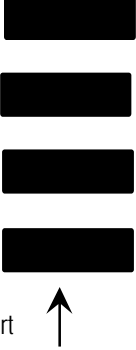

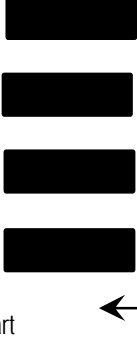

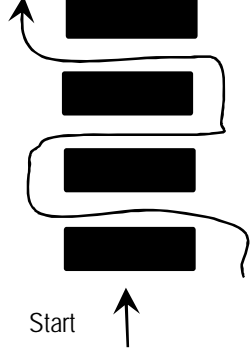
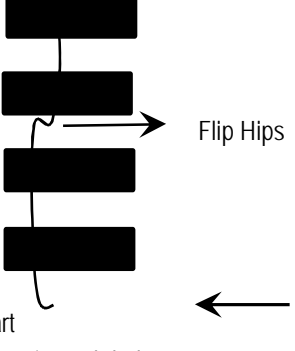
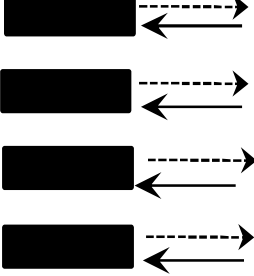



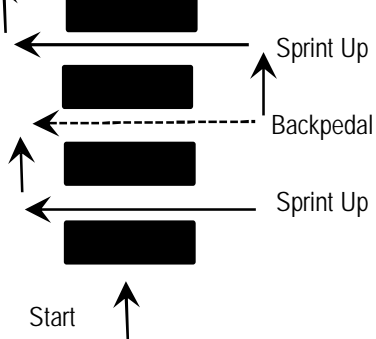
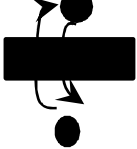


Agility Bag Drills:

<p><u>1-Foot in Each Hole</u> Finish w/ 10 Yard Sprint</p> 	<p><u>2-Foot in Each Hole</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Lateral Shuffle over the Top</u> Finish w/ 10 Yard Sprint</p> 
<p><u>1-Step in Each Crossover Run</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Side To Side Weave</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Lateral Shuffle Over the Top w/ Hip Flip</u> Finish w/ 10 Yard Sprint</p> 
<p><u>Press and Skate</u> Finish w/ 10 Yard Sprint</p>  <p>Dotted Lines-BackPedal. Press w/ Hands Bend at knees and waist</p>	<p><u>2-Foot Bunny Hop Over</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Right Leg Bunny Hop Over</u> Finish w/ 10 Yard Sprint</p> 
<p><u>Left Leg Bunny Hop Over</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Attack and Retreat</u> Finish w/ 10 Yard Sprint</p> 	<p><u>Lateral Speed Hops</u></p> 

The arrows denote which direction the body faces.

Note: Do all these drills as a warm-up (10 Minutes then Stretch & Lift)

DO ALL THESE ON DRILLS ON MONDAYS & THURSDAYS. 3 x through each.