



Line Agility Drills

Key points about line agility drills

- Use a chalk line, piece of string, crack in the sidewalk, painted line on parking lot, etc.
- The line needs to be 15- 20 yards long
- Hug the line but do not touch the line
- Stay low, use hips
- Hold your stick and a ball during the drills

- **Side to side shuffle**
 - a) Feet together and jump side to side over the line and slightly forward. (like mogols)
 - b) 15-20 yards down and then turn and come back.
 - c) 3 sets forward, 3 sets backward

- **Scissor Steps**
 - a) Start with one foot on each side of the line (line btw legs)
 - b) Cross the feet right foot in front first (right foot goes from right side to left side) then left foot in front.
 - c) 15-20 yards down and then turn and come back.
 - d) 3 sets forward, 3 sets backward

- **Side to side shuffle (1 foot)**
 - a) Start on 1 side of line with left foot
 - b) Jump side to side over the line and slightly forward. (like mogols)
 - c) 15-20 yards down and then turn and come back.
 - d) 3 sets forward, 3 sets backward

- **Front and back shuffle (2 feet face toward the line)**
 - a) One foot on either side of line
 - b) Switch feet to other side (right over line and left behind line to right behind the line and left over line)
 - c) Shuffle down the line moving feet over and back
 - d) Move your arms.
 - e) 15-20 yards down and then turn and come back.
 - f) 3 sets

- **Jump the box (2 feet face down the line)**
 - a) Feet together and jump side to side over an imaginary box (explode up)
 - b) 15-20 yards down and then turn and come back.
 - c) 3 sets