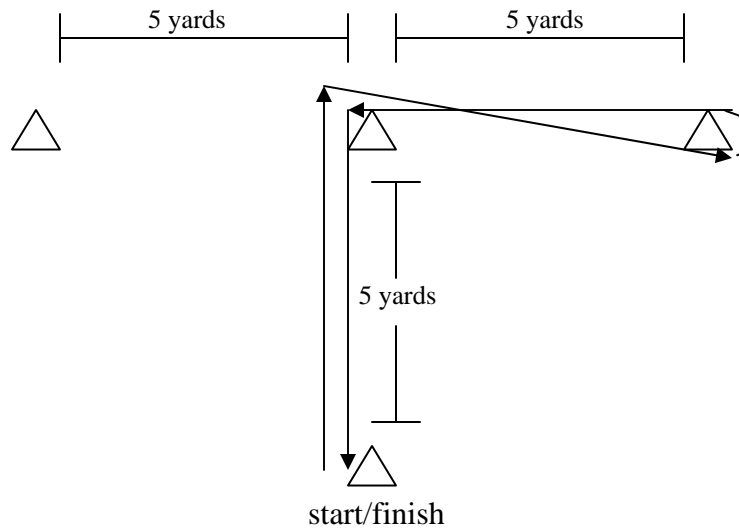
Starting in a two-point stance on the center line. Sprint 5 yards and touch line with your hand. Turn and sprint across the center 10 yards and touch the far line with your hand. Turn and sprint through the center to complete the drill. When going to the right, touch with your right hand, when going left, touch with your left hand.

## Star Drill (4 or 8 Points)



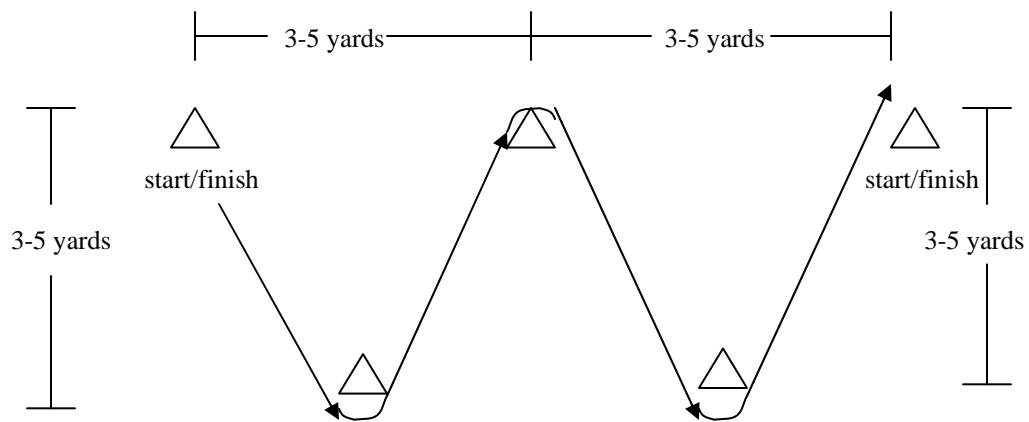
Starting in a defensive position, shuffle or slide to middle cone, then sprint to each numbered point. Jog back to the starting point. Turn inside and sprint when you have reached cones #6 and #7. Can also be done as a 4-point star using only starting, middle, #1, #3, #5, and #7 cones.

