

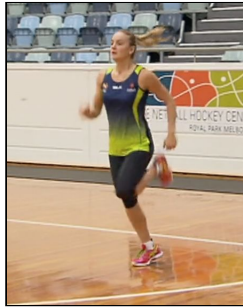
Agility & Passing - 30 Minutes

Remember during each session to keep hydrated and at the end of each session include a warm down & stretch.

WARM UP - 15 MINUTES

5 Minute jog - on a running machine or if possible around the block.
(then click on the links below)

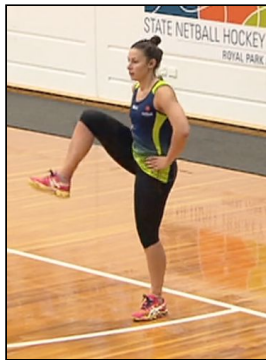
BUTT FLICKS



PARTNER CIRCLING JOG



HIP ROTATION



CALF BOUNCES



AGILITY & BALL WORK - 15 MINUTES

CHANGE OF DIRECTION AGILITY



REACTIONS



PARTNER BALL DRILLS



STRETCH

