

DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

AGILITY DRILLS

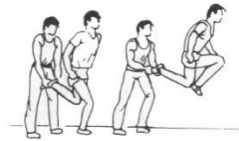
Split Jumps



1-leg Vertical Jump



Stationary hopping



Squat Jump



One Leg over the Line



Side Step Box Shuffle



Jumping over Barrier
(add rotation element)



Hurdles



Speed skaters Cone Touch



Lateral Bound



One-Two Stick



45° One-Two Cut

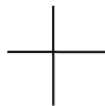


Clap push-ups

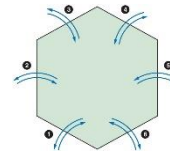


Hopping Drills

X-Drill (multiple patterns)

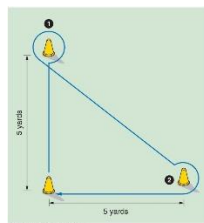


Octagon Drill

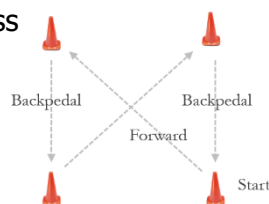


Cone Drills

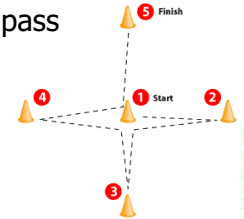
Right Triangle



Hour Glass



Compass



Medicine Ball



Kneeling Chest Throw



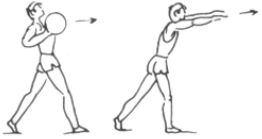
Half Kneeling Chest Throw



Turn and Throw



Overhead Slams



Standing Chest Throw



Standing Overhead Throw



One-Arm Chest Throw

Lander Drills

- Double foot jumps
- Quick Steps
- Cross Step
- Double Shuffle
- Side Step