

Wesleyan University Strength & Conditioning
Head Coach: Drew Black 860-685-2907 dblack@wesleyan.edu

Speed & Agility Competitive Drills

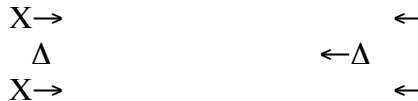
Ideas developed from the NSCA Northeast Regional Strength Conference 4/9/05; Presenter Jim Liston

Below are drills/competitive game drills that you as a coach or an athlete can use in your training to enhance your speed, agility, and speed endurance (interval training) specific to your sport. These drills work best when you can train with a partner or your team so there will be 100% effort through competing with and against your team members.

Linear Drills

2 cones about 10-15 yards apart (Start slow and work up to fast)

- Run forward to the first cone, break down at the second cone & run backward to the starting cone. (Repeat this 3x's-Up, Back, Up, Back, Up Back) rest 1:3 work/rest ratio



- Run forward to the first cone, break down at the second cone & run backward to the starting cone. (Repeat this 3x's-Up, Back, Up, Back, Up Back) rest 1:3 work/rest ratio. **Finish at each cone by breaking**

(stopping on the right leg)
(stopping on the left leg)
(stopping with the opening & closing the hip)



- **Partner Race:** Run forward to the first cone, break down at the second cone & run backward to the starting cone. (Repeat this 3x's-Up, Back, Up, Back, Up Back) rest 1:3 work/rest ratio. **Finish at each cone by breaking**

(stopping on the right leg)
(stopping on the left leg)
(stopping with the opening & closing the hip)



- **Partner Mirror:** One partner leads & can go forward, backward in no set pattern, the partner must follow or “Mirror” the lead partner’s movement. The lead partner is trying to lose their partner while the other partner is trying to keep up. (use a time interval for this drill :10, :15, :20 intervals as a suggestion)



- **Partner Directed:** One partner leads by the use of voice, whistle, or hand cues. The partner can point, blow a whistle, or use voice commands to cue the athlete to run forward, backward, and hit the ground & get back up (use a time interval for this drill :10, :15, :20 intervals as a suggestion)

Δ X→ ←Δ X (partner)

Lateral Drills

2 cones about 10-15 yards apart (Start slow and work up to fast)

- Have the athlete & partner start in the middle of the 2 cones. The athletes will then side shuffle to each cone & touching each cone 3 x's and finish in the middle

Δ← X →Δ
←X→

- **Partner Race:** Have the athlete & partner start in the middle of the 2 cones. The athletes will then side shuffle to each cone & touching each cone 3 x's and finish in the middle

Δ← X →Δ
←X→

- **Partner Mirror:** Have the athlete & partner start in the middle of the 2 cones. One of the athlete's will lead while the other follows. The leader athlete can move anywhere side to side within the cones trying to lose their partner. The partner must do his/her best to keep up with their partner (use a time interval for this drill :10, :15, :20 intervals as a suggestion).

Δ← X →Δ
←X→

- **Partner Directed:** One partner leads by the use of voice, whistle, or hand cues. The partner can point, blow a whistle, or use voice commands to cue the athlete to side shuffle left, right, or hit the ground & get right back up. You may have the athlete move in the direction cued and then get right back to the center & foot-fire in the middle waiting for the next partner cue (use a time interval for this drill :10, :15, :20 intervals as a suggestion).

Δ← ←X→ →Δ
X (partner directed)_

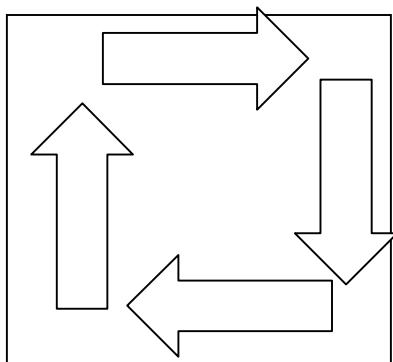
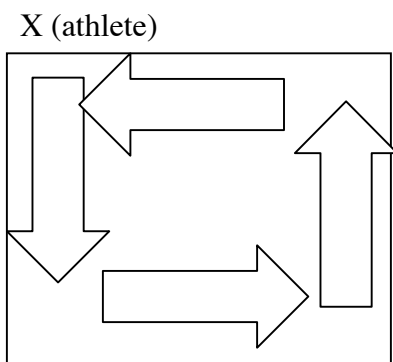
These are some examples of competitive, interval, agility drills that you can use in your training. Be creative by using different movements (grapevines, diagonal shuffles, etc.), a combination of visual & auditory cues to direct where the athlete(s) will move, and even add in your sport specific equipment such as basketballs, baseballs, lacrosse stick & ball, etc.. I am sure you will come up with many different ideas to build on these drills.

