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GK Sports

AGILITY SKILLS

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Phase III - Week 9

DAY 1

TIME

- 10 **Warm-Up**
- 10 **Flexibility**
- 12 **Ladder**
 - 4 x Single-Leg Ladder In/Out
 - 4 x Ladder Weave
 - 4 x Ladder 180 Degree Pivot
- 12 **Cones/Lines**
 - 4 x Plus Drill
 - 4 x Pro Shuttle
 - 4 x 5/10/5 Forward/Back
- 6 **Reaction**
 - 2 x Mirror Shuffle w/ Pass
 - 2 x Sprint/Backpedal
 - 2 x Sprint/Shuffle/Backpedal/Shuffle/Sprint Direct
- 10 **Cool-Down**

Estimated Workout Time

60 minutes

DAY 2