**IMG Academy Footwork, Agility & Acceleration Series**

**Dynamic Warm-Up**……IMG Academy <https://www.youtube.com/watch?v=5Tgjuy6fivQ>

Do 3 Sets ....each set will be as described (15 Body weight Squats…20-30 Secs of Ankling Hops…Single Leg 5-5-5/Switch Legs)

* Body Weight Squat……If you have knee issues……do not go down as far (DJ and Amanda’s recommendation…if feeling pain….stop….but understand you eventually have to strengthen here)
* Ankling Hops……pay attention to the details
* Single Leg Hop

**Jumping and Bounding**…IMG Academy <https://www.youtube.com/watch?v=fNrnWIQRg9Y>

Do 3 Sets……each set will be as described (20 Death Drops….20 Vertical Jumps….20 Linear Standing Broad Jumps…..20 Lateral Bounds)

* Death Drop……. Again….if you have knee issues……do not go down as far (See above)
* Vertical Jumps….Learn to Push up and land softly
* Linear Standing Broad Jumps……..Do not have to go far…as Stated….Land Safely
* Lateral Bounds…………Notice his knees do not cave inward

**Line Drills**….IMG Academy (Not lax line drills) <https://www.youtube.com/watch?v=lEC-PLUTpuc>

Do 3 Sets……each set will be as described (Most are 15 seconds of quick movements)

* Forward and Back…Jumping Both Feet…….15 seconds…Heels Up…..Body Stays over the line
* Forward and Back…Stepping…..15 seconds…Heels Up…..Again-Body Stays over the line
	+ That would be 15 seconds starting with each foot
* Lateral Line Jumps…..15 seconds….weight over inside line…body stays close to line
* Criss Cross Jump…..Heels Up …Switch which foot criss crosses forward-backwards…..

You can always add some conditioning work in for today…………..

**4) Linear Acceleration and Deceleration**…IMG Academy <https://www.youtube.com/watch?v=Gg8N_5xV4eQ> (Nose/Knees/Toes) **15 Sets with Proper Form**

* 5 Yd. Forward/Backpedal/Forward and thru
	+ Stay low….in that athletic posture

**5) Lateral Direction Change**….IMG Academy <https://www.youtube.com/watch?v=YegIaB6_ZjU>

Notice the knee does not collapse in on the Wedge Step…….Also…the crossover step right off the back is more for offense. (More in line with Shake School) Defense can resort to this as the need to stay with a faster player for a longer period.

* 5 Yd. Wedge Step Left/Wedge Step Right/Accelerate thru **15 Sets with Proper Form**

**6) Multi Directional Cone Drills**…..IMG Academy…..<https://www.youtube.com/watch?v=FPdyMNXg4yY>

3 Cone Drills using the Above (2 Cones, 3 Cones, 4 Cones) (Use Cans if Needed)

* 2 Cone Drill (U Drill)….Backpedal/Around the U/Forward AccelerateTouch = **1 rep….Do 15 reps 3 times**
	+ Maintain form….emphasis on staying low still
* 3 Cone Drill (Lateral Weave) Nose, Knees, Toes…. **1 Figure 8 =1 Rep Do 15 Reps 3 Times**
	+ Quick, Small Steps….do not bring feet together….No Hopping Stay Low
* 4 Cone Drill (Box/Square Drill)……A normal Accelerate/Sidestep/Backpedal/ Sidestep…..and then add in the Wedge Step and Accelerate back with a crossover step **10 reps from each side….Do 3 times**