

Footwork & Agility Drills

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you maintain social distancing of 1.5m at all times where possible.

- All drills can be performed by your self (no ball)
- If you have a workout buddy, you can add a thrower/pass (not applicable to all drills)
- If you don't have cones, you can use shoes, drink bottles, canned food etc.

Set up

Cones (x4) in square – 2.5-3m apart
 Side to side cones – 3m apart
 Drills 21-26 – set up 2.5-3m squares

Solo Session

- Repeat drills 4-6 times (approx. 30sec of work)
- Rest 30sec
- Repeat (same drill opposite side if applicable)
- Rest 30sec
- Perform 4-6 drills (choose any)
- If performing more drills, have a 90sec break every 4 drills

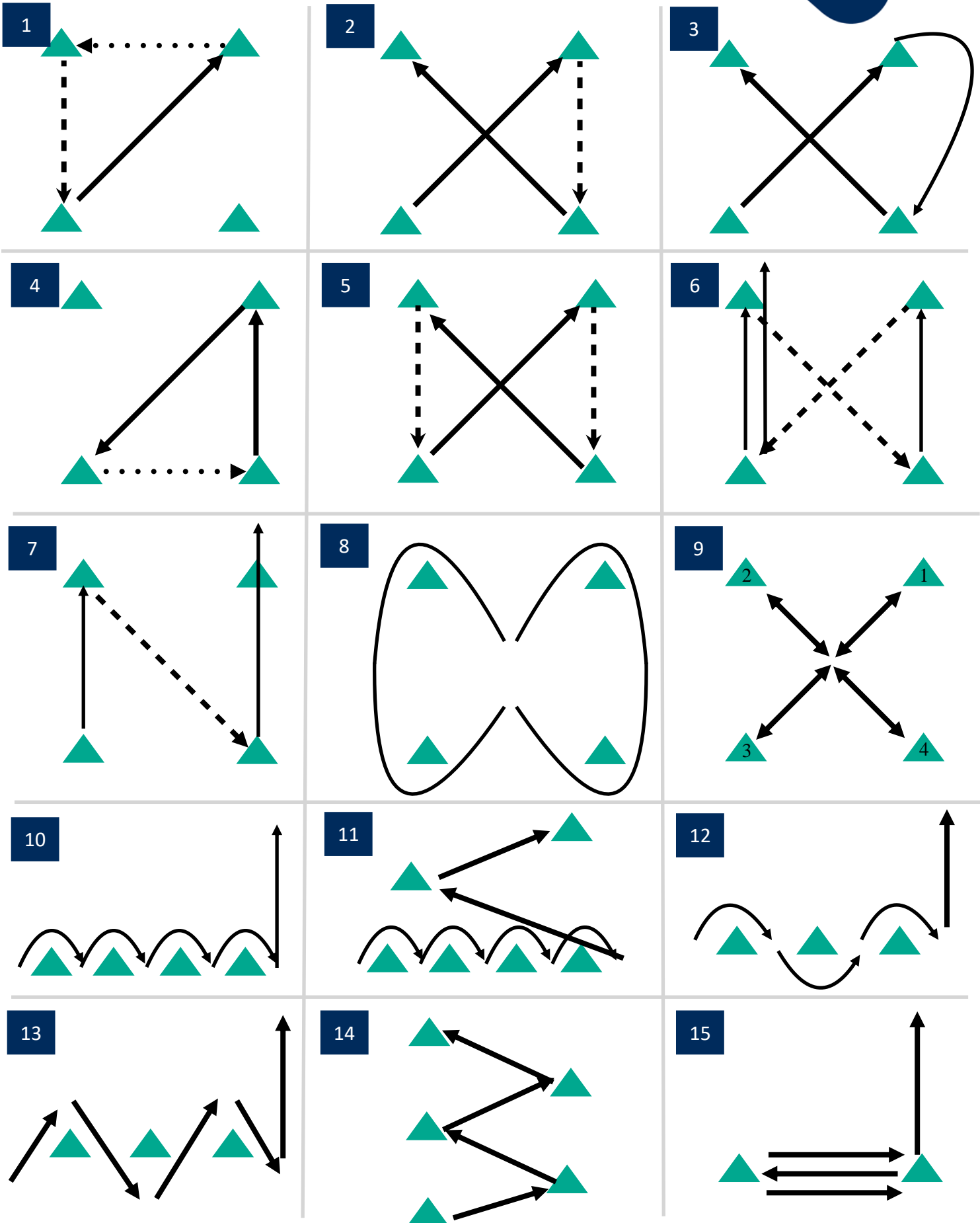
Pairs Session (if passer will also be working)

