

SPEED & AGILITY 1

1A: TWISTER

Duration: 8-12 Reps

Start: Facing diagonally, stand with left foot on 1, right foot on 5. Jump counterclockwise and land with left foot on 4, right foot on 2.

Move: Jump clockwise back to 1 & 5 (not completing a full circle).

Stop: When left foot is back on 1 and right foot is back on 5.

START



MOVE



STOP



Increase Difficulty: Mix arrows into the pattern. Jump to up & down arrows after 1 & 5. Jump to right & left arrows after 4 & 2.

1B: UP AND BACK

Duration: 8-12 Reps

Start: Facing forward, stand with left foot on 4, right foot on 5. Jump with both feet to 3, jump forward with left foot landing on 1 and right foot on 2.

Move: Still facing forward, jump with both feet back to 3 and back to 4 & 5.

Stop: When left foot is back on 4 and right foot is back on 5.

START



MOVE



STOP



Increase Difficulty: Jump and turn in the air after landing on 1 & 2, so body is facing opposite direction for 3, 4, and 5.

- Tape spots on the floor
- Drawer Linings
- Chalk

**2A: LINEAR/
LATERAL RUN**

Duration: 8-12 Reps

Start: Facing forward, stand in 1st square, knees and elbows bent. Lean and step to left of 2nd square with left foot, then right foot.

Move: Continue pattern, stepping into next square, then to right of square with right foot, then left foot.

Stop: When you reach the end of the ladder.

START



MOVE



STOP



Increase Difficulty: Skip stepping into each square, moving directly from left to right of square.

**2B: LATERAL
RUN**

Duration: 8-12 Reps

Start: Facing to the right, knees and elbows bent. Run sideways into center of each square, starting with right foot.

Move: Continue pattern, always stepping with right foot first and left foot passing over right foot.

Stop: When you reach the end of ladder.

START



MOVE



STOP



Increase Difficulty: Cross left foot over right into the next square with high knees.

**3A: LINEAR RUN
 STAGGERED
 STEP**

Duration: 8-12 Reps

Start: Stand behind 6 hurdles, step with outside foot over 1st hurdle. Step over 2nd hurdle with other foot. Keep elbows bent and stay on balls of feet.

Move: Continue alternating feet, completing the course in 6 steps only.

Stop: After the 6th step.

START



MOVE



STOP



Increase Difficulty: Vary the distance between each hurdle.

**3B: TWO-FOOT
 LINEAR JUMPS**

Duration: 8-12 Reps

Start: Facing forward with legs and feet together, jump over each hurdle with both feet, keeping elbows bent.

Move: Land on the balls of both feet in front of each hurdle.

Stop: After the last hurdle.

START



MOVE



STOP



Increase Difficulty: Jump with high knees.

- Pantry items
- Folded blanket or towel
- Rolls of toilet paper

4A: LINEAR RUN

Duration: 8-12 Reps

Start: Facing forward with elbows bent, run over hurdles, taking 1 step only between each hurdle.

Move: Continue pattern, keeping back straight and lifting knees to waist.

Stop: When you reach the last hurdle.

START

MOVE

STOP



Increase Difficulty: Run with high knees and stay on balls of feet.

4B: LATERAL SHUFFLE

Duration: 8-12 Reps

Start: Facing to the right, quickly shuffle feet in front of and around 1st hurdle and behind and around 2nd hurdle.

Move: Continue pattern, weaving around each hurdle while keeping back straight and body facing to right.

Stop: When you reach the last hurdle.

START

MOVE

STOP



Increase Difficulty: Increase and vary distance between each hurdle.

- Pantry items
- Folded blanket or towel
- Rolls of toilet paper

SA: ONE-FOOT JUMP

Duration: 8-12 Reps

Start: Facing forward, knees and elbows bent. Jump forward into each square, landing on right foot.

Move: Continue pattern, keeping left foot tucked behind body and landing only on right foot.

Stop: When you reach the end of the ladder. Alternate feet each rep.

START



MOVE



STOP



Increase Difficulty: Jump out to the right and left of each square. Jump with non-dominant foot only.

SB: IN-OUT JUMPS

Duration: 8-12 Reps

Start: Facing forward, knees and elbows bent. Jump into 1st square with both feet. Jump out to sides of 1st square with left foot to left of square and right foot to right of square.

Move: Jump into 2nd square and out to sides with corresponding foot on each side.

Stop: When you reach the end of the ladder.

START



MOVE



STOP



Increase Difficulty: Jump into 1st square and immediately out to the sides of the 2nd square, into the 3rd square, out to sides of 4th, and so on.

- Electrical/Painters Tape
- Chalk