



Agility Runs:

The best way to become a better football player, is to practice the movements that you use during the game. That is what this manual is for. Each position has been broken down to the most important movements that you need to master. When you do each rep, it needs to be at game speed and intensity. Your body will learn whatever you teach it. If you do these movements slow you will be slow. When you do them fast you will become fast!

These programs were written to have different movements to be executed in different directions. For example look at the linebacker page. It says under the "left" column Attack 10. What that means, is that you will start in your good game stance and attach to your left for ten yards, think of it like a fast outside toss play. So for the first set it reads, A10 R so attack 10 yards to the right, the A10 L, attack 10 left and so on. It is always an abbreviation of the movement, the distance, and then direction. If there is just a number, like 40, that just means a 40 yards sprint straight down the field.

As with everything, when you have questions call me at 715-821-0538, 1-800-228-5613. Stay fast and strong!

Coach Pata

Agility Runs: Linebackers

Left

Middle

Right

Attack 10

40yd Sprint

Attack 10

Shuffle 5/Attack 10

30yd Sprint

Shuffle 5/

Set 1

Set 2

Set 3

Set 4

Set

5

A10 R

SH/AT R

A10 L

SH/AT L

A10 R

A10 L

30

BP/R

20

SH/A R

20

H10 R

40

A10 L

30

A10 L

20

F/AT L

40

A10 R

Agility Runs: Defensive Backs

Left

Middle

Right

Shuffle 5/Run 10

40

Shuffle 5/Run 10

Backpedal 5/Break 5

30

Backpedal 5/Break 5

Backpedal 10/Break 10

20

Backpedal 10/Break 10

Set 1

Set 2

Set 3

Set 4

Set

5

20

BP10/B R

SH/R R

BP10/B R

BP15/P L

BP5/B L

BP/ST

30

BP5/B R

40

SH/R R

20

BP15/B

SH/R L

BP10/B R

BP/P 15 R

BP 5/B L

BP15/P R

30

BP5/B L

BP 10/B L

SH/R R

20

BP10/B L

SH/R L

BP/ST

40

BP5/B L

BP15/P L

30

Agility Runs: Offensive Line

Left

Middle

Right

Reach 5

40

Reach 5

Pass Pro Flat 5

30

Pass Pro Flat 5

Outside Zone 10

20

Outside Zone 10

Set 1

Set 2

Set 3

Set 4

Set

5

R5 R

PPF5 R

PPF5 L

R5 L

OZ10

R

PPK10 R

OZ10 L

20

PPK10 L

30

20

PPK10 R

PPF5 R

PPF5 L

R5 L

R5 L

R5 R

R5 R

PPF5 R

PPF5

L

Agility Runs: Tight Ends

Left

Middle

Right

Arrow

40

Arrow

Drag

30

Drag

Set 1

Set 2

Set 3

Set 4

Set

5

WH L

AR L

DR R

AR R

20

AR R

40

AR R

AR L

30

20

DR L

AR L

DR R

WH L

DR L

DR R

40

WH L

AR R

DR R

WH L

WH L

AR L

DR R

30

20

30

40

WH L

AR L

AR R

20

WH L

AR L

Agility Runs: Running Backs

Left

Middle

Right

Wheel

40

Wheel

Arrow

30

Arrow

Flat

20

Flat

Set 1
5

Set 2

Set 3

Set 4

Set

20

FL L

AR R

FL R

40

WH L

AR L

BR L

WH R

BR R

40

30

FL L

AR R

FL R

BR R

WH L

AR L

BR L

WH R

FL R

40

20

FL L

AR R

WH R

BR R

WH L

AR L

BR L

Agility Runs: Quarterbacks

Left Middle Right

Roll Out

40

Roll Out

Boot

30

Boot

20

3 Step Drop

Set 1 Set 2 Set 3 Set 4 Set
5

5 SD

B15 L

B15 R

5SD

3SD

RO10 R

20

30

40

RO10 L

3SD

5SD

B15 L

B15 R

5SD

RO10 L

RO10 R

20

30

40

3SD

3SD

5SD

B15 L

B15 R

40

RO10 L

RO10 R

20

30

Agility Runs: Receivers

Left Middle Right

Use your route tree.

Set 1	Set 2	Set 3	Set 4	Set
5				
5	2	3	4	5
7	8	1	9	7
6	5	2	3	6
0	3	8	1	0
4	8	5	2	9
9	6	7	8	3

Agility Runs: Defensive Line

Left

Middle

Right

Shuffle 5 Attack 10
10

40 Yd Sprint

Shuffle 5 Attack

Set 1
5

Set 2

Set 3

Set 4

Set

R5/P10 L

SH5/A10 L 30

R5/P10 R

SL10 L

SH5/A10 R 40

20

30

40

SL10 L

R5/P10 L

SL10 R

20

R5/P10 R

40

SH5/A10 L

SH5/A10 L

20

30

R5/P10 R

SL10 L

R5/P10 L

SL10 R

SH5/10 R

30

40

SH5/A10 R

SH5/A10 L

20

Agility Runs: Kickers

Shuffle^ Carioca^ Backwards Run
Sprint

Set 1	Set 2	Set 3	Set 4	Set 5
SH 20	SH 30	CA 40	SH 40	SP 30
CA 30	CA 20	SP 40	SP 20	BR 30
SP 30	SH 20	CA 40	SH 40	SH 30
BR 30	CA 30	SH 20	SH 30	CA 40
SH 40	SP 30	CA 20	CA 30	SP 40
SP 20	BR 40	CA 30	SH 20	SH 30
CA 40	SH 40	SP 30	SH 20	SP 30
SP 40	SP 20	BR 40	CA 30	CA 20
SH 30	CA 40	SH 40	SP 30	SH 20