

## Footwork & Agility Drills

**COVID-19 Disclaimer:** under the Metropolitan Melbourne Stage 4 lockdown, the following drills may only be performed at your home or in a park (all sporting facilities are closed). If performed outside your home, you must stay within a 5km radius of your house, you may only be with a maximum of one other person (within 5km radius from their house) and cannot be out for longer than 1 hour. You must maintain social distancing of 1.5m at all times where possible.

- All drills can be performed by your self (no ball)
- If you have a workout buddy, you can add a thrower/pass (not applicable to all drills)
- If you don't have cones, you can use shoes, drink bottles, canned food etc.

### Set up

Cones (x4) in square – 2.5-3m apart  
Side to side cones – 3m apart  
Drills 21-26 – set up 2.5-3m squares

### Solo Session

- Repeat drills 4-6 times (approx. 30sec of work)
- Rest 30sec
- Repeat (same drill opposite side if applicable)
- Rest 30sec
- Perform 4-6 drills (choose any)
- If performing more drills, have a 90sec break every 4 drills

### Pairs Session (if passer will also be working)

- Repeat drills 4-6 times (approx. 30sec of work)
- Swap over (T becomes W / W becomes T)
- Repeat (2 sets each person)
- 1-2min break between drills
- Perform 4-6 drills (choose any)

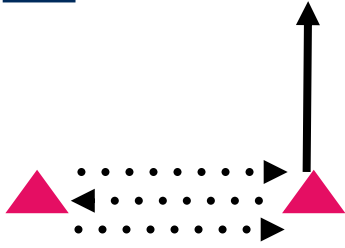
Drill	Instructions	Coaching Points	Add a Thrower/Ball Pass at certain cones
1	<ul style="list-style-type: none"> <li>• Start at bottom left cone</li> <li>• Diagonal sprint</li> <li>• Side step left</li> <li>• Run backwards (not back pedal)</li> <li>• Repeat other side</li> </ul>	<ul style="list-style-type: none"> <li>• Strong drives</li> <li>• Sharp push off/change of direction</li> <li>• Turn hips &amp; shoulders to face direction of movement</li> <li>• Head always facing forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Top right (after diagonal sprint)</li> <li>• Back left (after running backwards)</li> </ul>
2	<ul style="list-style-type: none"> <li>• Start at bottom left cone</li> <li>• Diagonal sprint</li> <li>• Run backwards</li> <li>• Diagonal sprint</li> <li>• Repeat other side</li> </ul>	<ul style="list-style-type: none"> <li>• Strong drives</li> <li>• Sharp push off/change of direction</li> <li>• Turn hips and shoulders to face direction of movement</li> <li>• Head always facing forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Top right (after diagonal sprint) - optional</li> <li>• Top left (after diagonal sprint)</li> </ul>
3	<ul style="list-style-type: none"> <li>• Start at bottom left cone</li> <li>• Diagonal sprint</li> <li>• Clear around cone to back cone</li> <li>• Diagonal sprint</li> <li>• Repeat other side</li> </ul>	<ul style="list-style-type: none"> <li>• Strong drives</li> <li>• Sharp push off/change of direction</li> <li>• Wide clearing movement, always facing front</li> </ul>	<ul style="list-style-type: none"> <li>• Top right - optional</li> <li>• Top left</li> </ul>
4	<ul style="list-style-type: none"> <li>• Start at bottom left cone</li> <li>• Side step right</li> <li>• Sprint forwards</li> <li>• Diagonal run to back left cone</li> </ul>	<ul style="list-style-type: none"> <li>• Quick side step</li> <li>• Strong push off for sprint</li> <li>• Sharp COD, push off outside foot</li> <li>• Shoulders &amp; hips facing back cone</li> <li>• Keep head facing front cones</li> </ul>	<ul style="list-style-type: none"> <li>• Top right (after straight sprint)</li> <li>• Back left (after diagonal) - optional</li> </ul>
5	<ul style="list-style-type: none"> <li>• Start bottom left</li> <li>• Diagonal sprint right</li> <li>• Run backwards</li> <li>• Diagonal sprint left</li> <li>• Run backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Head always facing front</li> <li>• Strong push off</li> <li>• Drive hard on diagonals</li> </ul>	<ul style="list-style-type: none"> <li>• Top cones</li> </ul>

