

Agility Progression

This program is designed to provide a safe progression of agility movement patterns required in sports. Effort levels are divided into 4 categories and should begin ONLY once the athlete has begun Phase ONE Plyometrics.

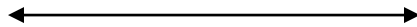
Each phase should take approximately 2 weeks. 1.) Start at 25-50% effort, 2.) Progress to 75% intensity, 3.) Increase to 100% full speed if comfortable. 4.) Progress to unanticipated agilities at full speed in preparation for return to sport.

Frequency: 2 to 4 times per week

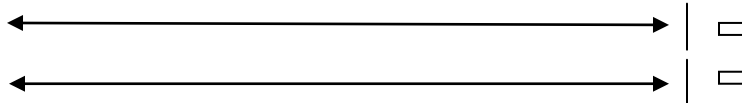
Observe and cue athlete to:

- Maintain low center of gravity.
- Focus on proper deceleration technique.
- Eccentric control during single leg loading without valgus collapse at the knee.
- Maintain a neutral spine posture during movement patterns.
- Safe movement patterns with near perfect technique are required before increasing intensity.

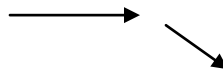
- **Lateral Shuffle:** 2 Cones are set up 5 yards apart. Athlete starts at one cone, side shuffles to the 2nd cone, decelerates and changes direction and returns to the first cone. Repeat 3 times consecutively for 3 sets.



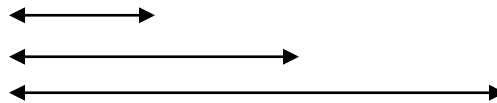
- **Shuttle Run:** Set up 2 shuttles approximately 10 yards away from start line. Patient jogs/sprints to the shuttle, picks it up while decelerating and changes direction. Shuttle is placed behind start line and the second shuttle is retrieved. Repeat 3 times.



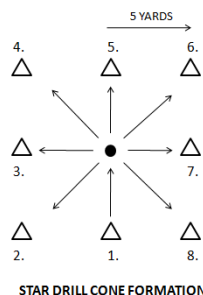
- **45° Cutting:** Place 1 cone 3-5 yards away from start. Athlete jogs/sprints to cone, decelerates and changes direction in a 45° angle followed by 2-3 explosive steps. Repeat 10-15 times bilaterally.



- **Jog/Sprint→Backpedal:** From the start line, place 3-5 cones 1-2 yards apart. Patient will jog/sprint to first cone, decelerate and back pedal maintaining low center of gravity to the start line and repeat for each cone. Repeat series 3-5 times.



- **Star Drill:** 8 cones are set up as in the diagram below. Athlete starts in the center and takes 2-3 steps toward forward cone and returns to center before changing direction toward next cone. This is repeated for each cone until circuit is complete. Repeat series 2-3 times clockwise and counter clockwise.



Patient Name: _____

Dynamic Warm Up and Agility Progression

Diagnosis: _____

Date of Injury / Surgery: _____

Dynamic Warm Up:

Date:						
Walking Knee to Chest						
Frankensteins						
Hip In / Hip Out						
Walking Quad Pull						
Butt Kicks						
High Knees						
Mini Lunges						

Agility Progression:

Intensity % :						
Lateral Shuffle						
Carioca						
Jog Stops/Backpedal						
45° Cutting						
Star Drill						
Sprint/Backpedal						
Shuttle Run						

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Signature: _____

Initials: _____