## ***L - Drill***



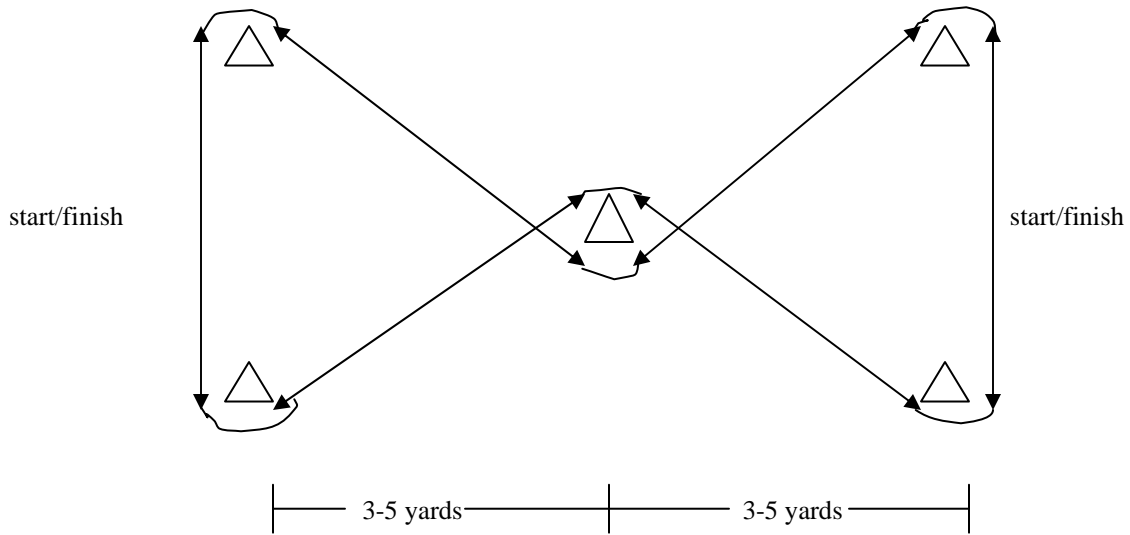
Starting in a two-point stance. Sprint around the outside of the first cone. Next sprint toward the second cone, go around the cone from the inside and then sprint back around the previous cone to the starting point. Can be run in both right and left directions.

## ***W - Drill***



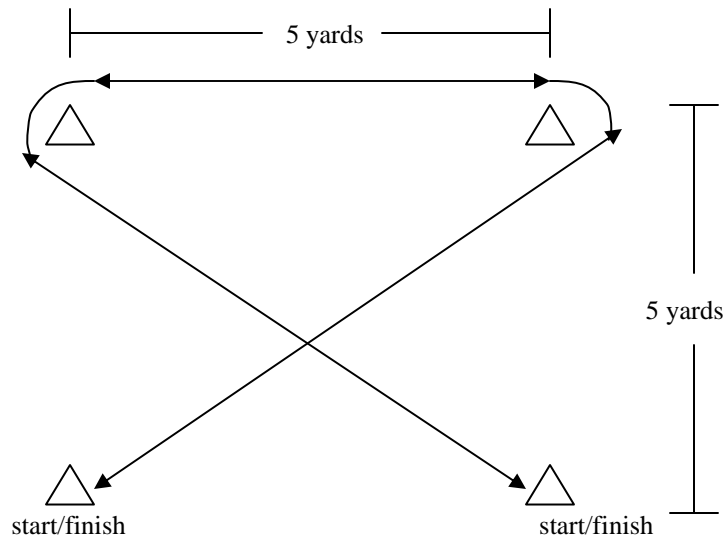
Starting in a two-point stance. Sprint around each cone. Can also be performed by backpedaling and sprinting, or sliding and sprinting, or shuffling and sprinting around the cones.

## *Snake Drill*



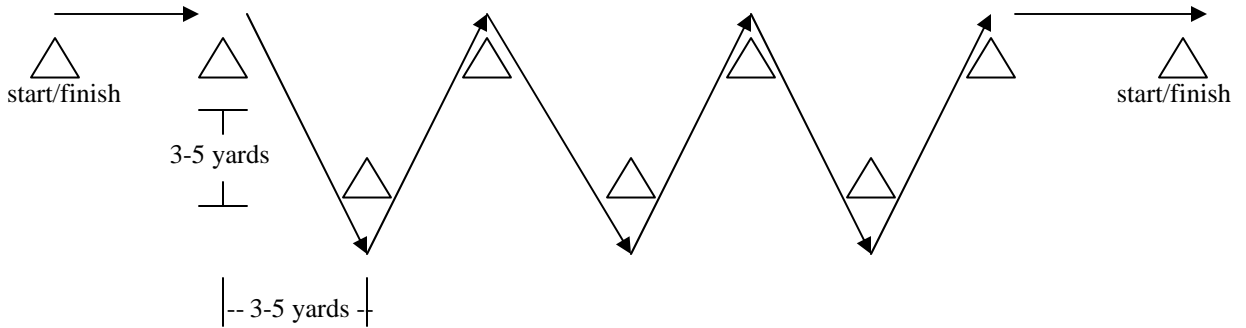
Starting in a two-point stance. Sprint around the outside of the outside cones and inside the inside cone.