6	<ul style="list-style-type: none"> <li>• Start bottom left cone, sprint forwards</li> <li>• Diagonal run to back right</li> <li>• Sprint to top right</li> <li>• Diagonal run to back left</li> <li>• Sprint through</li> <li>• Repeat changing sides</li> </ul>	<ul style="list-style-type: none"> <li>• Drive hard on straight leads</li> <li>• Hips &amp; shoulders facing back on diagonal</li> <li>• Head always facing front</li> <li>• Strong push off</li> <li>• Run through on long lead</li> </ul>	<ul style="list-style-type: none"> <li>• Random cones</li> </ul>
7	<ul style="list-style-type: none"> <li>• Start bottom left cone</li> <li>• Sprint forwards</li> <li>• Diagonal run to back right</li> <li>• Sprint to top right</li> </ul>	<ul style="list-style-type: none"> <li>• Drive hard on straight leads</li> <li>• Hips &amp; shoulders facing back on diagonal</li> <li>• Head always facing front</li> <li>• Strong push off</li> <li>• Run through on long lead</li> </ul>	<ul style="list-style-type: none"> <li>• Top right (final drive)</li> </ul>
8	<ul style="list-style-type: none"> <li>• Start in middle</li> <li>• Clear around top left and bottom left</li> <li>• Drive back through middle</li> <li>• Repeat on right</li> </ul>	<ul style="list-style-type: none"> <li>• Wide clear</li> <li>• Always facing forwards</li> <li>• Change of pace after clear</li> </ul>	<ul style="list-style-type: none"> <li>• Pass when driving to middle (after clear)</li> </ul>
9	<ul style="list-style-type: none"> <li>• Start in middle of square</li> <li>• Drive to top right (1) &amp; back to middle</li> <li>• Drive to top left (2) &amp; back to middle</li> <li>• Drive to back left (3) &amp; back to middle</li> <li>• Drive to back right (4) &amp; back to middle</li> </ul>	<ul style="list-style-type: none"> <li>• Quick, small feet</li> <li>• Sharp change of direction</li> <li>• Use arms for power</li> </ul>	<ul style="list-style-type: none"> <li>• At cones - all or randomise</li> <li>• Middle - release after hitting cone</li> </ul>
10	<ul style="list-style-type: none"> <li>• Start to left of cones</li> <li>• Quick steps over each cones (2 feet)</li> <li>• Drive forwards</li> <li>• Repeat on other side</li> </ul>	<ul style="list-style-type: none"> <li>• Quick light feet</li> <li>• Lift knees</li> <li>• Eyes up</li> <li>• Strong push off</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
11	<ul style="list-style-type: none"> <li>• Start to left of cones</li> <li>• Quick steps over each cones (2 feet)</li> <li>• Drive diagonal, dodge right then sprint through</li> <li>• Repeat on other side (flip dodge cones)</li> </ul>	<ul style="list-style-type: none"> <li>• Quick light feet and lift knees</li> <li>• Eyes up</li> <li>• Strong push off</li> <li>• Weight on outside foot</li> <li>• Turn shoulders and hips to dodge</li> </ul>	<ul style="list-style-type: none"> <li>• Final drive - after dodges</li> </ul>
12	<ul style="list-style-type: none"> <li>• Start to left of cones</li> <li>• Small feet around cones</li> <li>• Dive forwards</li> <li>• Repeat on other side</li> </ul>	<ul style="list-style-type: none"> <li>• Small fees</li> <li>• Feet and body around cones - not over</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
13	<ul style="list-style-type: none"> <li>• Start to left of cones</li> <li>• Drive diagonal between cones</li> <li>• Drive forwards</li> <li>• Repeat on other side</li> </ul>	<ul style="list-style-type: none"> <li>• Short, sharp change of direction</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
14	<ul style="list-style-type: none"> <li>• Start at bottom cone</li> <li>• Dodge from cone to cone</li> </ul>	<ul style="list-style-type: none"> <li>• Strong push off from outside foot</li> <li>• Turn hips and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
15	<ul style="list-style-type: none"> <li>• Start at left cone</li> <li>• Run to right cone</li> <li>• Run back to left cone</li> <li>• Run to right cone</li> <li>• Drive forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Quick movement between cones</li> <li>• Eyes facing forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>

