

5 yard shuffle: Get in a defensive stance and shuffle as quickly as you can 5 yards, then touch the line and shuffle back to the start as quickly as you can (stay low and keep feet apart).

Straight Leg Jumps: Stand with your feet shoulder width apart and your arms pointed up to the sky straight above your head. Jump up as high as you can while barley bending your knees.

Squat Jumps: Stand with your feet shoulder width apart and get down in a squat with your knees at a 90 degree angle. Jump up as high as you can then land back in the squat (jump as quickly as possible and drive your arms up to the sky while jumping).

Lung Jumps: Start in a lunge with one foot a comfortable distance in front of the other. Jump as high as you can and switch which leg is your lead leg while you are in the air (jump up as quickly as you can and make sure to use your arms when jumping).

Step up Jumps: Find a step or a bow that is no more than 2 feet high. Put one foot on the step with the other foot being on the ground. Jump up as high as you can off of the foot that is on the chair and switch which leg is on the step while you are in the air.

Quick Step Ups: Find a step or a box that no more than a foot high. Start with both feet on the ground and as quickly as you can step up onto the step with your lead foot, once your lead foot has touched the step quickly bring your other foot up to touch the step (you are not jumping in this exercise, you are simply touching the step as quickly as you can).

Side Hops Over Cone: Find a cone or a chair that is a foot high. Hop over the cone as quickly as possible with both feet landing on the other side of the cone and then repeat.

Triangle Shuffles: Put 3 cones 5 yards apart in the shape of a triangle. Start in a defensive stance and as quickly as you can shuffle from one cone to the other. Shuffle in a triangle, dropping your back foot to change directions.

One Leg Jumps: Start on your right leg and jump as far and high as you can for the specified amount of jumps and then switch to your left leg on the way back.

Line Drills: Find a line on the gym floor or draw it in chalk. Hop back and forth over that line either side to side or front to back. Mix up hopping on both feet, left foot, and right foot.

Dot Drills: Make a mark on the ground in chalk at five different places, making it look like the number 5 on a dice. Hop as quickly as you can from dot to dot in a variety of different patterns. Mix up hopping on both feet, left foot, and right foot.