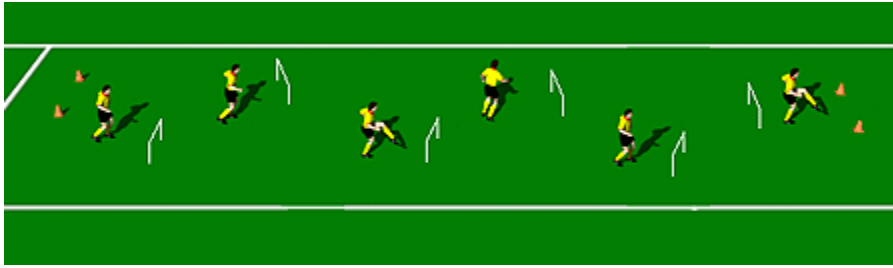


# Compound Agility Drill



This drill can be set up in a variety of ways; all of the distances and angles of the hurdles are set up at random.

From the starting position A, each player (one at a time) sprints to the first hurdle, and then does the designated movement.

1. Inside crescent kick over every hurdle, with right leg.
2. Inside crescent kick over every hurdle, with left leg (this requires a very intense change of direction).
3. Outside crescent kick over every hurdle, with right leg (this requires a very intense change of direction).
4. Outside crescent kick with left leg.
5. Combination crescent kicks, inside right + outside left over the same hurdle before sprinting on to the next.
6. Combination crescent kicks, inside left + outside right over the same hurdle before sprinting on to the next.
7. Inside right followed by inside left on alternate hurdles.
8. Outside right followed by outside left on alternate hurdles.

The player must sprint maximally in between each hurdle, and execute the designated movement as fast as possible.

To make the exercise even more intense have all of the hurdles at varying heights and varying spaces between each one.

At the end of every circuit A to B, walk or jog back to A.