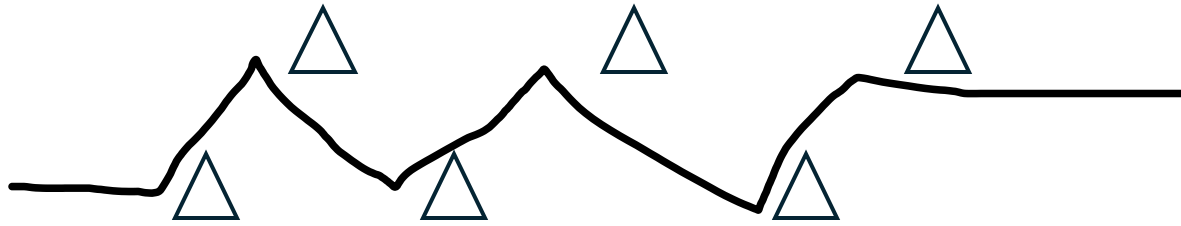


AGILITY DRILLS



T Drill

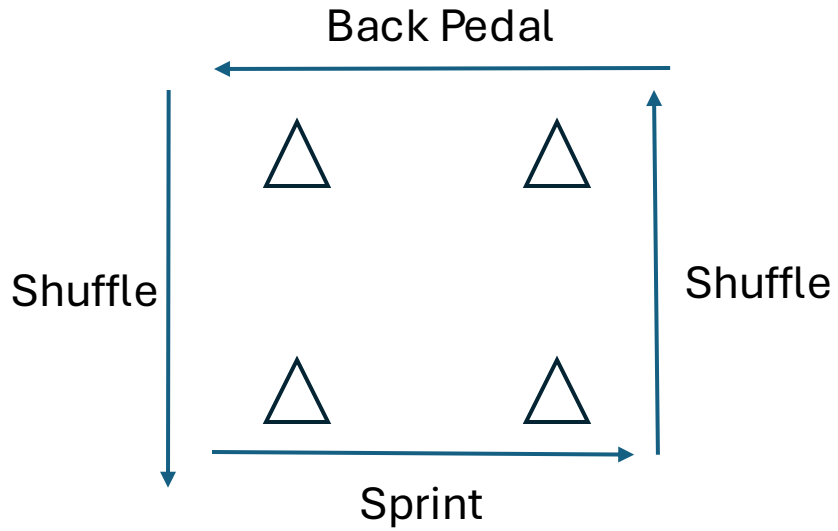
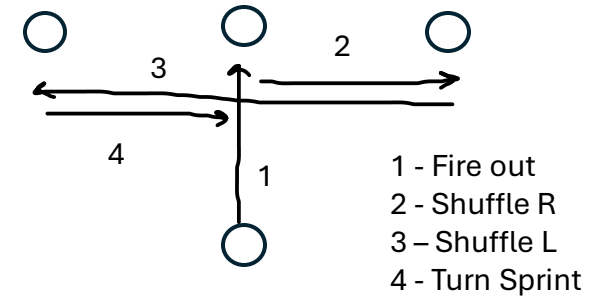
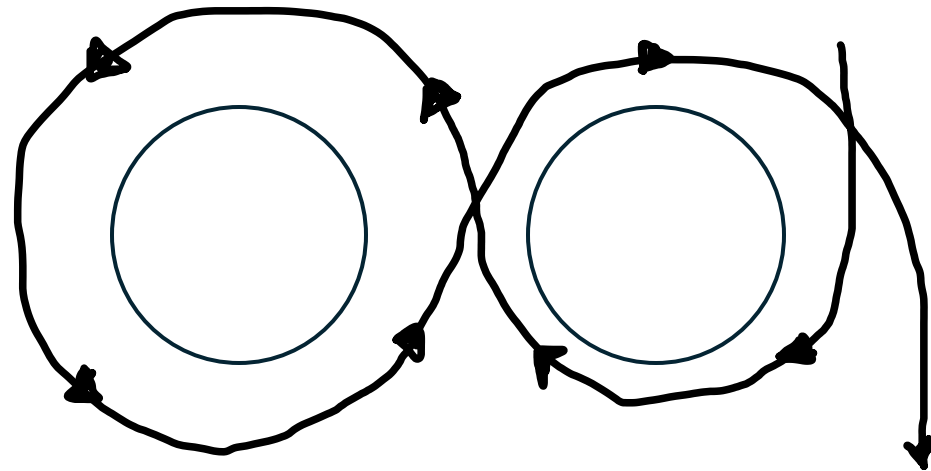
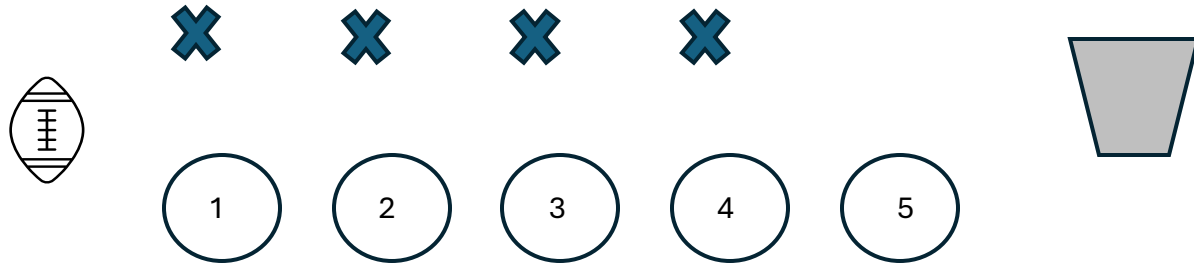


