

Agility Training – Week 1

Dynamic Warm up 10 minutes

High knees
Skips
Light jogging
Stretches

Exercise 1- Isometric Lunge 3x30 (Each Side)

Coaching points

- * Squeeze Core
- * Trail leg down low
- * Keep upper body high

Exercise 2 – Single Leg Snap down 3x5 (ES)

Coaching Points

- * Start in extended position
- * Knees out over toes in ready position
- * Hands behind back

Exercise 3 – Multidirectional Hops – Forward, Back, Right, Left 3x10 (ES)

Coaching Points

- * On balls of feet
- * Use arms for balance
- * Double step if more stabilization is needed

Exercise 4 – Single Leg RDL 3x5 (ES)

Coaching Points

- * Keep standing leg knee bent
- * Keep hips straight
- * Keep foot on extended side pointed down

Exercise 5 – Bulgarian Split Squat (ES) 3x10

Coaching Points

- * Back leg for stabilization
- * Push through heel
- * Keep weight on front leg