4 Cone Drills/Box Drills (Start slow and work up to fast)

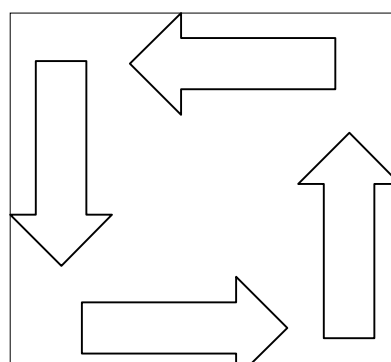
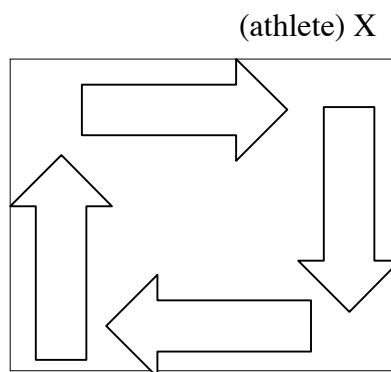
Like the lateral & linear competitive drills, make the 4 cone/box drill a competitive drill or game as well. Set up 2 of these boxes facing each other. When the athlete's do this drill they will automatically be competing against another athlete across from them

Four Cone-Box Drills: Agility-Change of direction

↑ → ↓ ← (forward run, side shuffle, backward run, side shuffle)-Around the square box



X (athlete)



(athlete) X

Progressions

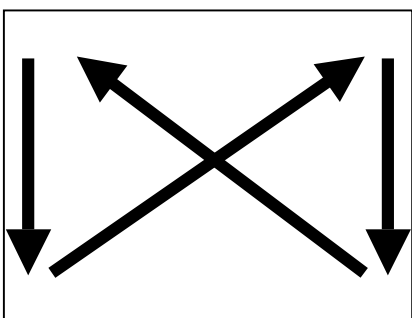
- Have the athletes go through the drill to learn it (forward, side, backward, side)
- **Partner Race-who finishes first**
- **Partner Mirror:** One partner leads, the other follows. The lead partner can move in any direction along the lines using the same movements (forward, side, backward, side). The leader's goal is to try & lose their partner while the partner mirrors the leader's movement. Use a :10, :15, or :20 interval for this game. Rest 1:3 Work:Rest Ratio. Switch the leader & repeat
- **Partner Directed:** A partner can use visual or auditory cues to direct their partner. You can have them start anywhere on the box or in the box. If the athlete starts in the center of the box they can foot-fire & then be directed to go to a cone & come back to the center to foot-fire
- **Use a variety of athletic movements around the box**
- Keep the drills the same, but now move the athlete to the other side of the box and repeat the movements the other direction

4 Cone Drills/Box Drills (Start slow and work up to fast)

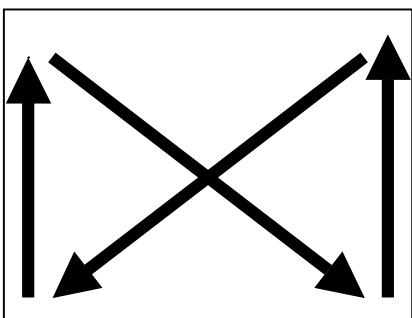
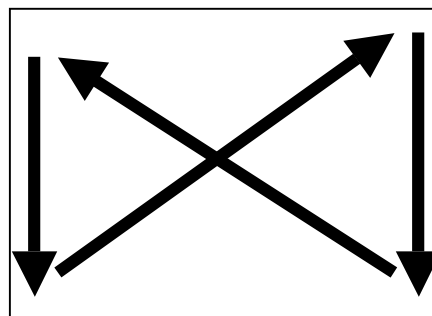
We will still perform 4 cone/box drills, but let's have **diagonal backward runs** through the middle of each box.

- **F**orward run, **B**ackward diagonal run, **F**orward run, **B**ackward diagonal run to the start

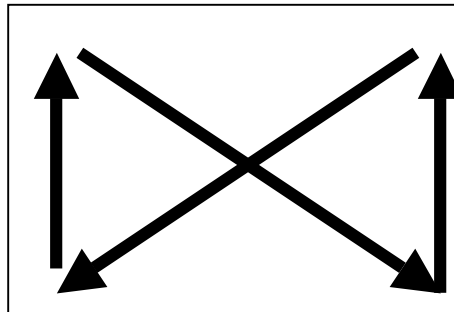
X (athlete)



(athlete) X



X (athlete)



