

Week	Day One	Day Two	Day Three	Day Four	Day Five
<b>One</b>	Pro Agility (5) Zig-Zag (5) Nebraska Agility (5) Build-ups (3x100) Starts (6x10 yards) 20s (2) 30s (2) 40s (1) Stadium/Hills (6x10 yards) 1:00 rest between reps 2:00 rest between sets	35 minute continuous run. Record distance covered (Goal is 6 miles)	OFF	Flying 20s (4) 40s (4) Colgate Agility (4) 4 Corners (5) Mirror Drill (2) 1:00 rest between reps 2:00 rest between sets	Two 12 minute continuous runs. Four minutes rest between runs. (Goal is 2 miles each time)
<b>Two</b>	Pro Agility (5) Zig-Zag (5) Nebraska Agility (5) Build-ups (3x100) Starts (6x10 yards) 20s (2) 30s (2) 40s (1) Stadium/Hills (6x10 yards) 1:00 rest between reps 2:00 rest between sets	Same distance as last week but the goal is to reduce the time it takes to do it.	OFF	Flying 20s (4) 40s (4) Colgate Agility (4) 4 Corners (5) Mirror Drill (3) 1:00 rest between reps 2:00 rest between sets	Two 11 minute continuous runs. Four minutes rest between runs. (Goal is 2 miles each time)
<b>Three</b>	Pro Agility (6) Zig-Zag (5) Nebraska Agility (6) Build-ups (4x80) Starts (8x10 yards) 20s (1) 30s (1) 40s (1) 50s (1) 80s (1) Stadium/Hills (6x15 yards) 1:00 rest between reps 2:00 rest between sets	Two 18 minute continuous runs. Six minutes rest between. Count total distance covered. (Goal is higher total than last week)	OFF	Flying 20s (4) 40s (5) Colgate Agility (4) 4 Corners (5) Mirror Drill (3) 1:00 rest between reps 2:00 rest between sets	Two 10 minute continuous runs. Four minutes rest between runs. (Goal is 7+ laps each time)
<b>Four</b>	Pro Agility (6) Zig-Zag (5) Nebraska Agility (6) Build-ups (4x80) Starts (8x10 yards) 20s (1) 30s (1) 40s (1) 60s (1) 80s (1) Stadium/Hills (10x15 yards) 0:45 rest between reps 2:00 rest between sets	Two runs times the same distance as last week. Six minutes rest between runs.	OFF	Flying 20s (4) Downhill Sprint (3x40 yards) 40s (3) Colgate Agility (5) 4 Corners (6) Mirror Drill (3) 1:00 rest between reps 2:00 rest between sets	Two 9 minute continuous runs. Four minutes rest between runs. (Goal is 6+ laps each time)
<b>Five</b>	Pro Agility (6) Zig-Zag (6) Nebraska Agility (6) Build-ups (5x60) Starts (8x10 yards) 20s (1) 30s (1) 40s (1) 60s (1) 80s (1) Stadium/Hills (10x15 yards) 0:45 rest between reps 2:00 rest between sets	Two 16 minute continuous runs. Five minutes rest between. Count total distance covered.	OFF	Flying 20s (5) Downhill Sprint (4x40 yards) 40s (4) Colgate Agility (5) 4 Corners (6) Mirror Drill (4) 0:45 rest between reps 2:00 rest between sets	Two 8 minute continuous runs. Four minutes rest between runs. (Goal is 6 laps each time)



