

# HIGH SCHOOL – AT HOME SPORTS TRAINING



## AGILITY WORKOUT 1

**COMBINE WEEKLY AGILITY WORKOUT SCHEDULE BELOW  
WITH THE STRENGTH & CONDITIONING PHASE I PROGRAM  
FOUND AT CHOICEHF.COM FOR A FULL-BODY, AT HOME WORKOUT  
DESIGNED SPECIFICALLY FOR HIGH SCHOOL ATHLETES!**

### WEEKLY AGILITY WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3
<b>AGILITY LADDER &amp; JUMP ROPE WORKOUT</b> { PAGE 2 }	<b>LINE DRILLS &amp; ACCELERATION DRILLS WORKOUT</b> { PAGE 3 }	<b>DOT DRILLS &amp; CONDITIONING WORKOUT</b> { PAGE 4 }

**VISIT CHOICEHF.COM FOR INSTRUCTIONAL VIDEOS  
FOR EACH SET OF EXERCISES!**

# HIGH SCHOOL - AT HOME SPORTS TRAINING



## AGILITY WORKOUT 1

### DAY 1 | AGILITY LADDER & JUMP ROPE WORKOUT

Start with Warm-Up | FOLLOW THE HIGH SCHOOL TRAINING WARM-UP CARD - AVAILABLE AT CHOICEHF.COM

#### PART A: AGILITY LADDER SERIES

IF YOU DON'T HAVE A LADDER, PLEASE SEE OUR VIDEO ON HOW TO CREATE YOUR OWN LADDER AT CHOICEHF.COM

LADDER EXERCISE	SET 1		SET 2		SET 3 ( optional )	
Hop Scotch 2 Feet	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
2-in-2 Out Foot Fire	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
Lateral 2-in-2 Out	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
Scissors	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
Icky Shuffle	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	

#### PART B: JUMP ROPE DRILL SERIES

2 Foot Double Hop	50 Hops	
	15 Seconds of Rest	
2 Foot Hop	50 Hops	
	15 Seconds of Rest	
High Knee Run	50 Hops	
	15 Seconds of Rest	
Boxer Shuffle	50 Hops	
	15 Seconds of Rest	
Hip Twist	50 Hops	
	15 Seconds of Rest	

# HIGH SCHOOL - AT HOME SPORTS TRAINING



## AGILITY WORKOUT 1

### DAY 2 | LINE DRILLS & ACCELERATION DRILLS WORKOUT

Start with Warm-Up | FOLLOW THE HIGH SCHOOL TRAINING WARM-UP CARD - AVAILABLE AT CHOICEHF.COM

#### PART A: LINE DRILL SERIES

LINE DRILLS	SET 1		SET 2		SET 3	
<b>Line Hops Front to Back</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>Line Hops Side to Side</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>Scissors</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>Square Hops Clockwise</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>Square Hops Counterclockwise</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	

#### PART B: ACCELERATION DRILL SERIES

ACCELERATION DRILLS	SET 1		SET 2		SET 3 ( optional )	
<b>2 Point Starts</b>	3-5 Strides		3-5 Strides		3-5 Strides	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
<b>3 Points Starts</b>	3-5 Strides		3-5 Strides		3-5 Strides	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
<b>4 Points Starts</b>	3-5 Strides		3-5 Strides		3-5 Strides	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
<b>Acceleration Bounds</b>	5-10 Strides		5-10 Strides		5-10 Strides	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
<b>Acceleration Wall Drill</b>	8-10 Seconds		8-10 Seconds		8-10 Seconds	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	

# HIGH SCHOOL - AT HOME SPORTS TRAINING



## AGILITY WORKOUT 1

### DAY 3 | DOT DRILLS & CONDITIONING WORKOUT

Start with Warm-Up | FOLLOW THE HIGH SCHOOL TRAINING WARM-UP CARD - AVAILABLE AT CHOICEHF.COM

#### PART A: DOT DRILL SERIES

DOT DRILLS	SET 1		SET 2		SET 3 ( optional )	
<b>QF 3 Point Clockwise</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>QF 3 Point Counterclockwise</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>QF 3 Front to Back</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>QF 3 Front to Back Angled</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
<b>QF X</b>	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	

#### PART B: CONDITIONING SERIES

CONDITIONING DRILLS	SET 1		SET 2		SET 3 ( optional )	
<b>Diamond Jump</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Hop Overs</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Half Burpee</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Mountain Climbers</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Plank Side Tap or Jack</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Skater Jumps</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Toe Taps ( low / high )</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	