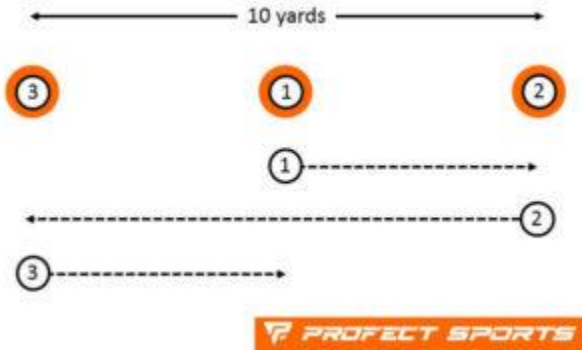




Agility Drills

5-10-5 Pro Agility Shuttle Drill

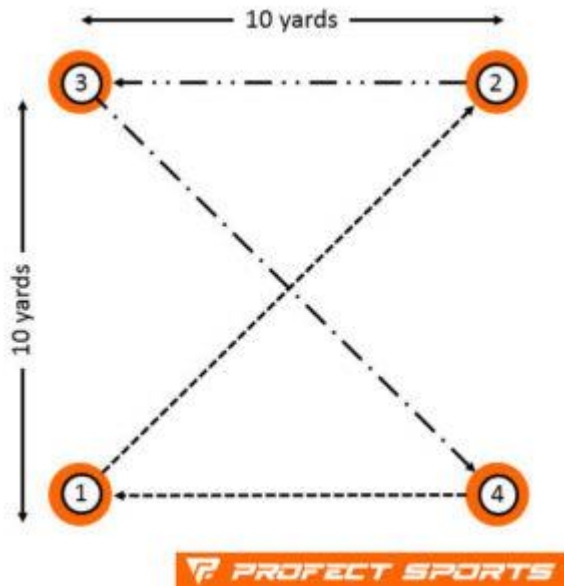


Also called the 20 yard shuttle, this is one of the most popular drills to measure quickness and agility.

Set Up: 3 Cones, 5 yards apart in a straight line

1. Start by straddling Cone #1 with one hand touching the cone.
2. Sprint to the Cone #2. Touch the cone with your right hand.
3. Change direction and sprint to Cone #3. Touch that cone with your left hand.
4. Sprint back through the starting Cone #1.
5. Repeat in opposite direction.

X Drill



The X Drill is excellent for developing change of direction, quick feet, and running at different angles. This is a helpful drill for practicing quick transitions and developing faster reaction times.



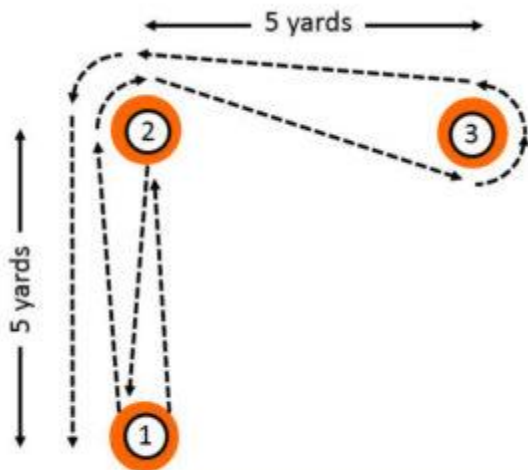
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Set Up: 4 Cones, 5 yards apart in a square

1. Start at Cone #1. Sprint to Cone #2.
2. Lateral shuffle across to Cone #3.
3. Pivot 45 degrees and cross over backwards to Cone #4.
4. Turn and sprint back to Cone #1.
5. Switch starting cone and repeat in opposite direction.

3 Cone / L Drill



The 3 cone L drill is another popular agility test used in the NFL combine to assess agility, balance, and change of direction.

Set Up: 3 Cones, 5 yards apart in L shape

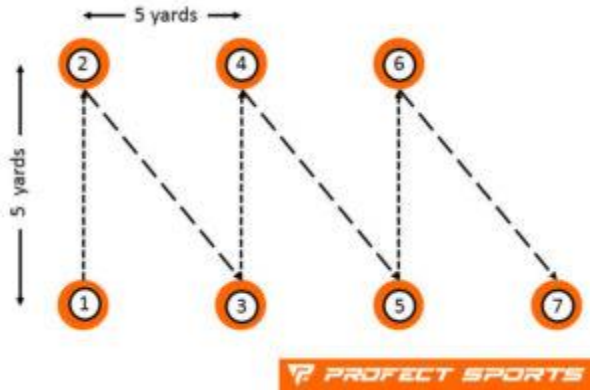
1. Start in a three point stance. Sprint to and touch Cone #2.
2. Sprint back to and touch Cone #1.
3. Sprint up and around Cone #2 toward the inside of Cone #3.
4. Turn around Cone #3, back around Cone #2 and passed Cone #1.
5. Switch starting cone and repeat in opposite direction.



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W Drill

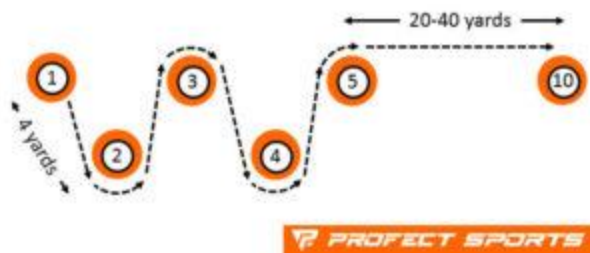


A great drill to develop acceleration, change of direction, and forward to backward movements. This drill can also be performed side to side with diagonal sprints and lateral shuffles using the same cone positioning.

Set Up: 7 Cones, 5 yards apart in zig-zag pattern

1. Start at Cone #1. Sprint to Cone #2.
2. Plant with the outside foot. Backpedal to Cone #3.
3. Sprint to Cone #4. Repeat until finished with all cones.
4. Switch starting cone and repeat in opposite direction.

Slalom Weave Drill



This can be useful to build agility cutting in different directions quickly as well as a skill builder by dribbling a soccer or basketball to build handling and footwork skills.

Set Up: 10-15 Cones in a straight line, each cone 4 yards apart

1. Weave in and out of the cones going around the outside of the cones.
2. Walk or jog back to the starting position and repeat.
3. To add a speed element, add another cone 20-40 yards past the end of the slalom as a final all out sprint.