

5 day agility training programme

Learning to co-ordinate and control your body when you are off centre or unbalanced will help your agility. Exercises on one leg or one arm that challenge your body to balance and control are particularly useful.



This 5 day plan includes progressions and variety to complement your sport specific training. Some of these are included in our regular **5x5x5** work that all Excelsior athletes do.

Others are found in our **Sports Training System**

<http://www.excelsiorgroup.co.uk/page/Excelsior-Sports-Training-System>

Day 1

Warm up – 10x lateral squats, 100x skips – repeat x5

Main activity – Hip series 1 (repeat x2-3) Mini band walks (forwards, backwards and sideways)

Circuit 10xscorpions 2 x rows of bear crawls 10 x overhead squats 2 x rows of crab walks, 10x lunge and lean. Repeat x 5

Stretches – include the stretches shown below. Hold for 20-30 seconds.

Day 2

Warm up – 10 x sit through, 10 x overhead squats – repeat x5

Main activity – Hip series 1 and 2 (repeat x2 each)

2 x10 single leg squats 1x row of pigeon walks, 10 x overhead squats at the end 1x row of bear crawls, 10 x lawnmowers at the end 1x row of side rolls, 10x lateral squats at the end Repeat x 3-5

Stretches – include the stretches shown below. Hold for 20-30 seconds.

Day 3

Warm up – Multi-directional lunges, 100xskips – repeat x5

Main activity – Mini band work (forwards, backwards, sideways)

Agility drill – set up 4 cones into a square roughly 10metres space between each.

From cone 1 to 2, sideways bear crawl with 5 x lawnmowers at 2.

From cone 2 to 3, pigeon walks with 5 x lateral squats at 3.

From cone 3 to 4, sideways rolls with 5 x back twists each side at 4.

From cone 4 to 1, bear crawl with 5 x lateral hop and holds at 1.

Go through once slowly and controlled for practice, then repeat x 2 timing yourself.

Stretches – include the stretches shown below. Hold for 20-30 seconds

Day 4

Warm up – 10xwalk out press ups, 10x 6-way lunge – repeat x5

Main activity – Hip series 2 and 3

Overhead squat and single leg squat work (re-enforcing lower body control and stability)

Rolls – forwards, backwards, sideways. Running / crawling into and out of rolls.

Circuit: 10xscorpions 2 x rows of bear crawls 10 x overhead squats 2 x rows of crab walks, 10x lunge and lean Repeat x 3-5

Stretches – include the stretches shown below. Hold for 20-30 seconds

Day 5

Warm up – (100x skips, 10 x alternate v sits) x 5

Main activity – Mini band work (crossovers, single leg push back and single leg push back with reach) Agility drill (partners) – for this drill we will be adding the ball in to work on reactions.

Set up 2 cones, 10-20metres apart. Person A will stand in the middle of the cones, Person B will stand in the middle, 10 metres away from Person A.

Person B will roll the ball (slowly at first) to one of the cones and Person A will get there by any of the drills practiced, throw the ball back to Person B and run back to the centre.

Bear crawls Sideways bear crawls Rolls (forwards, sideways) Repeat 3-5 times and swap over

Stretches – include the stretches shown below. Hold for 20-30 seconds

This is just an example of training. Try it and see how it works for you.

For more in depth detail see our [SportsTraining System](#)

Example exercises

Pigeon walks will get you to the ground in a low and long position where you are stretching and also working on moving through the stretch and keeping the joints strong and stable.

Arm reaches and **lawnmowers** will incorporate rotation which may be necessary to catch the ball. You could do the lawnmowers in a lunge position rather than a front support to feel a stretch and learn to control that low movement/position.

The important areas to stretch

Muscles that should be stretched are the hip flexors, hamstrings adductors, iliopsoas and glutes. All these muscles will be under pressure if you are lunging forwards to catch the ball.

Static stretches

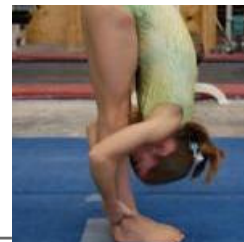


Hip Flexor stretches –

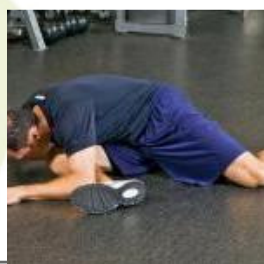
This picture shows a hip flexor twist stretch. It is the more advanced version and will also stretch your quads when you pick up the foot at the back.



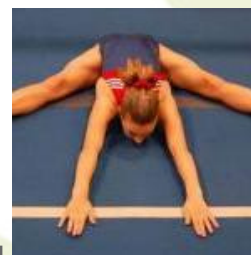
Adductor stretch –



Hamstring stretch –



Glute stretch –



Iliopsoas +hamstring