

## **Agility**

This must be done at high speed.

You do not want any fatigue when you do this because if the movements are slower the stimulus and the training effect will be reduced. Do it when you are fresh.

You do a number of fast explosive movements at maximum speed and then recover fully before you go again.

### **Agility – On Court**

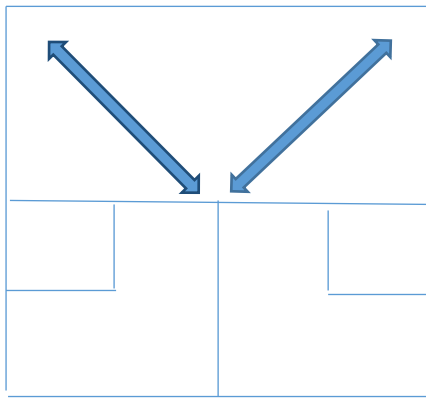
4 Sets of each movement pattern.

15 Seconds at Maximum Speed

Rest for 90 seconds

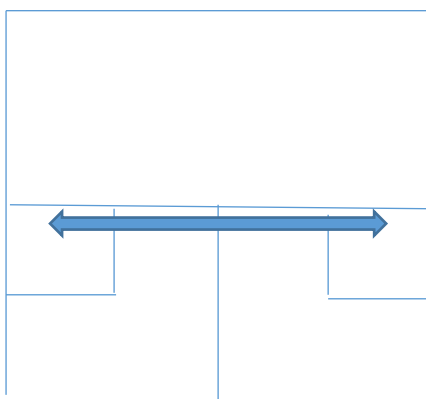
Long Recovery to allow maximum speed each time.

1. Move to front corners from T. Touch line with racket.

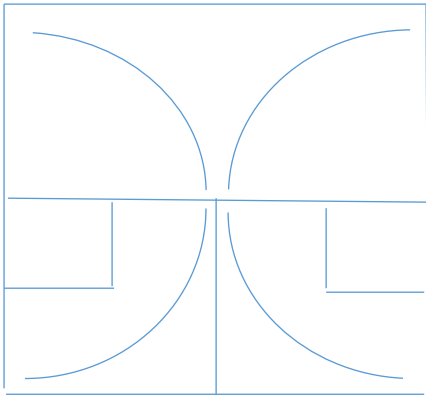


2. Repeat above to the back corners.

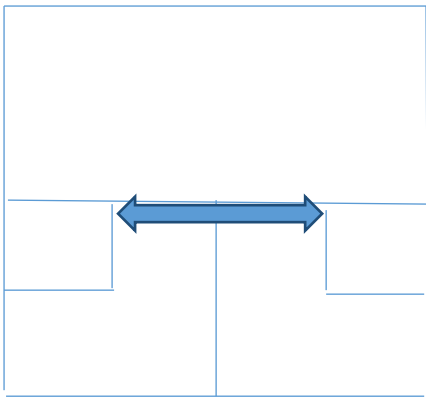
3. Short movement to sides from T. Touch floor with racket.



4. Ghost 4 corners. Randomize the pattern. Can use other ghost patterns.



5. Side step Volley Ghost.



### **Agility – Off Court**

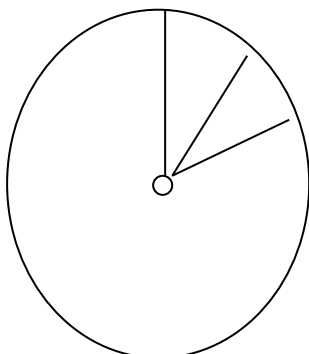
2 Sets of each movement pattern.

15 Seconds at Maximum Speed

Rest for 90 seconds

Long Recovery to allow maximum speed each time.

- i. Run Forward and backwards. Short distances. 3 Metres
- ii. Sprint turn and sprint back. Short distances. 3 Metres
- iii. Side steps. Short distances. 3 Metres.
- iv.



Around the clock. Set up or imagine a circle.

2 Metres from centre to edge.

Run to where each number of the clock would be.

Return back to the middle of the clock.

Face forward at middle of clock as if you are on the '12'

Do in a clockwise direction.

Do 3 sets so you go to each number of the clock.

v. Repeat in other direction. Anti clockwise

vi.

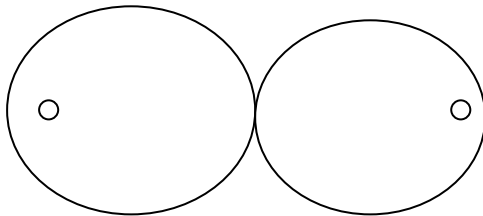


Figure of 8

2 cones or markers. 2 metres apart side by side.

Move around markers in figure of 8 pattern.

vii. Repeat in other direction

viii.

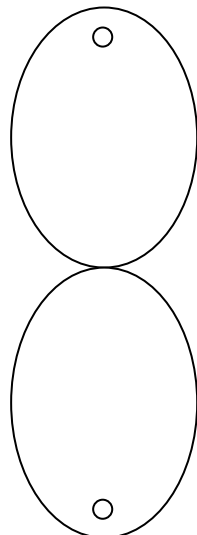


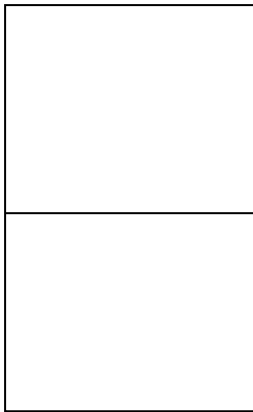
Figure of 8

2 cones or markers. 2 metres apart one in front of the other.

Move around markers in figure of 8 pattern.

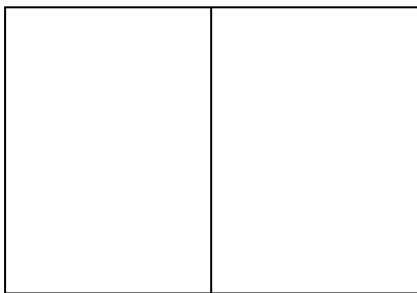
ix. Repeat in other direction.

x.



Box step. Forward and Back. Both feet every time.

xi.



Side Box step. Step side to side. Both feet every time.

Set a timer on an app or on your watch to assist with timing.

Still got some energy left?? Skipping is very good for agility.