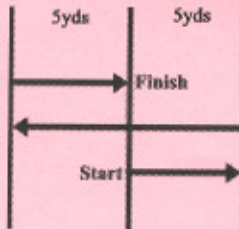
Week	Day One	Day Two	Day Three	Day Four	Day Five
<b>Six</b>	Pro Agility (6) Zig-Zag (6) Nebraska Agility (6) Build-ups (5x60) Starts (10x5 yards) 30s (1) 40s (1) 60s (2) 80s (1) Stadium/Hills (10x15 yards) 0:45 rest between reps 2:00 rest between sets	Two runs times the same distance as last week. Five minutes rest between runs.	OFF	Flying 20s (5) Downhill Sprint (4x40 yards) 40s (4) Colgate Agility (5) 4 Corners (7) Mirror Drill (4) 0:45 rest between reps 2:00 rest between sets	Two 7 minute continuous runs. Four minutes rest between runs. (Goal is 5+ laps each time)
<b>Seven</b>	Pro Agility (7) Zig-Zag (6) Nebraska Agility (6) Build-ups (5x60) Starts (10x5 yards) 30s (1) 40s (1) 60s (2) 80s (1) Stadium/Hills (10x15 yards) 0:45 rest between reps 2:00 rest between sets	Two 14 minute continuous runs. Four minutes rest between runs. Count distance covered.	OFF	Flying 20s (5) Downhill Sprint (5x40 yards) 40s (5) Colgate Agility (6) 4 Corners (8) Mirror Drill (4) 0:40 rest between reps 2:00 rest between sets	Two 6 minute continuous runs. Four minutes rest between runs. (Goal is 4+ laps each time)
<b>Eight</b>	Pro Agility (7) Zig-Zag (6) Nebraska Agility (6) Build-ups (5x60) Starts (10x5 yards) 30s (1) 40s (1) 60s (2) 80s (1) Stadium/Hills (10x15 yards) 0:40 rest between reps 2:00 rest between sets	Two runs times the same distance as last week. Four minutes rest between runs.	OFF	Flying 20s (5) Downhill Sprint (5x40 yards) 40s (5) Colgate Agility (6) 4 Corners (8) Mirror Drill (4) 0:40 rest between reps 2:00 rest between sets	Three 5 minute continuous runs. Four minutes rest between runs. (Goal is 4 laps each time)
<b>Nine</b>	Pro Agility (8) Zig-Zag (6) Nebraska Agility (8) Build-ups (6x40) Starts (12x5 yards) 40s (1) 60s (2) 80s (2) Stadium/Hills (10x15 yards) 0:35 rest between reps 2:00 rest between sets	Two 12 minute runs. Count the distance covered. Four minutes rest between runs.	OFF	Flying 20s (6) Downhill Sprint (6x40 yards) 40s (6) Colgate Agility (7) 4 Corners (8) Mirror Drill (5) 0:35 rest between reps 2:00 rest between sets	Four 4 minute continuous runs. Four minutes rest between runs. (Goal is 3 laps each time)
<b>Ten</b>	Pro Agility (8) Zig-Zag (6) Nebraska Agility (8) Build-ups (6x40) Starts (12x5 yards) 40s (1) 60s (2) 80s (2) Stadium/Hills (10x15 yards) 0:35 rest between reps 2:00 rest between sets	Two runs times the same distance as last week. Four minutes rest between runs.	OFF	Flying 20s (6) Downhill Sprint (6x40 yards) 40s (6) Colgate Agility (7) 4 Corners (8) Mirror Drill (5) 0:35 rest between reps 2:00 rest between sets	Three 1-mile runs. Four minutes rest between runs. (Objective is to run the fastest pace you can maintain each time)



## Agility Drills

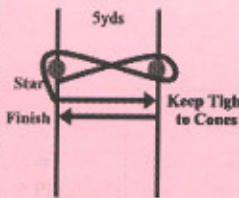
### Pro Agility

(5-10-5yds: Sprint-Sprint-Sprint) Mark off 10 yards, making lines at 0, 5 and 10 yards. Straddle the middle (5yd) line with feet hip-shoulder width apart and a lowered center of gravity. Turn and sprint to the right 5yds, touch the line with your right hand, turn back and sprint 10yds, touch the line with your left hand, turn back and sprint through the line you started at (pretend you're running on a straight line).



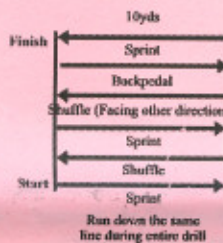
### Nebraska Agility

(5-5-5-5yds: Figure 8-Sprint-Backpedal) Set up 2 cones 5yds apart. Start on right side of the first cone, sprint to left side of the other cone, put your right hand down on the ground and pivot around the cone till you are facing the first cone, sprint to right side of the first cone, put your left hand down on the ground and pivot around the cone till you are facing the second cone. (You have now completed the "figure 8"), staying on the same side you are on and staying close to the cones, sprint to the line the second cone is resting on, then backpedal to the starting line.



### Colgate Agility

(10-10-10-10-10-10: Sprint-Shuffle-Sprint-Shuffle-Backpedal-Sprint) Mark off 10yds, run a total of 60 yards. Sprint 10yds, turn either way and shuffle back 10yds, turn and sprint 10yds, then turn the opposite direction of original turn and shuffle back 10yds, backpedal 10yds, then sprint through starting line.



### Four Corners

(Sprint-Shuffle-Backpedal-Carioca) Sprint to the first cone, do an inside pivot around outside of the cone (should be facing opposite direction), shuffle to the next cone, do an inside pivot around outside of the cone (should be facing opposite direction), backpedal to the next cone, do an inside pivot around outside of the cone (should be facing opposite direction), finish with a Carioca to the first cone.

### Comeback

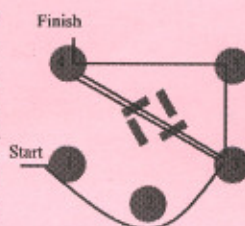
(Backpedal-Comeback-Backpedal-Comeback) Backpedal to first cone, plant outside the cone and sprint diagonally to next cone, plant outside the cone, backpedal to next cone, plant outside the cone and sprint diagonally to the first cone.