## *Diagonal Box*



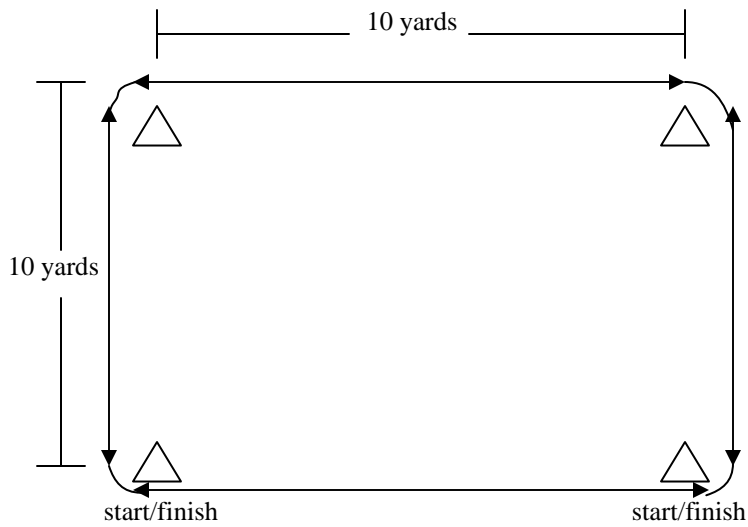
Start in a two-point stance. Sprint forward to the outside of the first cone (opposite), lateral shuffle, or slide, to second cone. Perform a 45° pivot and sprint at a 45° to the third cone.

## *Cone Chute*



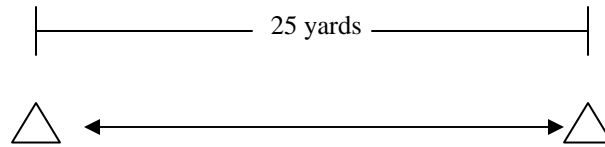
Starting in a two-point stance. Sprint around each cone. Can also be performed by backpedaling or sliding around each cone.

## *Agility Box*



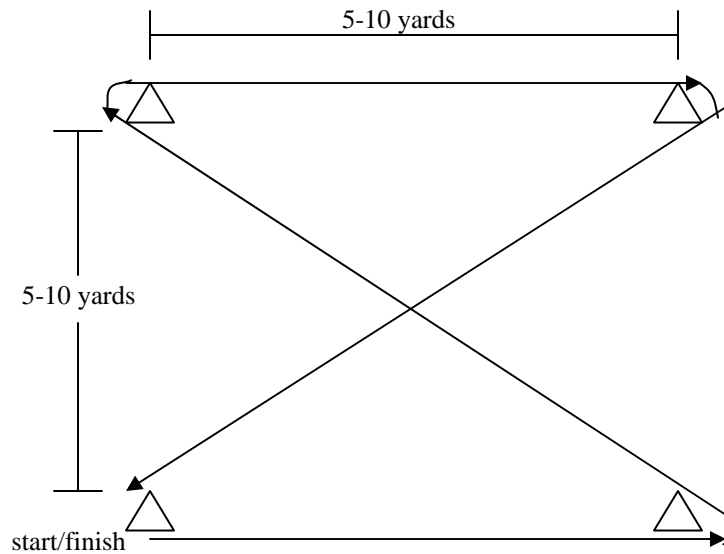
Starting in a two-point stance. Sprint forward to the outside of the first cone, lateral shuffle or slide to the second cone, backpedal to the third cone, and lateral shuffle or slide to the fourth cone.

## ***300 Yard Shuttle***



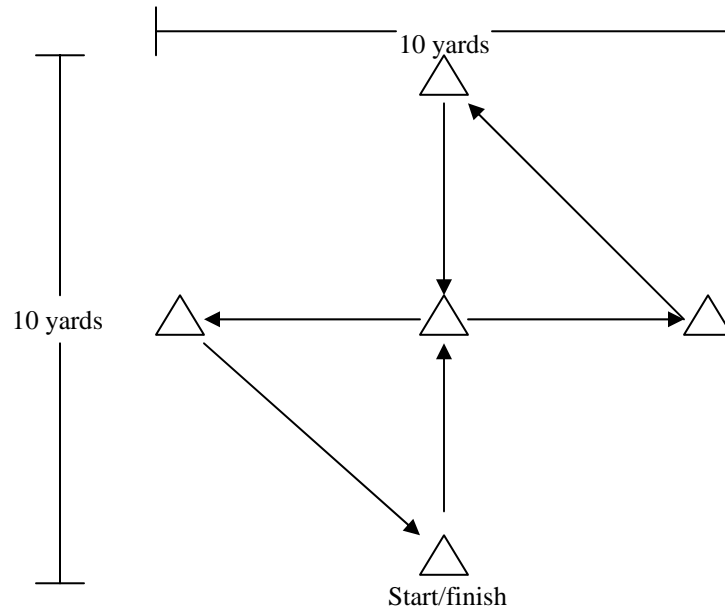
Starting in a two-point stance. Sprint 25 yards and touch the line with your hand. Make 6 continuous trips.

