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GK Sports

AGILITY SKILLS

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# Phase II - Week 7

DAY 1

DAY 2

**TIME**

10 **Warm-Up**

10 **Flexibility**

12 **Ladder**

4 x In/Out Ladder Jump

4 x Lateral In/Out Ladder Chop

4 x Single-Leg Ladder Slalom

12 **Cones**

4 x 4-Cone Shuffle

4 x 4-Cone Carioca

4 x Z Run and Backpedal

12 **Bags**

4 x Bag Double Chop

4 x Lateral Bag Step

4 x Bag Change of Direction

10 **Cool-Down**

Estimated Workout Time

66 minutes