

## Agility Workout for all Groups 4/11/20

All Groups:

1. Review the IMG Video series posted under the Agility Section on the Workouts page from Youtube even if you watched it last week.
2. 15 minutes of cardio: run, bike, skate, elliptical, stepper, etc...
3. Do the IMG Dynamic Warm Up: 15 squat jumps, 20 second ankle hops, 5 single hops (series)

Workout:

12&Under: 3 Rounds

13&Over: 4 Rounds

### JUMPS

12 streamline vertical jumps

12 standing broad jumps

12 lateral bounds

12 start jumps (get down into your starting position on the blocks and jump as high and as far as you can)

### LINE DRILLS

30 seconds jumps front and back both legs

30 seconds (ON EACH SIDE) jumps alt foot front and back

30 seconds jumps side to side both legs

30 seconds jumps criss cross

12 x Linear Accellaration Drills (fwd + back + fwd) (see video)

Finish by doing Coach Katie's stretching & flexibility.