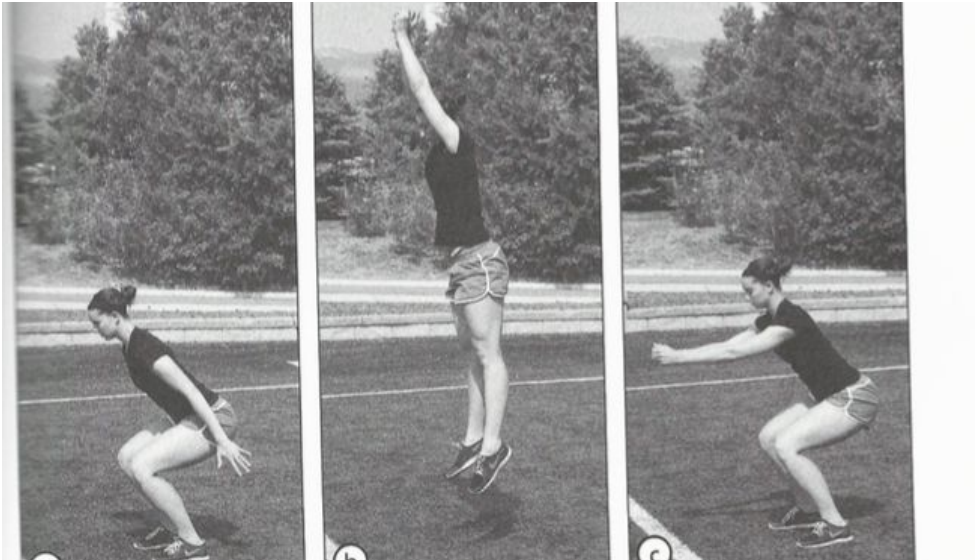


4 Quickness Drills for People with Friends

Get down with the quickness.



#1) Jump, Squat, Push-Up Drill



FOR: *total body quickness; reaction time*

EQUIPMENT: *stopwatch*

START POSITION: *athletic position*

SET = *15 secs ON; 20 to 50 seconds OFF*

Your partner sets a timer and calls out **jump!**, **squat!**, or **push-up!** You must perform the exercise indicated as quickly as possible and return to athletic position.

Complete 3 sets

- Choose your rest based on how quickly you can recover from your 10 seconds of work. You should be able to go at 100% every time.

*PHOTOS FROM: Dawes, J., & Roozen, M. (2012). *Developing agility and quickness*. Champaign, IL: Human Kinetics.

#2) Shadow Drill



FOR: *reaction time; opponent awareness*

EQUIPMENT: *stopwatch; 2 cones, 10 yards apart*

START POSITION: *athletic position; center of cones*

SET = 20 secs ON; 40 secs OFF

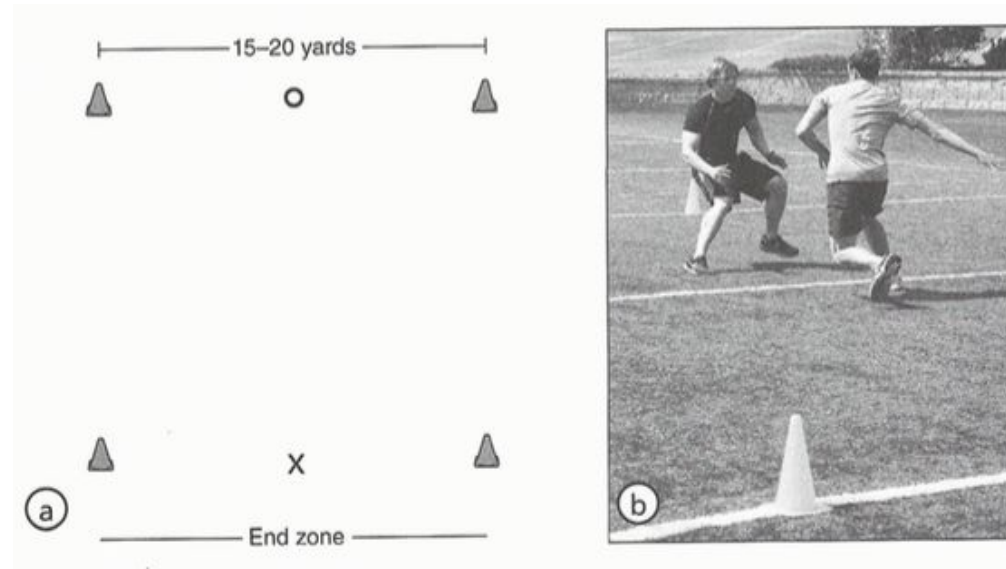
Stand facing our partner in the center of the cones. One of you will be designated the leader. The other must shadow the leader by mimicking his actions in between the cones. For example, if the leader turns and sprints to a cone in her line, the shadow must sprint to that cone as well.

Complete 3 sets

- A full set is complete when both partners have a had a chance to lead.



#3) Containment Drill



FOR: *sport-specific quickness; opponent awareness*

EQUIPMENT: *4 cones set up in a large square 15-20 yards apart*

START POSITION: *athletic position; center of cones, facing opponent*

SET = *time to “endzone”*

Designate a defensive player and an offensive player. Line up across the square facing each other. The defensive player's end is designated as the “endzone”. On a **go!** signal, the offensive player must evade the defensive player and get into the endzone as quickly as possible. Avoid aggressive physical contact -- think more positional blocking.

Complete 2 sets

- A full set is complete when both partners have had a chance to play defense.
- Want an extra challenge? Attempt a set with the defensive player's back to the offense. Or throw on your pads and try it on skates -- JUST BE CAREFUL!



#4) Knee Tag



FOR: *sport-specific speed & quickness*

EQUIPMENT: *4 cones set up in a square, 2 meters apart*

START POSITION: *staggered stance; center of square*

SET = 20 secs ON; 60 seconds OFF

Face each other inside the square, while standing about 1 meter apart. Designate one of you as “it”. On a **go!** signal, “it” will attempt to touch their partner’s knee. The partner should dodge as needed to avoid being touched. Each successful touch scores 1 point for “it”. The partner with the most points at the end of a set, wins.

Complete as many sets as you want (although probably not more than 10)

- A full set is complete when both partners have had a chance to be “it”.
- Also a fun, but intense, one to try on skates.

*PHOTOS FROM: Dawes, J., & Roozen, M. (2012). *Developing agility and quickness*. Champaign, IL: Human Kinetics.

