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| | Ladder Station: | Setup 2 ladders to run 2 players at a time. Pick 2-3 drills. | |
| | Cone Stations: | Pick 2-4 drills to run. Setup drill to run two players at a time. | |
| | Hurdle Station: | Setup 2 hurdle drills to run 2 players at a time. Pick 2-3 drills. | |
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| Dynamic Warm-Up | SPEED | Agility & Power | Quickness / Lateral Speed |
| 1/2 Speed Run | <i>Ladder</i> | <i>Ladder</i> | <i>Ladder</i> |
| Quad Walks | 1 Foot Runs | Hop Scotch | Buzz Saw |
| Shin Grabs | 2 Foot Runs | Straddle Hops | Icky Shuffle |
| Elbo to Instep | Lateral Runs | Jump Cuts | Linear Trail Whip |
| Carioca L/R | Icky Shuffle | Crazy Climber | Cross Counrty Skier |
| Trail Leg Walking | <i>Cones</i> | <i>Cones</i> | <i>Cones</i> |
| 3/4 Speed Run | Linear Cone Alley | 4 Corners | Lateral Cone Alley |
| Walking Superman | L Drill | Mirror Drill | 5-10-5 |
| Russian Walks | Figure 8 Tag | 1-2-3 Back | Figure 8 Shuffle |
| Shuffle to Back Pedal L/R | <i>Hurdles</i> | <i>Hurdles</i> | <i>Hurdles</i> |
| High Knees | Dead Leg | Hurdle Maze | Lateral Hops |
| Butt Kickers | Sprint Progression | Straddle Hops | Run Ins |
| Standing Long Jumps | Run Ins | Staddle Hops Backwards | Lateral Hops |
| Rapid Feet | Front/Back Hops | | Icky Shuffle |
| Sprint X2 | | | |
| OPTIONAL | | | |
| Arm Circles | | 4 Corners Variations | Cone Alley Variations |
| Figure 4 | | Sprint/Shuffle/Back Pedal, etc. | Linear W Sprints |
| A-Skips | | Sprints | Linear W Sprints w/ x-over |
| Lung Twists | | Inside/Outside Sprint | Linear W Sprints w/ Shuffle |
| Inch Worm | | 360's | Lateral W Sprints |
| Over/Under Fence | | X Drill | Lateral W Sprints Backwards |
| Backwards Open Hips | | M Formation(5th cone in middle) | Lateral W Sprints w/ Sprint |
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