Figure 8

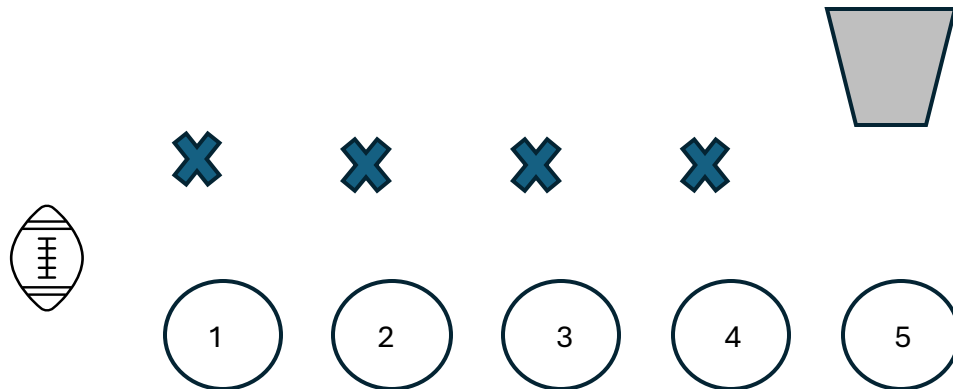


Pull Frog



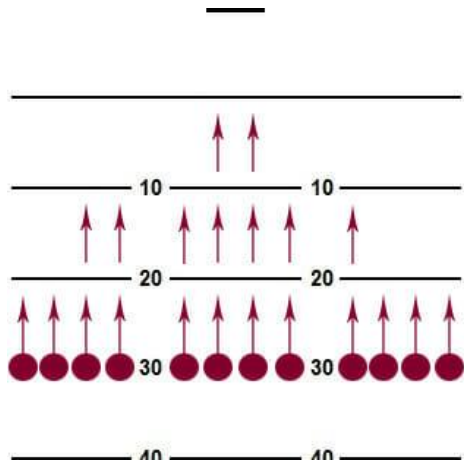
Kick Out Block

- Player (1) closest to ball goes first
- Work the first step and pull down the line
- Players (2-5) Down block towards ball
- Rotate to end of line when finished



Wrap Block

- Player (1) closest to ball goes first
- Work the first step and pull down the line
- Wrap around and hunt the backer
- Players (2-5) Down block towards ball
- Rotate to end of line when finished



Execution

1. This drill starts with each player in a 2-pt stance on the 30 yard line.
2. When the whistle is blown, each player must burst forward and sprint for 10 yards, and then get back into a 3 point stance on the 20 yard line.
3. The first five to complete this will get to sit out the rest of the drill.
4. The remaining players must stay in their 3-pt stance until the next cadence and "snap" of the ball.
5. The players burst out again, and they must drive for 10 yards.
6. First five get to sit out the next one. And so on.

ALTERNATIVE - Work on PULLING. Players line up and then turn and face a sideline, so the first step is a pull step.