## ***Z - Drill***



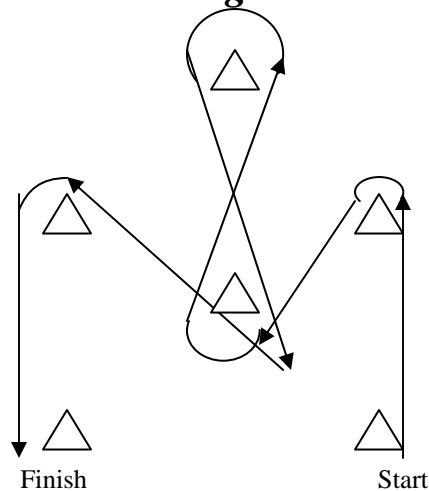
Starting in a two-point stance. Sprint forward to the outside of the first cone. Next, sprint diagonal to the outside of the second cone, then sprint forward to the outside of the third cone and diagonal to the fourth cone. (start and finish at the same cone).

## Diamond Drill



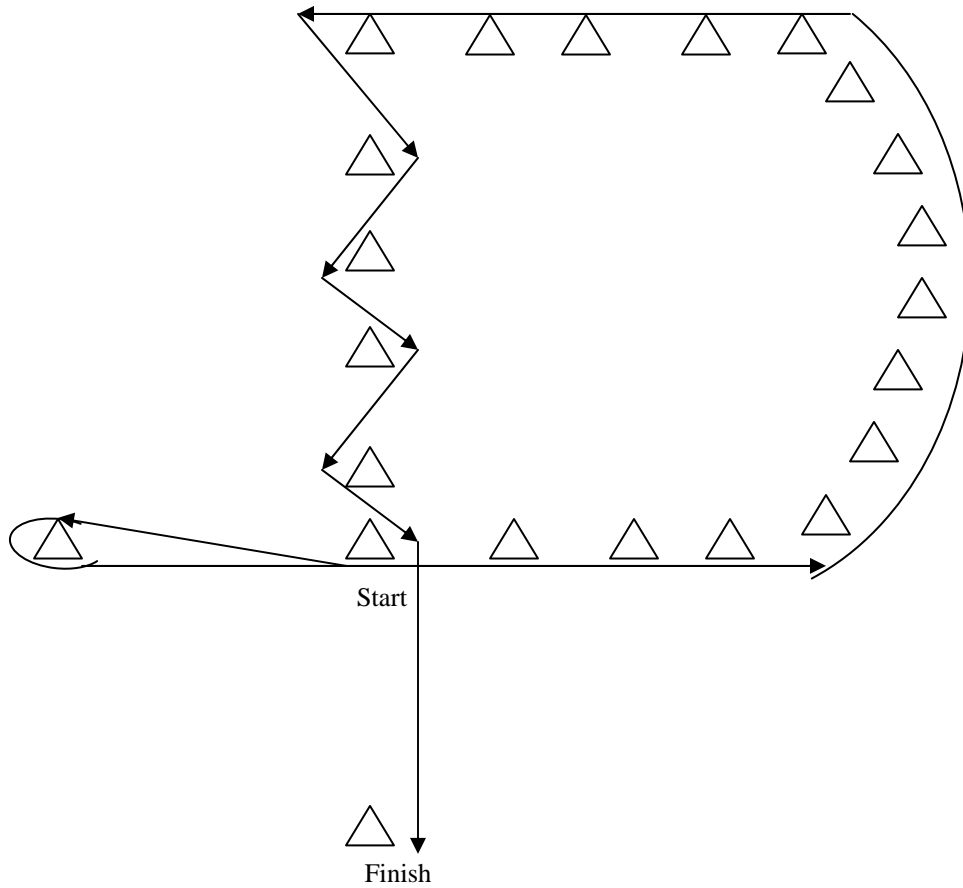
Starting in a two-point stance. Sprint forward to the middle cone. Next, sprint right to the second cone, then sprint at an angle to the third cone, sprint back down to the middle cone, sprint out to the fourth cone, and finally sprint at a angle to the first cone. (start and finish at the same cone). Can also slide, carioca, backpedal, or any combination, etc through the cones