- Repeat drills 4-6 times (approx. 30sec of work)
- Swap over (T becomes W / W becomes T)
- Repeat (2 sets each person)
- 1-2min break between drills
- Perform 4-6 drills (choose any)

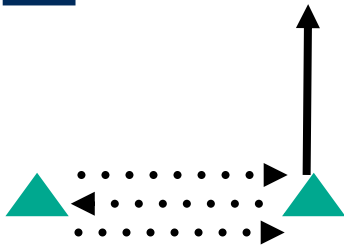
Drill	Instructions	Coaching Points	Add a Thrower/Ball Pass at certain cones
1	<ul style="list-style-type: none"> • Start at bottom left cone • Diagonal sprint • Side step left • Run backwards (not back pedal) • Repeat other side 	<ul style="list-style-type: none"> • Strong drives • Sharp push off/change of direction • Turn hips & shoulders to face direction of movement • Head always facing forwards 	<ul style="list-style-type: none"> • Top right (after diagonal sprint) • Back left (after running backwards)
2	<ul style="list-style-type: none"> • Start at bottom left cone • Diagonal sprint • Run backwards • Diagonal sprint • Repeat other side 	<ul style="list-style-type: none"> • Strong drives • Sharp push off/change of direction • Turn hips and shoulders to face direction of movement • Head always facing forwards 	<ul style="list-style-type: none"> • Top right (after diagonal sprint) - optional • Top left (after diagonal sprint)
3	<ul style="list-style-type: none"> • Start at bottom left cone • Diagonal sprint • Clear around cone to back cone • Diagonal sprint • Repeat other side 	<ul style="list-style-type: none"> • Strong drives • Sharp push off/change of direction • Wide clearing movement, always facing front 	<ul style="list-style-type: none"> • Top right - optional • Top left
4	<ul style="list-style-type: none"> • Start at bottom left cone • Side step right • Sprint forwards • Diagonal run to back left cone 	<ul style="list-style-type: none"> • Quick side step • Strong push off for sprint • Sharp COD, push off outside foot • Shoulders & hips facing back cone • Keep head facing front cones 	<ul style="list-style-type: none"> • Top right (after straight sprint) • Back left (after diagonal) - optional
5	<ul style="list-style-type: none"> • Start bottom left • Diagonal sprint right • Run backwards • Diagonal sprint left • Run backwards 	<ul style="list-style-type: none"> • Head always facing front • Strong push off • Drive hard on diagonals 	<ul style="list-style-type: none"> • Top cones