### Drop

(Sprint-Drop Sprint-Sprint-Drop Sprint) Sprint to first cone, plant outside the cone and drop sprint (head should be "on a swivel" looking back) diagonally to next cone, plant outside the cone, sprint to next cone, plant outside the cone and drop sprint diagonally to the first cone.

### Football Performance Agility

(5x7yd box, 2 yds deep for arc: 1 set = 8x, alternate directions) With 5 cones, make a 5x7yd box with the fifth cone bisecting the 7yd distance and being 2yds outside the box. From standing start at cone 1, sprint the arc around cone 2 to cone 3, make cut inside of cone, sprint diagonally over plyo-hurdles (12" high) to cone 4, turn and sprint back over the hurdles to cone 3, make cut inside cone, sprint to cone 5, make inside cut (speed cut works well here), then sprint to the finish at cone 4.



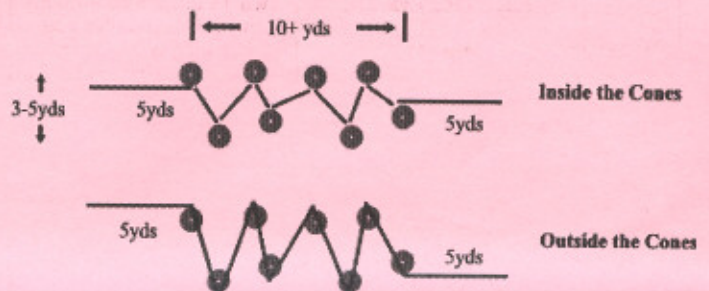
### Mirror

(Takes 2 people) Have a 5yd wide lane for specified distance. Facing each other, start at one end and run to other end of the lane. Object is for the "offensive" player to make the defender work extremely hard by making lots of cuts, jukes and moves at full speed. If the offensive player gets past the defender, the defender shoulder turns and sprints to cut him off and the offensive player should let defender catch him and then continue trying to get past him.



### Zig-Zag Drills

Using 8 cones, set up a course like in the diagram. You can combine any of the below drills (i.e. Sprint + Shoulders Square + Outside the Cones + Choppy Steps). When setting up your course, make cone placements sporadic rather than exactly 1x5 yards apart from each other.



### Other Zig-Zag Drills

#### Inside the Cones

Make cuts inside the cones

#### Outside the Cones

Make cuts outside the cones

#### Choppy Steps

When making cuts use steps that are short and choppy

#### Plant Step

When making cuts plant on the outside foot

#### Sprint

Sprint from cone to cone

#### Forward Shuffle

Shuffle from cone to cone facing forward

#### Backward Shuffle

Shuffle from cone to cone facing backward

#### Shoulders Square

Keep shoulders square with the course

#### Inside Hand Down

Place inside hand down during cut



**Speed Development Sprint Drills****Starts**

Sprints focused on the starting acceleration. Directly behind the starting line, place the foot of your non-dominant leg (to help you decide your dominant leg, while standing with your feet together have someone push you from behind; whichever leg you step out with is your dominant leg so it should go behind). Place the knee of your dominant leg at the instep (middle) of your front foot and place the hand of the dominant side leg down behind the line. Maintaining your foot placements, raise your hips up as high as you can, roll forward over your shoulders (your hips should be higher than your shoulders and all your weight should feel like it is leaning forward on the ball of your front foot; heel should not be touching the ground). Cock back your free arm as far back as you can and flex the front leg so that it is ready to extend. Explode out with a forward lean in a "Pumping" (See Sprint Technique Drills—Pump) action.

**Position/Standing Starts**

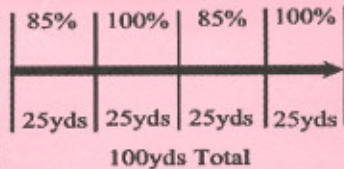
Sprints focused on the starting acceleration, begin in whatever starting position your sport or position starts in.

**Build-Ups**

Gradually increase speed over the specified distance reaching maximum speed at the end, slow down over the next 20yds. This should resemble a car with an automatic transmission—the speed change should be gradual and not visible at any one point.

**Hollow Sprint**

While sprinting, vary your speed back and forth from 85% to 100% within the specified distances. This should resemble a car when shifting gears—the speed change should be immediate and visible at each point.

**Backpedal**

See Sprint Technique Drills—Backpedal

**Hill (Resistive)**

Find a hill long enough to meet the prescribed distance, the hill should have approximately a 15 degree angle or greater.

**Downhill Sprint (Over-Speed)**

Find a hill long enough to meet the prescribed distance, the hill should have approximately a 5 degree angle or less. This drill should only be done if you have been faithful and consistent with all of your training because there is a high risk for hamstring injury to those who are not prepared for it.

**Flying Sprints (Flying 10s/20s/30s)**

Run as you would a build-up for first 30 yards, then hold maximum speed for the specified distance. 