

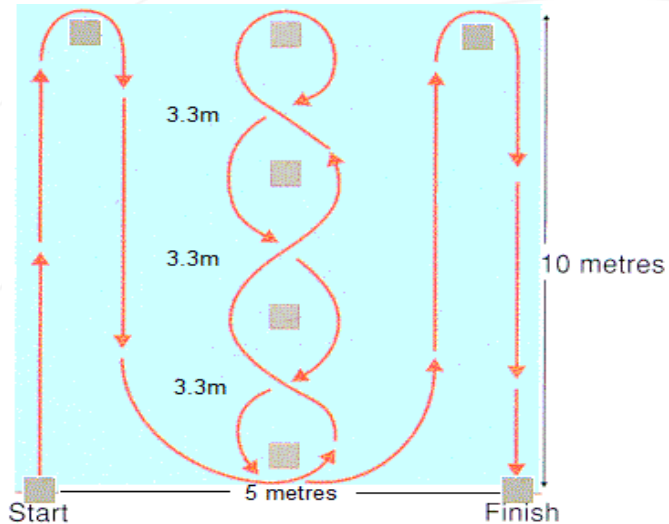


FITNESS AND CONDITIONING

Individual Skill Development



FITNESS AND CONDITIONING



Illinois Agility Test



Equipment: 8 cones and 1 ball.



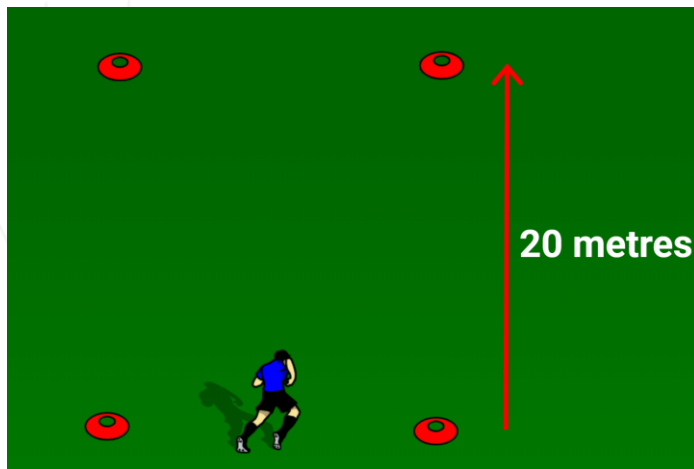
What to do: Place the cones as displayed with the exact distances. Follow the pattern shown. Start from the left 2x and from the right 2x. Record your times.



Variations/Progressions: Do the same with the ball.



Keep in mind: Try beating your times with and without the ball.



Beep test



Equipment: 2-4 cones.



What to do: Set the cones 20m apart. At each beep, run to the next set of cones.



Variations/Progressions: Record your score and try to beat it.



Keep in mind: You can find the beep test online and play it from speakers.