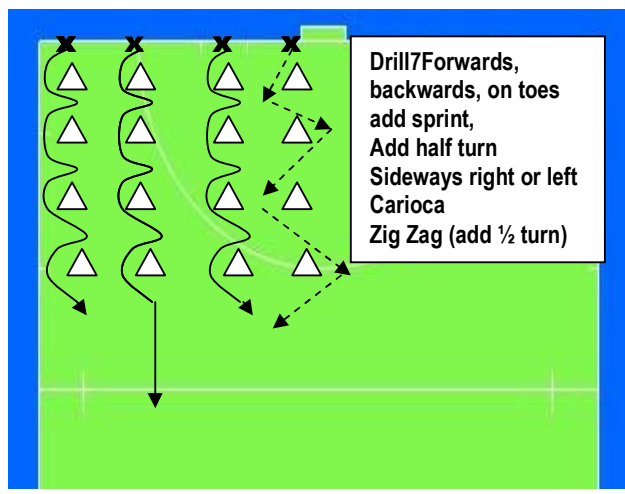
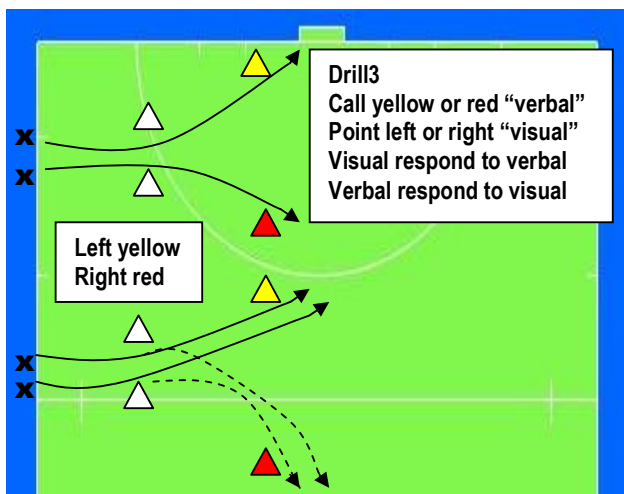
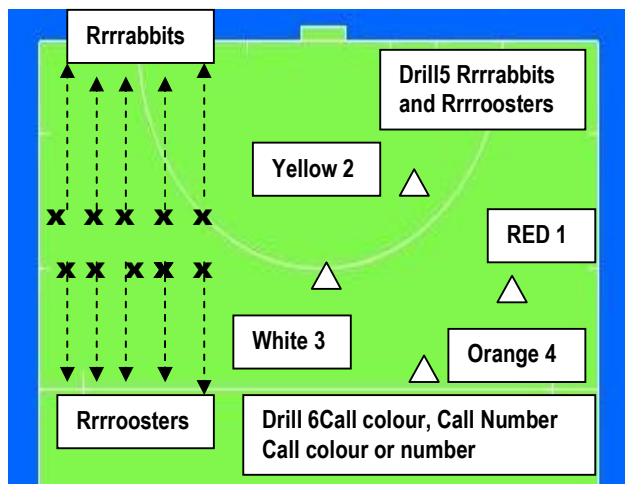
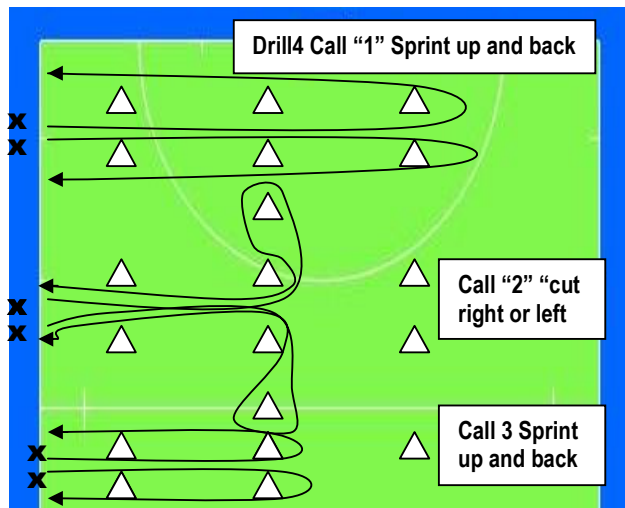
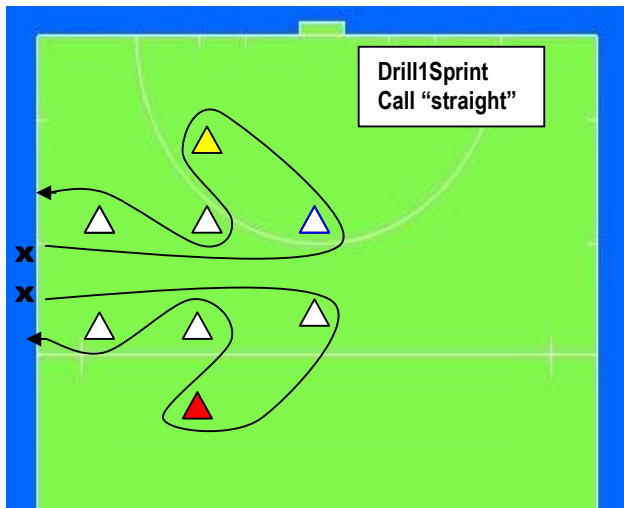


Sprint Training and Agility drills Gary Wilsmore



SPEED and AGILITY 3-4 Reps

1. POWER SKIP 10 metres then sprint 15 metres. Drive 1 knee up, hop, then switch feet.
2. HIGH KNEES 10 metres then sprint 15 metres Quick stride rate on toes.
3. "BUM" KICKS 10 metres then sprint 15 metres

SPEED AND AGILITY 3-4 Reps

4. CARIOCA 10 metres then sprint 15 metres
5. EASY STRIDE 10 metres then sprint 15 metres
6. SPRINT 25 metres from a 3 Point stance
7. BOUNDING 25 metres
8. AGILITY ZIG ZAG 25 metres
9. HIGH KNEE PAWING 25 metres