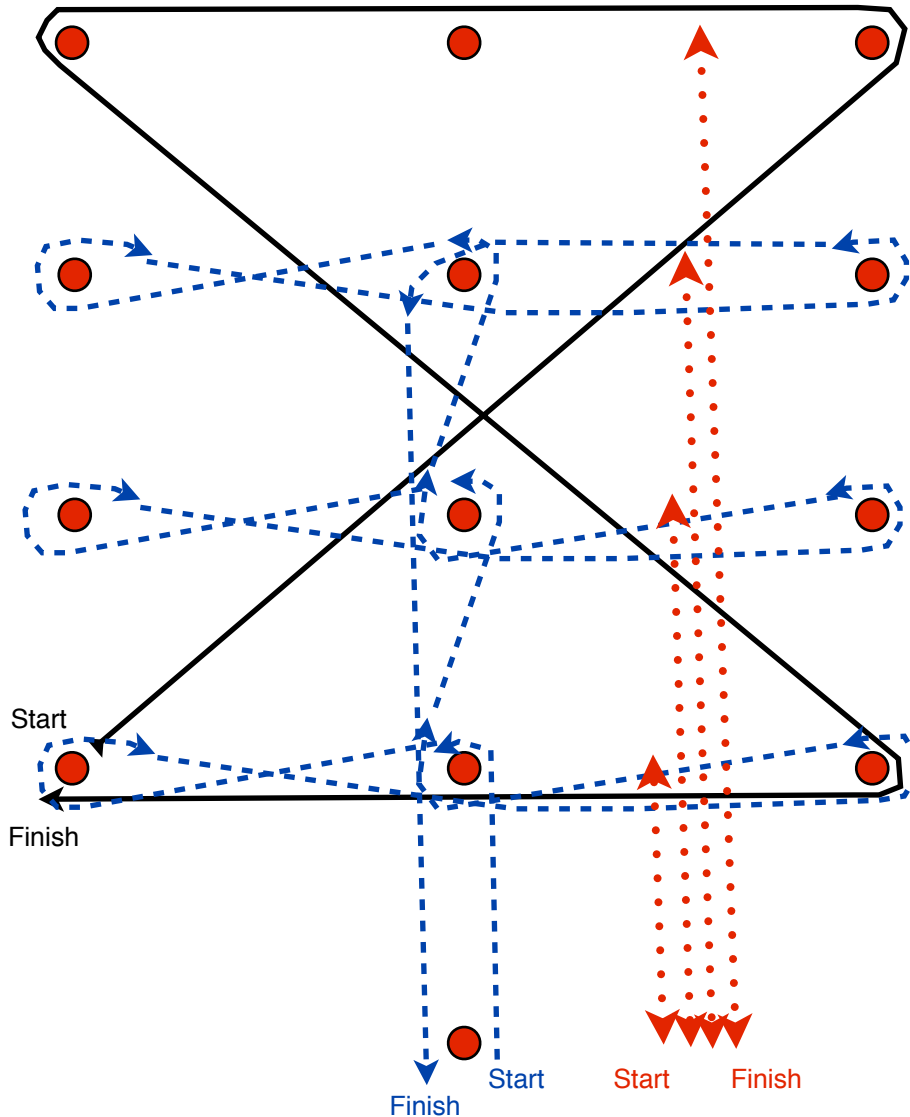


Agility Session for Team Sports

Standard cone set-up for multiple combinations of runs



— Figure of 8: Sprint the figure of 8.

Possible sessions:

- 10 x 1 sprint with 45 seconds recovery
- Pyramid - Sprint circuit once, rest, sprint circuit twice, rest, sprint circuit 3 times, rest, sprint circuit 2 times, rest sprint circuit once.
- 6 x twice round circuit

- - - T Runs: Sprint the circuit

Possible sessions:

- 10 x sprints
- Instead of doing 3 T's do singles or doubles

. . . Shuttles (sprint to selection of cones and back)

Possible sessions:

- 3 x all cones and back, 3 x 1st, 2nd & 3rd cone and back, 3 x 1st & 2nd cone and back, 3 x 1st cone and back