



SPEED AND AGILITY TRAINING SESSION

Warm Up (10-15 minutes)

- Light Jogging
- Basic forward, backward and side to side movement
- Light Stretching (prepare for workout)

Speed Drills (25-30 minutes)

- Interval Sprinting
- Reaction Drills (ball movement, direction change)
- Competitive and Timed Sprinting

Agility Drills (25-30 minutes)

- Agility Ladder (balance and foot speed)
- Cone Drills (with/without ball)
- Jumping and Hopping exercises (balance)

Strength Training (10-15 minutes)

- Various types of Squats and Lunges

Cool Down and Stretching (15 minutes)

- Recovery Time (return heart rate and breathing to normal)
- Long and Continuous Stretches (injury prevention)