(athlete) X

Progressions

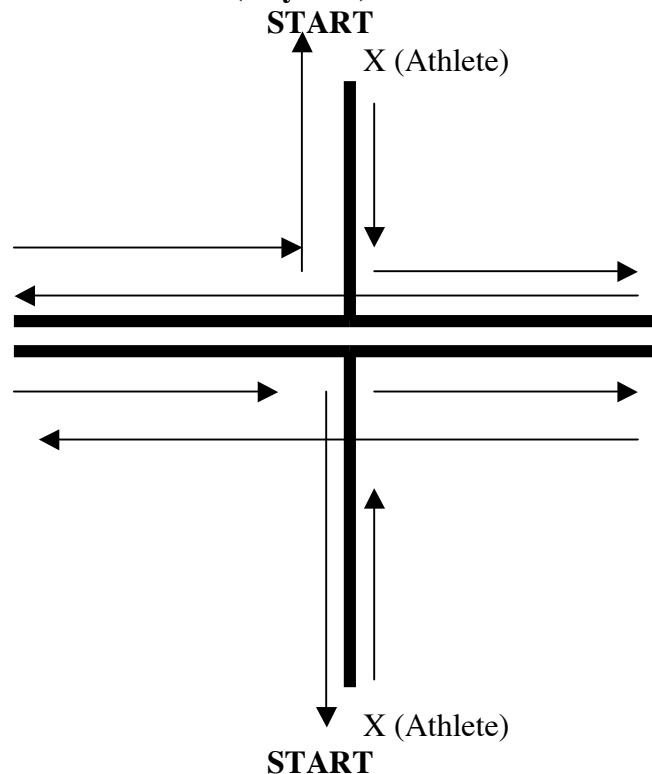
- Have the athletes go through the drill to learn it
- **Partner Race-who finishes first**
- **Partner Mirror:** One partner leads, the other follows. The lead partner can move in any direction along the lines using the same movements. The leader's goal is to try & lose their partner while the partner mirrors the leader's movement. Use a :10, :15, or :20 interval for this game. Rest 1:3 Work:Rest Ratio. Switch the leader & repeat
- **Partner Directed:** A partner can use visual or auditory cues to direct their partner. You can have them start anywhere on the box or in the box. If the athlete starts in the center of the box they can foot-fire & then be directed to go to a cone & come back to the center to foot-fire
- **Use a variety of athletic movements around the box**
- Keep the drills the same, but now move the athlete to the other side of the box and repeat the movements the other direction

T-Test Competitive Drills

Like the other competitive drills (Linear, Lateral, 4 Cone/Box), make the T-Test drill a competitive drill or game as well. Set up 2 of these “T’s” facing each other. When the athlete’s do this drill they will automatically be competing against another athlete across from them

T-Test: 4 cones or markers needed for 1 T-Test

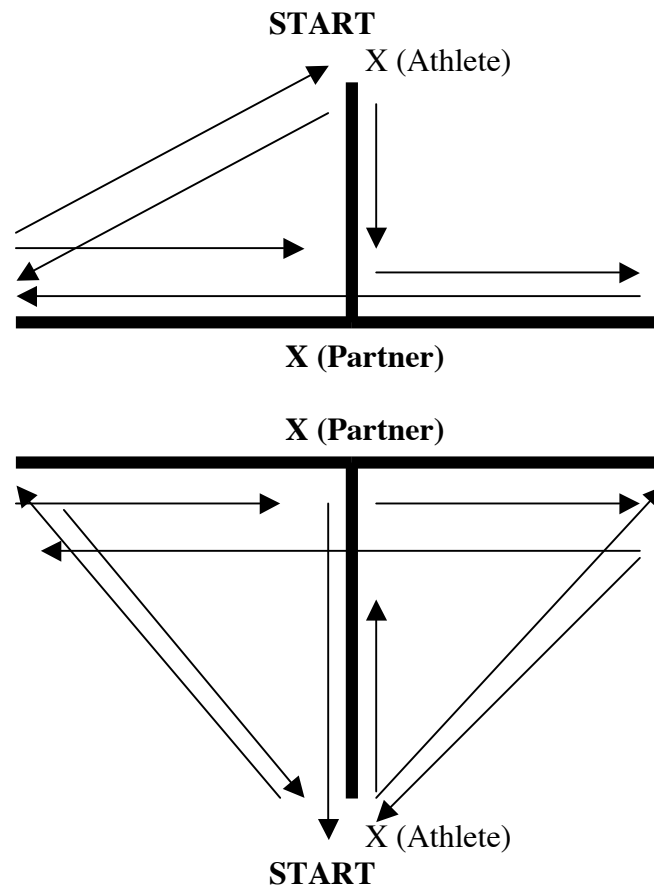
- Run Forward, Stop-touch cone (**10 yards**)
- Side shuffle one direction-touch cone (**5 yards**)
- Side shuffle all the way across-touch cone (**10 yards**)
- Side shuffle back to the middle touch the cone (**5 yards**)
- Run backwards to the start (**10 yards**)



