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GK Sports

AGILITY SKILLS

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Phase I - Week 1

DAY 1

TIME

- 10 **Warm-Up**
- 10 **Flexibility**
- 6 **Ladder**
 - 2 x Ladder Step
 - 2 x Lateral Ladder Step
 - 2 x Ladder Crossover
- 6 **Cones/Lines**
 - 2 x Figure 8
 - 2 x Pro Shuttle
 - 2 x 5/10/5 Forward/Back
- 6 **Reaction**
 - 2 x Backpedal Direct
 - 2 x Sprint Direct
 - 2 x Shuffle Direct
- 10 **Cool-Down**

Estimated Workout Time

48 minutes

DAY 2