6	<ul style="list-style-type: none"> • Start bottom left cone, sprint forwards • Diagonal run to back right • Sprint to top right • Diagonal run to back left • Sprint through • Repeat changing sides 	<ul style="list-style-type: none"> • Drive hard on straight leads • Hips & shoulders facing back on diagonal • Head always facing front • Strong push off • Run through on long lead 	<ul style="list-style-type: none"> • Random cones
7	<ul style="list-style-type: none"> • Start bottom left cone • Sprint forwards • Diagonal run to back right • Sprint to top right 	<ul style="list-style-type: none"> • Drive hard on straight leads • Hips & shoulders facing back on diagonal • Head always facing front • Strong push off • Run through on long lead 	<ul style="list-style-type: none"> • Top right (final drive)
8	<ul style="list-style-type: none"> • Start in middle • Clear around top left and bottom left • Drive back through middle • Repeat on right 	<ul style="list-style-type: none"> • Wide clear • Always facing forwards • Change of pace after clear 	<ul style="list-style-type: none"> • Pass when driving to middle (after clear)
9	<ul style="list-style-type: none"> • Start in middle of square • Drive to top right (1) & back to middle • Drive to top left (2) & back to middle • Drive to back left (3) & back to middle • Drive to back right (4) & back to middle 	<ul style="list-style-type: none"> • Quick, small feet • Sharp change of direction • Use arms for power 	<ul style="list-style-type: none"> • At cones - all or randomise • Middle - release after hitting cone
10	<ul style="list-style-type: none"> • Start to left of cones • Quick steps over each cones (2 feet) • Drive forwards • Repeat on other side 	<ul style="list-style-type: none"> • Quick light feet • Lift knees • Eyes up • Strong push off 	<ul style="list-style-type: none"> • Drive forwards
11	<ul style="list-style-type: none"> • Start to left of cones • Quick steps over each cones (2 feet) • Drive diagonal, dodge right then sprint through • Repeat on other side (flip dodge cones) 	<ul style="list-style-type: none"> • Quick light feet and lift knees • Eyes up • Strong push off • Weight on outside foot • Turn shoulders and hips to dodge 	<ul style="list-style-type: none"> • Final drive - after dodges
12	<ul style="list-style-type: none"> • Start to left of cones • Small feet around cones • Dive forwards • Repeat on other side 	<ul style="list-style-type: none"> • Small fees • Feet and body around cones - not over 	<ul style="list-style-type: none"> • Drive forwards
13	<ul style="list-style-type: none"> • Start to left of cones • Drive diagonal between cones • Drive forwards • Repeat on other side 	<ul style="list-style-type: none"> • Short, sharp change of direction 	<ul style="list-style-type: none"> • Drive forwards
14	<ul style="list-style-type: none"> • Start at bottom cone • Dodge from cone to cone 	<ul style="list-style-type: none"> • Strong push off from outside foot • Turn hips and shoulders 	<ul style="list-style-type: none"> • N/A
15	<ul style="list-style-type: none"> • Start at left cone • Run to right cone • Run back to left cone • Run to right cone • Drive forwards 	<ul style="list-style-type: none"> • Quick movement between cones • Eyes facing forwards 	<ul style="list-style-type: none"> • Drive forwards

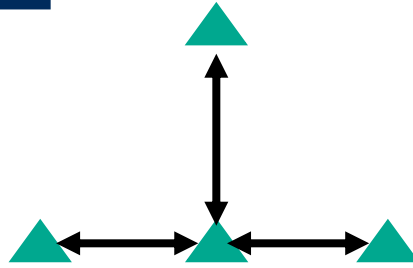
16	<ul style="list-style-type: none"> • Start at left cone • Side step to right cone • Side step back to left cone • Side step to right cone, drive forwards 	<ul style="list-style-type: none"> • Quick feet • Bend knees 	<ul style="list-style-type: none"> • Drive forwards
17	<ul style="list-style-type: none"> • Start at middle cone • Run to left cone and back • Sprint to top cone • Backpedal back to middle cone • Repeat on right side • Variation - side step along 'base' 	<ul style="list-style-type: none"> • Quick movements • Eyes up 	<ul style="list-style-type: none"> • Drive forwards
18	<ul style="list-style-type: none"> • Start at bottom cone • Sprint forwards • Run to left cone then across to right cone and back to middle cone • Backpedal back to start • Repeat alternating side run to first • Variation - side step left/right 	<ul style="list-style-type: none"> • Quick movement • Sharp change of direction at cones 	<ul style="list-style-type: none"> • N/A
19	<ul style="list-style-type: none"> • Start in between cones • Figure 8 around cones • Drive up through middle 	<ul style="list-style-type: none"> • Eyes up • Feet and body around cones (not over) • Strong drive forwards 	<ul style="list-style-type: none"> • Drive forwards
20	<ul style="list-style-type: none"> • Random figure 8s around all cones 	<ul style="list-style-type: none"> • Eyes up 	<ul style="list-style-type: none"> • N/A
21	<ul style="list-style-type: none"> • High knees, butt kicks, high knees, butt kicks • Up & back = 1, repeat 4x 	<ul style="list-style-type: none"> • Drive arms 	<ul style="list-style-type: none"> • N/A
22	<ul style="list-style-type: none"> • Jog, sprint, jog sprint • Up & back = 1, repeat 4x 	<ul style="list-style-type: none"> • Clear change of pace 	<ul style="list-style-type: none"> • N/A
23	<ul style="list-style-type: none"> • Sprint up 2 cones • Backpedal 1 cone • Repeat all the way up • Up & back = 1, repeat 4x 	<ul style="list-style-type: none"> • Drive with arms • Strong push off - don't take extra step backwards 	<ul style="list-style-type: none"> • N/A
24	<ul style="list-style-type: none"> • Diagonal sprint right • Side step left • Repeat all the way up • Up & back = 1, repeat 4x • Complete other side - diagonal left, sidestep right 	<ul style="list-style-type: none"> • Sharp change of direction • Strong push off 	<ul style="list-style-type: none"> • N/A
25	<ul style="list-style-type: none"> • Dodges through cones • Up & back = 1, repeat 4x 	<ul style="list-style-type: none"> • Strong push off from outside foot • Turn hips and shoulders 	<ul style="list-style-type: none"> • N/A
26	<ul style="list-style-type: none"> • Bow ties • Start bottom left and sprint up 1 cone • Diagonal run back to bottom right • Sprint top right • Diagonal run back to bottom left • Sprint up 2 cones • Repeat for all boxes • Up & back = 1, repeat 3x 	<ul style="list-style-type: none"> • Eyes always facing forwards • Turn hips and shoulders in direction of movement • Strong long drive 	<ul style="list-style-type: none"> • N/A



