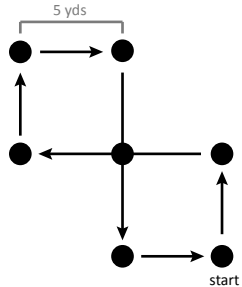


Volt Speed/Agility/Quickness

TIER III

2 SQUARE CONE DRILLS

Two [2] reps of each drill each way. Rest 20-30s each rep.



1. Sprint - Sprint - Sprint - Sprint - Sprint - Sprint
2. Sprint - Carioca - Sprint - Sprint - Carioca - Sprint
3. Sprint - Backpedal - Sprint - Sprint - Backpedal - Sprint
4. Backpedal - Sprint - Sprint - Sprint - Backpedal - Sprint

Coaching Points

Run outside the cones. Change directions sharply by planting with outside foot. Keep eyes up. Drive through the finish.

LADDER DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



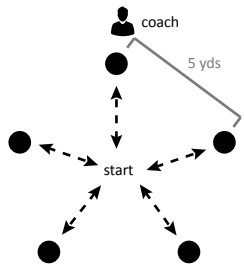
1. Run Through
 - One in, two out
 - Two-in, two-out
2. Shuffles
 - One-footed forward
 - One-footed lateral
3. Hop Through
 - Ski jumps
 - Skaters
4. Backwards
 - Crossovers
 - One in, two out

Coaching Points

Avoid contact with the ladder. Keep eyes up. Stay on balls of feet. Precision first, then build speed. Drive through the finish.

STAR CONE REACTION DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



Starting Position

1. Facing Coach
2. Kneeling
3. Prone (on stomach)
4. Supine (on back)

Coaching Points

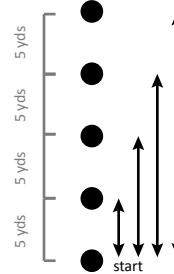
Begin the drill in the listed starting position. Sprint to the cone identified by the coach on "GO!". Return to the middle of the space until the next direction is given.



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5 - 10 - 15 - 20 SHUTTLE

Two [2] reps of each drill. Rest 20-30s each rep.



1. Sprint down, jog back
2. Sprint down, sprint back
3. Carioca down, carioca back
4. Sprint down, backpedal back
5. Push up to sprint, sprint back

Coaching Points

Each 5 - 10 - 15-20 is one rep. Stay low, touch the cone each time.

MINI HURDLE DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



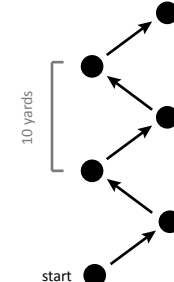
1. High knee run through
2. Lateral high knee run through
3. Two-footed hops
4. One-footed hops
5. Tuck jumps

Coaching Points

Perform the movement listed over each hurdle. Emphasize height on the jumps, and quickness on the hops and skips. Hurdles can be substituted with cones.

Z PATTERN DRILL

One [1] rep of each drill. Rest 20-30s each rep.



1. Cut w/ inside leg
2. Cut w/ outside leg
3. Cut w/ spin move (spin on inside of cone)
4. Cut w/ left or right fake

Coaching Points

Travel through the cones using the listed movement to turn at each cone.