

# HIGH SCHOOL – AT HOME SPORTS TRAINING



## AGILITY WORKOUT 2

**COMBINE WEEKLY AGILITY WORKOUT SCHEDULE BELOW  
WITH THE STRENGTH & CONDITIONING PHASE II 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 2

### 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 )	
<b>1 Foot Hops</b>	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
<b>Lateral Hops</b>	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
<b>Quick Foot Drill</b>	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
<b>Icky Shuffle (Backwards)</b>	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	
<b>Hop Scotch 2 Feet (Backwards)</b>	1x		1x		1x	
	10 Seconds of Rest		10 Seconds of Rest		10 Seconds of Rest	

#### PART B: JUMP ROPE DRILL SERIES

<b>2 Foot Single Hop</b>	50 Hops	
	15 Seconds of Rest	
<b>Single Foot x2</b>	50 Hops	
	15 Seconds of Rest	
<b>Side-to-Side Hops</b>	50 Hops	
	15 Seconds of Rest	
<b>Double Jump</b>	50 Hops	
	15 Seconds of Rest	
<b>Criss Cross</b>	50 Hops	
	15 Seconds of Rest	

# HIGH SCHOOL - AT HOME SPORTS TRAINING



## AGILITY WORKOUT 2

### 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	
Single Leg Line Hops Front-to-Back	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
Single Leg Line Hops Side-to-Side	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
Scissors	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
Single Leg Square Hops Clockwise	10 Seconds On		10 Seconds On		10 Seconds On	
	10 Seconds Off (Rest)		10 Seconds Off (Rest)		10 Seconds Off (Rest)	
Single Leg Square Hops Counterclockwise	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 )	
Acceleration Wall Drill	8-10 Seconds		8-10 Seconds		8-10 Seconds	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
Spring Wall Drives (1-2-3 Pause)	8-10 Seconds		8-10 Seconds		8-10 Seconds	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
Falling Starts	8-10 Seconds		8-10 Seconds		8-10 Seconds	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
On Belly-to-Sprint	8-10 Seconds		8-10 Seconds		8-10 Seconds	
	10 Seconds Of Rest		10 Seconds Of Rest		10 Seconds Of Rest	
On Back-Roll-Sprint (each side)	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 2

### 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 5 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 5 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 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 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>Hitch Kick</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Gate Swings</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Roll-Up Hop</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Plank Stair Step-Ups</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Standing Stair Up/Up   Down/Down</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	
<b>Lateral Step-Up Abduction</b>	30 Seconds On		30 Seconds On		30 Seconds On	
	30 Seconds Off (Rest)		30 Seconds Off (Rest)		30 Seconds Off (Rest)	