

# Volt Speed/Agility/Quickness

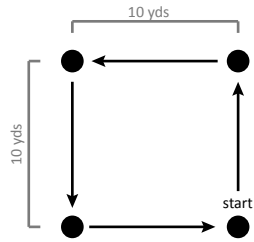
## TIER II



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### SQUARE CONE DRILLS

Two [2] reps of each drill each way. Rest 20-30s each rep.



1. Sprint - Carioca - Backpedal - Carioca
2. High Knees - Sprint - High Knees - Sprint
3. Sprint - Sprint - Sprint - Sprint (Spin Move inside all cones)
4. Sprint - Side Shuffle - Backpedal - Side Shuffle
5. Backpedal - Side Shuffle - Sprint - Side Shuffle

#### Coaching Points

Run outside the cones. Change directions sharply by planting with outside foot. Keep eyes up. Drive through the finish.

### LADDER DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



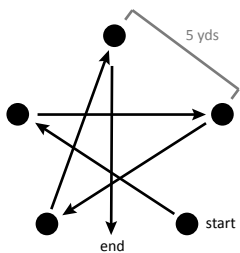
- |                   |                |
|-------------------|----------------|
| 1. Run Through    | 3. Hop Through |
| • Two in, two out | • 180s         |
| • Cross-overs     | • Scissors     |
| 2. Shuffles       | 4. Backwards   |
| • In-n-out        | • Run through  |
| • Cross-overs     | • High-knee    |

#### Coaching Points

Avoid contact with the ladder. Keep eyes up. Stay on balls of feet. Precision first, then build speed. Drive through the finish.

### STAR CONE DRILLS

Two [2] reps of each drill. Rest 20-30s each rep.



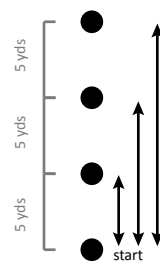
1. Sprint - Sprint - Sprint - Sprint - Sprint
2. Sprint - Backpedal - Sprint - Backpedal - Sprint
3. Sprint - Side Shuffle - Sprint - Side Shuffle - Sprint
4. Sprint - Side Shuffle - Backpedal - Side Shuffle - Sprint

#### Coaching Points

Touch each cone with hand. Stay low. Keep eyes up. Open up hips to change direction. Drive through the finish.

### 5 - 10 - 15 SHUTTLE

Two [2] reps of each drill. Rest 20-30s each rep.



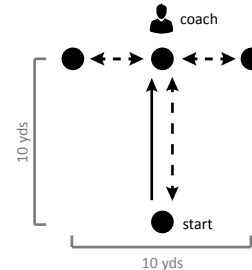
1. Sprint down, walk back
2. Sprint down, sprint back
3. Sprint down, backpedal back
4. Side shuffle down, side shuffle back
5. Push up and sprint down, sprint back

#### Coaching Points

Each 5 - 10 - 15 is one rep. Stay low, touch the cone each time.

### T CONE REACTION DRILLS

One [1] rep of each drill. Rest 20-30s each rep.



#### Starting Positions

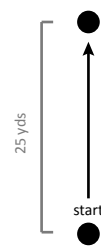
1. Standing
2. Lying on stomach
3. Lying on back
4. High Knees in place
5. On one knee

#### Coaching Points

Begin the drill in the listed starting position. Sprint to middle cone on "GO!" React to coach, shuffling laterally, backpedaling and sprinting.

### PLYOMETRICS

One [1] rep of each drill. Rest 20-30s each rep.



- |                               |                           |
|-------------------------------|---------------------------|
| 1. Bounding                   | 7. Big Tuck Jumps         |
| 2. High Knee Skips            | 8. Lateral Bounding       |
| 3. Broad Jumps                | 9. 180 Lateral Hops       |
| 4. Broad Jumps (3x) to Sprint | 10. Two Hops to Tuck Jump |
| 5. Two Footed Hops            | 11. High Skips            |
| 6. Backward Two Footed Hops   | 12. Backward High Skips   |

#### Coaching Points

Emphasize height on the jumps and quickness on the hops and skips. Drive through the finish.