



### Soccer Agility Training Drills

Why is agility training so important in soccer? Agility has to do with how quickly you change directions without affecting your balance. When soccer players have good agility, they can stop on a dime, change directions and keep moving in one fluid motion. Agility is a skill that you can develop and improve upon with the proper training. Once you start improving your agility it will not only help decrease your chance of injury but change your game. Below are a few agility drills to help you become a better player.

Prior to exercising warm up for 10 minutes (biking/jogging) and make sure you break a light sweat  
 Ensure proper form for all drills:

- Stay on balls of feet
- Stay as close to center of the box as possible
- Move quickly but keep control

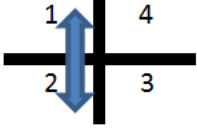
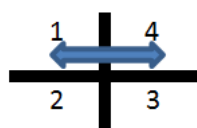
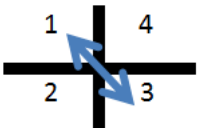
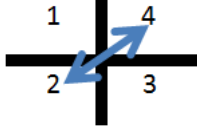
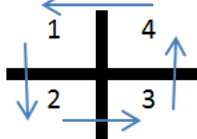
Count each jump when you get back to starting box. If you hit a line the jump does not count  
 Record of each number of jumps for each rotation. You should see slow but steady improvement.

Do stretching exercises after agility workout

Do agility drills 2-3 times a week in the off season

You can accelerate the program by increasing to 30 second intervals

	<p>Forward/Backward Jumping          Both Feet – Jump from box 1 to 2 and back          20 seconds, rest 20 seconds, repeat</p>	<p>Number of Jumps          1.          2.</p>
	<p>Side to Side Jumping- Facing Forward          Both Feet – Jump from box 1 to 4 and back          20 seconds, rest 20 seconds, repeat</p>	<p>Number of Jumps          1.          2.</p>
	<p>Diagonal Jumping- Keep Body Facing Forward do not turn into diagonal          Both Feet– Jump diagonally from box 1 to box 3 and back          20 seconds, rest 20 seconds, repeat</p>	<p>Number of Jumps          1.          2.</p>
	<p>Diagonal Jumping - Keep Body Facing Forward do not turn into diagonal          Both Feet– Jump diagonally from box 4 to box 2 and back          20 seconds, rest 20 seconds, repeat</p>	<p>Number of Jumps          1.          2.</p>
	<p>Full Ride – Facing Forward          Both Feet – Jump from box 1 to box 2 to box 3 to box 4 and back to box 1 and repeat          20 seconds, rest 20 seconds, repeat</p>	<p>Number of Jumps          1.          2.</p>

	<p>Forward/Backward  <b>Single Leg</b> – Jump from box 1 to 2 and back  20 seconds, repeat on other leg</p>	<p>Number of Jumps Left  1.  2.</p>	<p>Number of Jumps Right  1.  2.</p>
	<p>Side to Side- Facing Forward  <b>Single Leg</b> – Jump from box 1 to 4 and back  20 seconds, repeat on other leg</p>	<p>Number of Jumps Left  1.  2.</p>	<p>Number of Jumps Right  1.  2.</p>
	<p>Diagonal Jump- Keep Body Facing Forward do not turn into diagonal  <b>Single Leg</b>– Jump diagonally from box 1 to box 3 and back  20 seconds, repeat on other leg</p>	<p>Number of Jumps Left  1.  2.</p>	<p>Number of Jumps Right  1.  2.</p>
	<p>Diagonal Jump - Keep Body Facing Forward do not turn into diagonal  <b>Single Leg</b>– Jump diagonally from box 4 to box 2 and back  20 seconds, repeat on other leg</p>	<p>Number of Jumps Left  1.  2.</p>	<p>Number of Jumps Right  1.  2.</p>
	<p>Full Ride – Facing Forward  <b>Single Leg</b> – Jump from box 1 to box 2 to box 3 to box 4 and back to box 1 and repeat  20 seconds, repeat on other leg</p>	<p>Number of Jumps Left  1.  2.</p>	<p>Number of Jumps Right  1.  2.</p>