

# SAINTS FOOTBALL

## SPEED AND AGILITY/WARM -UP

### SUMMER WORKOUT

#### Week Twelve (July 26th - 30th) Day One

##### Speed Work

1) March-Skip-Run	3x40yds
2) Fast Claw	2x20(each leg)
3) Straight Leg Bound	3x10yds
4) Crazy Legs	2x15secs
5) Wall Sprints	3x10steps (each foot)
6) Carioca	2x30yds(each direction)

##### Agility Work

1) Box Drill (sp-shuf-bp-sp)	x2
2) M-Drill (sp-shuf-sp-bp)	x2
<b><u>NOTE:</u></b>	sp = sprint bp = backpedal cr = carioca shuf = shuffle

#### Week Twelve - Day Two

##### Speed Work

1) Tapioca	1x10yds(each direction)
2) 5 Dot Drill	x1
3) Bounding	3x40yds
4) Power Skip	3x40yds
5) Over & Back	2x20secs
6) Straight Leg Shuffle	2x10yds

##### Agility Work

1) Off-Set Weave	x2
2) M-Drill (sp-shuf-sp-bp)	x2
<b><u>NOTE:</u></b>	sp = sprint bp = backpedal cr = carioca shuf = shuffle

#### Week Twelve - Day Three

##### Speed Work

1) Power Skip	2x40yds
2) Fast Claw	2x30(each leg)
3) Wall Sprints	3x10secs
4) Backward 'S' Run	2x40yds
5) Over & Back	2x20secs
6) Bounding	3x40yds

##### Agility Work

1) Box Drill (sp-shuf-bp-sp)	x2
2) M-Drill (sp-shuf-sp-bp)	x2
<b><u>NOTE:</u></b>	sp = sprint bp = backpedal cr = carioca shuf = shuffle

#### Week Twelve - Day Four

##### Speed Work

6 Speed Movements of Players Choice

##### Agility Work

2 Agility Drills of Players Choice

## PLAYERS CHOICE