**15 Agility Drills you Can Do in 10 Square Feet**

**Set up 4 cones as in the video**

* <https://www.youtube.com/watch?v=uNhPDlJOQBw> Do all Reps in order 10 times….2 Sets
  + 1. …..Hip Switch……2 feet between cones
    2. …..Linear Hops…..3 Hops Start Out/In/Out
    3. …..Shuffle Stick…Like Plyo Heisman…2 feet in the middle…one foot out
    4. …..Cross in Front…Cross over step and wedge like IMG Academy
    5. …..Cross Behind…..see above
    6. …..2 In….2 Out
    7. …..In….In….Out….Out
    8. …..Single Leg Linear…Out/In/Out Make sure to switch Legs
    9. …..Single Leg Lateral….Out/In/Out Make sure to switch Legs

10)…..Over & Back….Like doing over a Line

11)…..Run in place with Sidestep…..do from each side

12)…..Scissor Step

13)…..4 Sides Hop

14)……4 Corner Skate

15)…..Perimetyer Fire

**Do the circuit as described above…Each 10 times…2 Sets. Video for tomorrow from you will include a shorter version of this.**