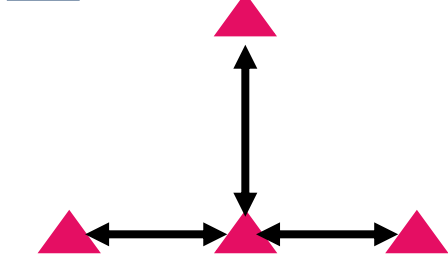
16	<ul style="list-style-type: none"> <li>• Start at left cone</li> <li>• Side step to right cone</li> <li>• Side step back to left cone</li> <li>• Side step to right cone, drive forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Quick feet</li> <li>• Bend knees</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
17	<ul style="list-style-type: none"> <li>• Start at middle cone</li> <li>• Run to left cone and back</li> <li>• Sprint to top cone</li> <li>• Backpedal back to middle cone</li> <li>• Repeat on right side</li> <li>• Variation - side step along 'base'</li> </ul>	<ul style="list-style-type: none"> <li>• Quick movements</li> <li>• Eyes up</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
18	<ul style="list-style-type: none"> <li>• Start at bottom cone</li> <li>• Sprint forwards</li> <li>• Run to left cone then across to right cone and back to middle cone</li> <li>• Backpedal back to start</li> <li>• Repeat alternating side run to first</li> <li>• Variation - side step left/right</li> </ul>	<ul style="list-style-type: none"> <li>• Quick movement</li> <li>• Sharp change of direction at cones</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
19	<ul style="list-style-type: none"> <li>• Start in between cones</li> <li>• Figure 8 around cones</li> <li>• Drive up through middle</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes up</li> <li>• Feet and body around cones (not over)</li> <li>• Strong drive forwards</li> </ul>	<ul style="list-style-type: none"> <li>• Drive forwards</li> </ul>
20	<ul style="list-style-type: none"> <li>• Random figure 8s around all cones</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes up</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
21	<ul style="list-style-type: none"> <li>• High knees, butt kicks, high knees, butt kicks</li> <li>• Up &amp; back = 1, repeat 4x</li> </ul>	<ul style="list-style-type: none"> <li>• Drive arms</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
22	<ul style="list-style-type: none"> <li>• Jog, sprint, jog sprint</li> <li>• Up &amp; back = 1, repeat 4x</li> </ul>	<ul style="list-style-type: none"> <li>• Clear change of pace</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
23	<ul style="list-style-type: none"> <li>• Sprint up 2 cones</li> <li>• Backpedal 1 cone</li> <li>• Repeat all the way up</li> <li>• Up &amp; back = 1, repeat 4x</li> </ul>	<ul style="list-style-type: none"> <li>• Drive with arms</li> <li>• Strong push off - don't take extra step backwards</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
24	<ul style="list-style-type: none"> <li>• Diagonal sprint right</li> <li>• Side step left</li> <li>• Repeat all the way up</li> <li>• Up &amp; back = 1, repeat 4x</li> <li>• Complete other side - diagonal left, sidestep right</li> </ul>	<ul style="list-style-type: none"> <li>• Sharp change of direction</li> <li>• Strong push off</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
25	<ul style="list-style-type: none"> <li>• Dodges through cones</li> <li>• Up &amp; back = 1, repeat 4x</li> </ul>	<ul style="list-style-type: none"> <li>• Strong push off from outside foot</li> <li>• Turn hips and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
26	<ul style="list-style-type: none"> <li>• Bow ties</li> <li>• Start bottom left and sprint up 1 cone</li> <li>• Diagonal run back to bottom right</li> <li>• Sprint top right</li> <li>• Diagonal run back to bottom left</li> <li>• Sprint up 2 cones</li> <li>• Repeat for all boxes</li> <li>• Up &amp; back = 1, repeat 3x</li> </ul>	<ul style="list-style-type: none"> <li>• Eyes always facing forwards</li> <li>• Turn hips and shoulders in direction of movement</li> <li>• Strong long drive</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>



