

The following guide outlines a range of drills aimed at improving speed and agility as well as aerobic and anaerobic capacity.

**\*Methods of Assessment:**

- Yo-Yo Intermittent Recovery Test Level 1.
- 1 Kilometer run on pitch – 10 lengths.
- Bronco – 20m Return, 40m Return, 60m Return x5 Continuous.

**\*General movement warm up structure :**

- Raise body temperature - Multi Directional Running
- Mobilise & Activate - Leg Swings, Calf/Hamstring Walks, Hip Flexor/T-Spine, Squats, Lunges
- Speed prep - Jump & Stick 2>2 2x6, Hops & Stick 1>1 2x6/Leg, Pogos 2x10
- Accelerations - 2x10m, 2x20m, 2x30m - Groups of 4 with walk back recovery

**\*Speed Drills:**

Skipping patterns & Posture-Arm-Leg Drills  
Accelerations 2-4x5m, 2-4x10m, 2-4x20m

**\*Agility Drills:**

- Lateral Deceleration Technique 3x5m /Side
- Lateral Deceleration Repeat 4x10m
- 10m Double Leg Deceleration x 3
- Single Leg Deceleration x 3/leg
- 10m Lateral Shuttle 20s x2/Side

**\*Speed &Agility Drills:**

- 5m Accel > 5m Back Pedal to 30m Curved sprint x3/Side
- lazy S 40m x2/Side
- 5x5m box to 30m sprint x4

Note – For all speed & agility drills, emphasise quality over quantity.

**\*Conditioning Drills:**

MAS – Maximal Aerobic Speed is useful for prescribing specific conditioning based off your time for 1km. Divide 1000 by your time in seconds to determine your 100% MAS in meters per second. You can now specify distances to target for multiplying the MAS by the time prescribed. If you'd rather just get stuck in, use the example distances below:

MAS - 15s on 15s off at 120% MAS for 5mins x 2

Group 1 - 55m

Group 2 - 60m

Group 3 - 65m

Group 4 - 75m

MAS - 15s on 15s off at 130% MAS for 5mins x 2

Group 1 - 60m

Group 2 - 65m

Group 3 - 70m

Group 4 - 80m

MAS - 30s on 30s off at 120% MAS for 6mins

Group 1 - 55m return

Group 2 - 60m return

Group 3 - 65m return

Group 4 - 75m return

MAS Tabata - 20s on 10s off at 120% MAS for 3mins x 2 Every 30s. 3 rounds with 3mins between rounds - Example distance > 20m return x2 (out & back twice in the 20s)

\*Other Conditioning Drills:

Bronco Reps w/ 1min Rest 2x5. Rest for 3mins between sets. Aim for sub-1min per bronco rep.

Start on Try Line 30s on 30s off x3 w/ 60s between reps

1. Near 22 out & back x3

2. Near 10 out & back x2

3. Far 10 out & back x1

20m Hill Sprint 3x5 w/ 2mins rest

Malcolms 3-5x60-90s. A w/60-90s rest (Start on belly at half way, up and back pedal 10m, down-up, sprint forward 20m, down-up, back pedal to start, down up = 1 rep) (Can be done without down-up)

30s Run, 20s Rest x 6 3mins rest once complete then repeat for 3 rounds

10-20-30m Shuttle with or without down-up. Rest 30-60s between reps/

200m x3 every 120s

150m x4 every 90s

100m x5 every 60s

50m x6 every 30s

\*Finisher :

Tabata Bear Crawl & Walking Lunge 20s on, 10s off x 4