



Speed & Agility Training Protocol

Agility ultimately sets apart the great athletes from the average ones. If you've ever watched athletes such as Fernando Tatis Jr., Matt Breida, Steph Curry and Connor McDavid during a game all players, even of different sport, are extremely difficult to defend.

Agility is defined as an athlete's ability to accelerate in a target direction as fast as possible, decelerate in that same direction, plant, and reposition body mass appropriately to effectively reaccelerate in a new direction—all within a matter of seconds. If an athlete can't do that, they're not only at a distinct disadvantage but also more likely to be injured.

The good news: Although you might not consider yourself the most agile player on your team, there are always ways to improve!

That's where the following five workouts come in. They're built on classic exercises used by countless athletes to master agility training. These agility workouts can give you some fresh new training ideas to help you stay more engaged with your current routine, and ignite new development that can not only complement but also improve your performance.

Below is a list of workouts, including a warm-up phase to get you primed and ready to perform at optimal levels. (This is also a great way to warm-up prior to a lift)

Agility training warm-up

Phase #1: Self-myofascial (foam rolling/ lacrosse ball) release:

- a. Calves/peroneus: 20 sec on each side
- b. TFL-IT band: 20 sec on each side
- c. Hip flexors: 20 sec on each side
- d. Quads: 20 sec on each side
- e. Adductors: 20 sec on each side

Phase #2: Dynamic stretching:

- a. Ankle mobility and calf stretch: 1 x 5 reps / leg
- b. Linear and lateral leg swings: 1 x 10 reps / leg
- c. Quadriceps heel-to-butt stretch: 1 x 5 reps / leg

- d. Internal and external leg cradles: 1 x 5 reps / leg
- e. Forward split squat: 1 x 5 reps / leg
- f. Lateral split squat: 1 x 5 reps / leg

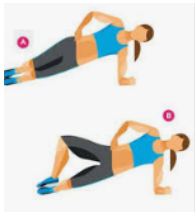
Phase #3: Muscle activation techniques:

- a. Front- and side-plank: 1 x 10 sec. each
- b. Glute bridges: 1 x 10 reps
- c. Quadruped / bird dogs: 1 x 5 reps per leg



On your hands and knees, extend your right leg behind you and your left arm in front of you. Return to start. Then extend your right arm and your left leg behind you. That's one rep.

- d. Clamshells: 1 x 10 sec isometric hold



Lie down on your side with your knees bent slightly. Wrap an elastic band around your knees and slowly open and close your legs.

Phase #4: Explosive Plyometrics:

- a. Lateral stutters: 2–3 sets x 10 yards each direction; 30 sec rest

Perform a series of stutter steps as quickly as you can for 5-10 yards. Keep your feet as low to the ground during each step as possible.

- b. Lateral barrier jumps: 2–3 sets x 10 sec; 30 sec rest

Use a 12-18" tall barrier or low hurdle (or imaginary hurdle) . Jump back and forth sideways over the barrier. Focus on landing lightly on the balls of your feet.

Workout #1

A. Box drill: 2–3 sets x 4 reps; rest 1–2 min between sets

Set up 4 cones 5 yards apart in a square. Start at the bottom right cone. Sprint to top right, shuffle to top left, backpedal to bottom left, and turn and sprint to where you started for the finish.

B. Shuffle, shuffle, sprint: 2–3 sets x 2 reps on each side; rest 1–2 min between sets

Pick a starting location. Side-shuffle rapidly for 5 yards, then turn and sprint for 10 yards.

Cool-down: Light foam rolling, static stretching for 10 minutes

Workout #2

A. Lateral speed shuffles: 5–8 sets x 20–30 seconds; rest 1–2 min between sets

Set up 2 cones 5 yards apart, and shuffle back and forth toward each cone as fast as you can.

B. High hurdle jump to sprint and cut: 2–3 sets x 5 reps; rest 1–2 min between sets

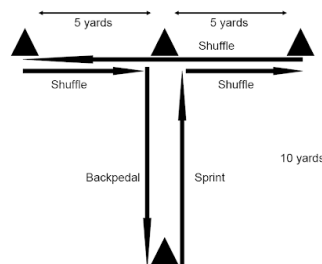
Jump over 2–3 hurdles/ objects (each about a yard apart), sprint 5 yards, then plant and cut either right or left.

Cool-down: Light foam rolling, static stretching for 10 minutes

Workout #3

A: T-Drill: 2–3 sets x 4 reps per direction; rest 1–2 min between sets

Set up a cone series in the form of a T (approximately 5 yards apart each cone). Start at the bottom, sprint to the top, shuffle to right side of T, then shuffle to the left, then back to center, and then backpedal to the start. That's one rep.



B. Cone ladder drill: 2–3 sets x 4 reps per direction; 1-2 minutes between sets
Sprint 5 yards, cut right and sprint 5 yards, cut left and sprint 5 yards, cut left and sprint 5 more yards, and finally cut right and sprint through the finish. Set up cones to help cue your cuts.

Cool-down: Light foam rolling, static stretching for 10 minutes

Workout #4

A. L drill:

2-3 sets x 4 reps per direction; rest 1-2 minutes between sets



Set up 3 cones 5 yards apart in an L shape. Starting at the first cone, sprint to the middle cone, touch the cone, sprint back to the first cone, and touch the first cone with the same hand you used to touch the middle cone. Sprint back around the middle cone, and figure 8 around the far cone. Sprint back around the middle cone, and finish by running past the starting cone.

B. Lateral Bounds: 5-8 sets x 20 seconds; rest 1-2 minutes between sets

Take one lateral jump to the right, step, and perform one more lateral jump to the right. Repeat sequence to your left. Do as many reps as possible within 20 seconds.

Cool-down: Light foam rolling, static stretching, for 10 minutes

Workout #5

A. Build-ups: 2-3 sets x 4 per set; rest 1-2 minutes between sets

In this drill you will begin in an athletic starting position (this is best suited to how you start within your sport) you will build up from a 50% → 75% → 100% run increasing speed as you go every 15 yards until you are at a top end sprint. Here your focus is to complete a smooth transition through each running phase. This will help the athlete improve stride length acceleration and body control.



B. Turn & Burn: 2-3 sets x 4 reps per direction; rest 1-2 minutes between sets

The athlete will begin on the starting line facing backwards. They will begin with a backpedal for 5 yards then turning 180° and sprinting full out for another 10 yards. Repeat this alternating side to which the athlete turns.

The athlete should be focused on footwork during the turn and keeping the hips under the shoulders (not getting tangled up) and body control as we go from a backpedal to a sprint.

Cool-down: Light foam rolling, static stretching for 10 minutes

Try adding in these speed and agility workouts to your regular workout routine to stay on top of your game and be prepared for the upcoming season!

If you have any questions or are looking for more ways to make the most out of your training please contact The Gauntlet Athletic Co.

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**"WORK HARD SO THAT ONE
DAY YOUR SIGNATURE
WILL BE CALLED AN
AUTOGRAPH"**

