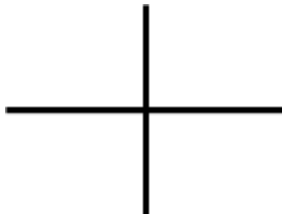




X or BOX- Footwork Drills & Plyometrics

Use tape or intersecting lines

You can either choose a place on the field that has 2 lines that are perpendicular to each other.



i.e. -

Footwork

10 seconds of work 10 seconds of rest

1. side to side hop
2. front to back
3. Ali Shuffle/Scissors
4. 3 boxes in one direction (clockwise or counter clockwise)
5. 3 boxes in the other direction
6. Get creative!

Speed Movements

10/20 yards Max Reps, quick touch with your feet and next rep

1. High Knees
2. Butt Kicks
3. A Skips
4. B Skips
5. Power Skips for height
6. Power Skips for distance
7. Bounding
8. Lounge to high skip each leg
9. Alternating skip lunges
10. Long jumps
11. Repeated Long Jumps



Plyometrics for Speed

1. Squat Jumps w/ Pause - 3x5
2. Broad Jumps - 3x3
3. Double Broad Jump 3x3
4. Ice Skaters - 3x4
5. Lateral Hurdle or Line Hops 3x4 ea side

Video Examples

Line Drills: <https://www.youtube.com/watch?v=lEC-PLUTpuc>

Squat Jump w/ Pause, Broad Jump, Ice Skater: <https://youtu.be/96zJo3nlmHI>