## Chasing the Rabbit



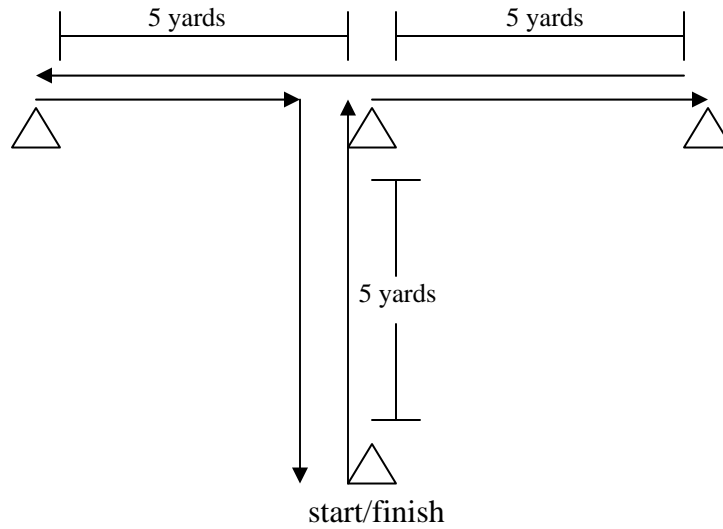
Starting in a two-point stance. Sprint forward to the first cone. Next, sprint around the middle cone and up to the top cone, then sprint around the top cone and back the middle cone. Finish by sprinting around the middle cone and to the top left cone, sprint around the cone and straight to the finish. *Cone distance will vary.*

## *The D - Drill*



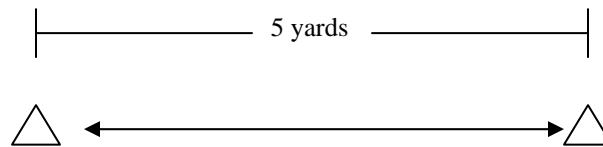
Starting by performing 20 mountain climbers. Sprint forward to the first cone. Sprint around the cone and sprint straight back and around the big curve. Once at the top of the “D” sprint straight to the last cone, finally sprint around all the cones. Finish with a hard straight sprint to the finish line. Make sure to run the drill in both directions. *Cone distance will vary.*

## *T - Drill*



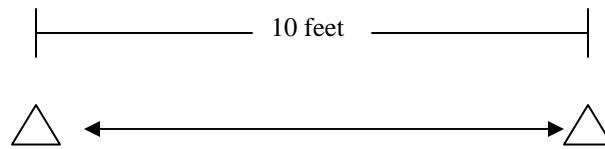
Starting in a two-point stance. Sprint around the outside of the first cone. Next sprint right toward the second cone, shuffle across the top to the next cone. Sprint back to the middle cone and then sprint straight to the finish. Run in both right and left directions.

## *Lateral Line Touches*



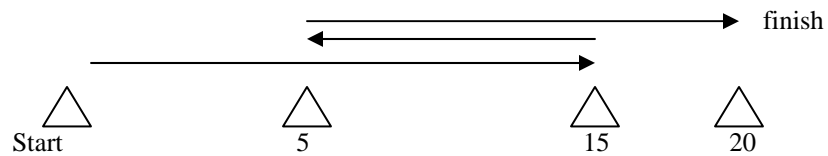
Starting in a two-point stance. Sprint between the cones for 10 sec, get as many touches as you can. Can also shuffle in between cones.