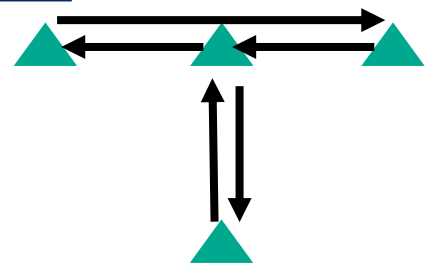
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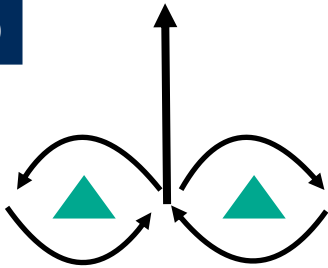
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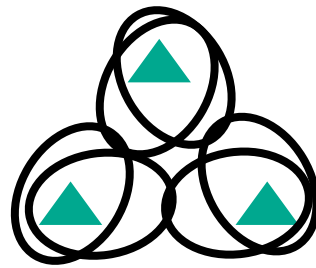
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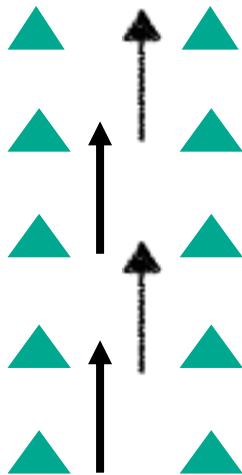
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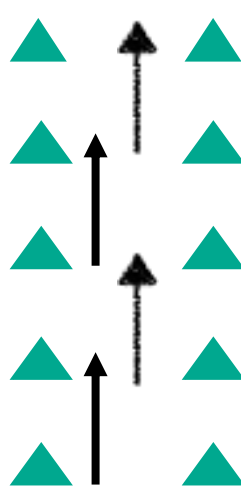
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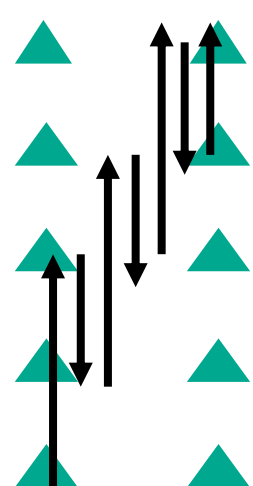
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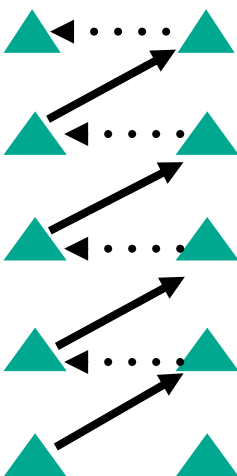
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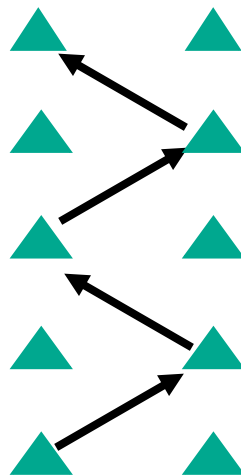
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