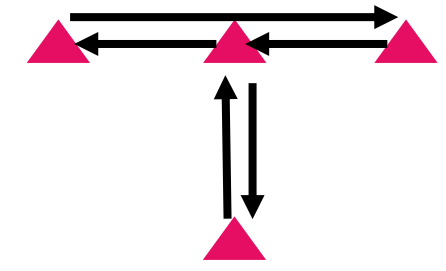
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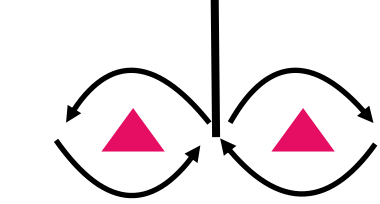
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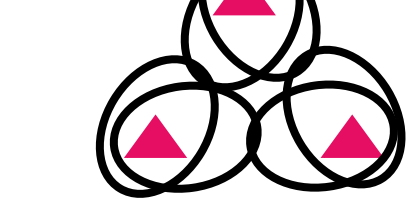
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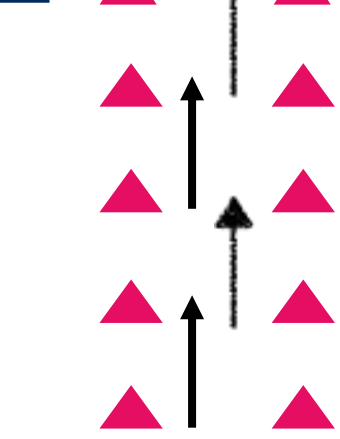
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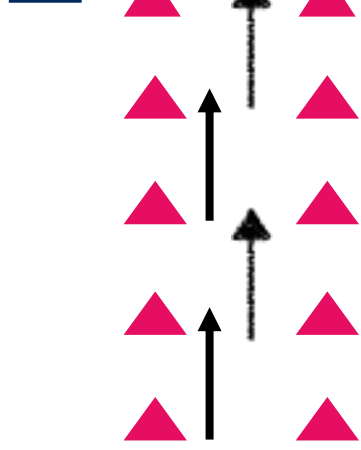
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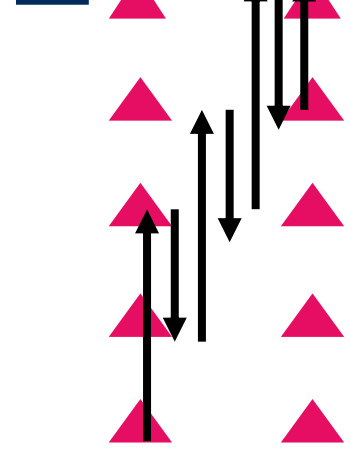
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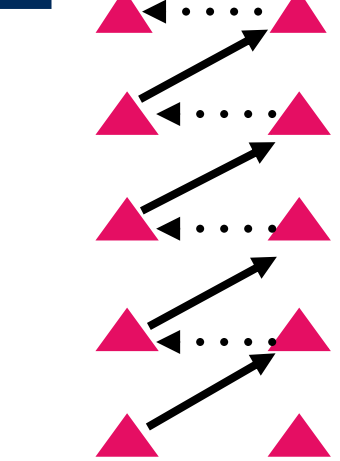
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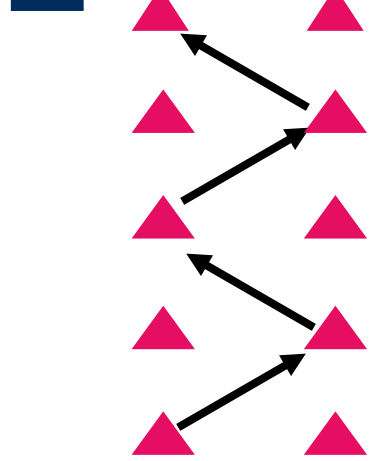
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