## ***Touch Ten***



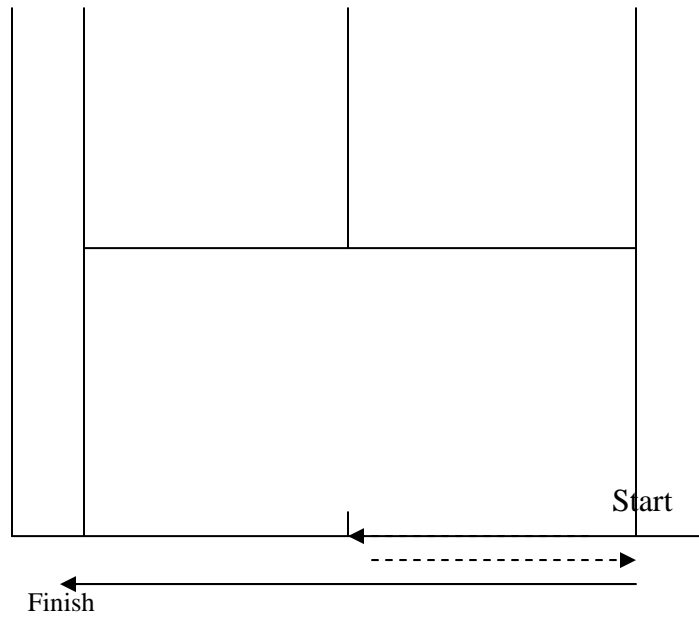
Starting in a two-point stance. Using your 3 step blocking footwork, get 10 touches as fast as you can. Don't bend over to touch the cone.

## ***Jingle Jangles***



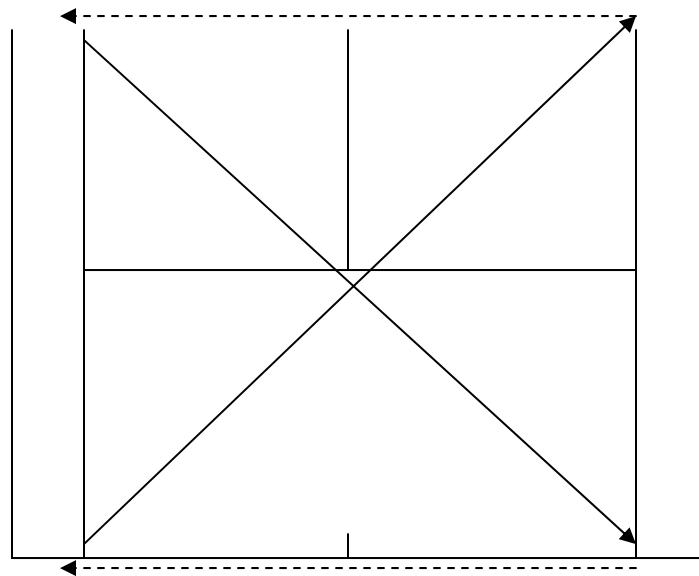
Start on the goal line and sprint to the 15 yard line, sprint back to the 5 yard line, and then sprint past the 20 yard line. Perform one rep every 40 seconds.

### *Court Drill A*



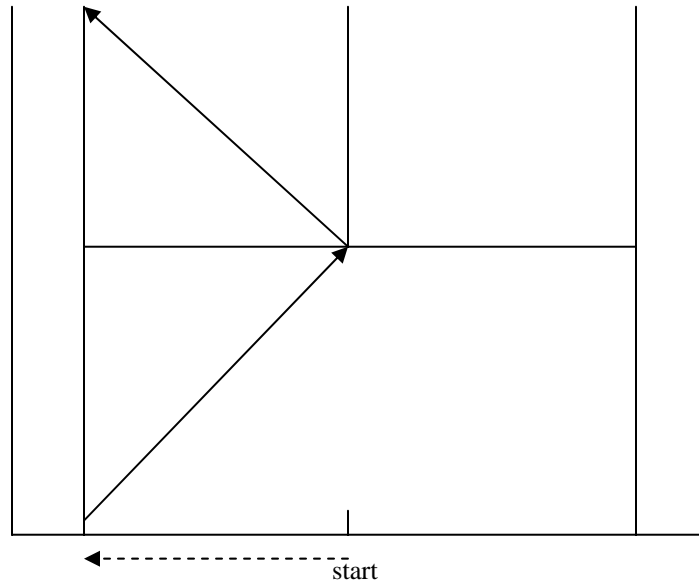
Starting in a two-point stance. Facing the net, shuffle to the middle of the court and back, then sprint to the other side of the court.

### *Court Drill B*



Starting in a two-point stance. Facing the net, shuffle the width of the court, next sprint at an angle to the net. Slide across the front of the net, drop step and sprint back to the baseline.

### *Court Drill C*



Starting in a two-point stance. Facing the net, shuffle to the sideline, sprint at an angle to the middle of the court. Plant and sprint at an angle to the net. Run in both directions.