



FITNESS 4 RUGBY LEAGUE

The leading rugby league fitness web site www.fitness4rugbyleague.com

SAMPLE SPEED & AGILITY DRILLS

These sample drills are not an exercise prescription but a list of drills that may be used to develop speed & agility.

WARM UP THOROUGHLY BEFORE PERFORMING THESE DRILLS

The author and Fitness 4 Sport LLP take no responsibility for injuries caused by attempting the exercises presented in this Fitfile. Fitness 4 Sport LLP recommends that you always learn new exercises under the guidance of a professional and consult your GP before you start. Please read our Terms & Conditions.

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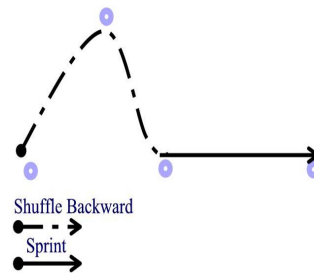
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Template Sample Speed and Agility Drills Date: 09/12/2005

1. BACKWARD ZIGZAG - TURN & RUN

- Place 3 markers 3-5m apart, zigzag pattern
- Place a fourth marker 10-20m further away
- Shuffle backward through the zigzag pattern
- At the third marker turn & sprint to the distant marker

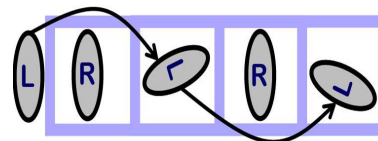


Repeat 5 times.
Rest 90 seconds between repetitions.

2. CARIOCA - LADDER

- Stand side on, straddle first rung of ladder
- Carioca action, moving through the ladder
- Single foot in each square
- Shoulders facing side on to the ladder throughout, lower body rotates
- Vary stride rate & contact times

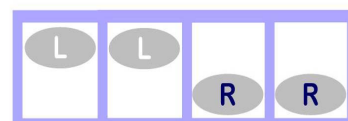
Face Sideways



Repeat 5 times.
Rest 90 seconds between repetitions.

3. FORWARD HOPS - 3 EACH LEG - LADDER

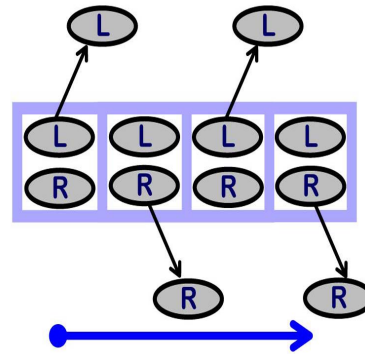
- Hop forward on one leg
- One hop in each square
- Every 3 hops swap legs
- Continue this sequence until ladder is complete
- Ground contact on balls of feet



Repeat 5 times.
Rest 60 seconds between repetitions.

4. FORWARD ZIGZAG - 2 IN, 1 OUT - WIDE - LADDER

- Face forward zigzag through the ladder
- Both feet contact each square
- Outside foot steps a metre wide of the ladder
- Sequence, 2 steps in, 1 step out
- Keep centre of gravity low
- Move feet as fast as possible

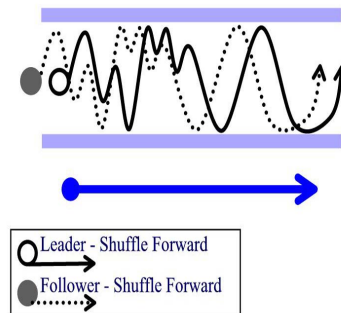


Repeat 5 times.

Rest 90 seconds between repetitions.

5. MIRROR - PARTNER - FOLLOW

- Place markers in two 15m lines, 5-10m apart to form a channel
- Partners stand at one end of channel
- One 2m behind the other, both facing forward
- Leader zigzags through the channel
- Partner attempts to remain directly behind them



Repeat 5 times.

Rest 90 seconds between repetitions.