Progressions

- Have the athletes go through the drill to learn it
- **Partner Race-who finishes first**
- **Partner Mirror:** One partner leads, the other follows. The lead partner can move in any direction along the lines using the same movements. The leader’s goal is to try & lose their partner while the partner mirrors the leader’s movement. Use a :10, :15, or :20 interval for this game. Rest 1:3 Work:Rest Ratio. Switch the leader & repeat
- **Partner Directed:** A partner can use visual or auditory cues to direct their partner. You can have them start at the base of the “T”. They can foot-fire & then be directed to go to a cone & come back to the start to foot-fire

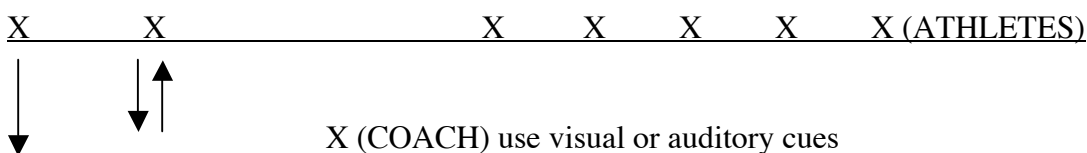
- Use a variety of athletic movements on the T-Test
- **Partner Mirror:** Add in Diagonal Runs to end cone & back to the start, but they must run while looking at their partner at all times. One partner leads, the other follows. The lead partner can move in any direction along the lines using the same movements. The leader's goal is to try & lose their partner while the partner mirrors the leader's movement. Use a :10, :15, or :20 interval for this game. Rest 1:3 Work:Rest Ratio. Switch the leader & repeat
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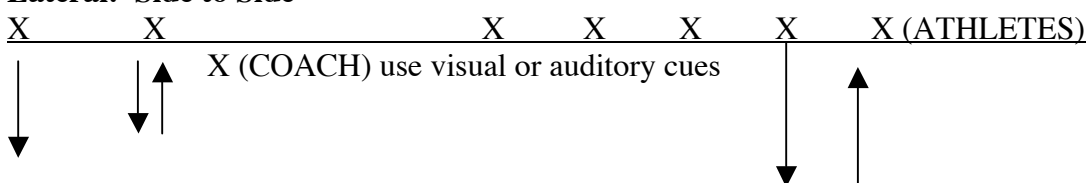
Agility Runs

Use the same idea from the linear & lateral drills, but now you can use bigger space such as a field, gymnasium, or a field house. Have an athlete or a coach direct you via the use of **visual cues (cones in hands) (forward, back, right, left, drop & up)**, or **auditory cues (forward, back, right, left, drop & up)** or a combination of **visual & auditory cues (cones in hands, whistle in mouth, or shouting commands)**. Think about what your athletes respond to when they are on the field, court, ice, or mat and put these ideas into play.

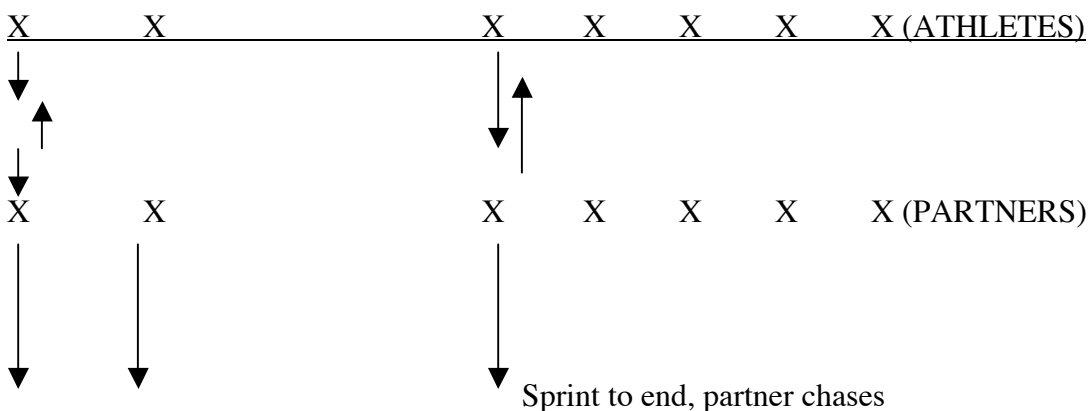
Linear: Forward & Backward



Lateral: Side to Side



Partner Competitive: Partners face each other on a line. The partner on the line can move forward & backward. The partner facing must move and follow forward & back. At anytime in this competitive drill/game, the partner who is following may just turn & take off, NOW THIS PERSON IS THE LEADER. The other partner must then sprint after and try to tag.



The ideas are endless. Think of other drills that you can now make game like and competitive. Your athletes will be motivated and you will become a more creative, motivating coach. If you come up with new ideas & games please do share. Thank you.