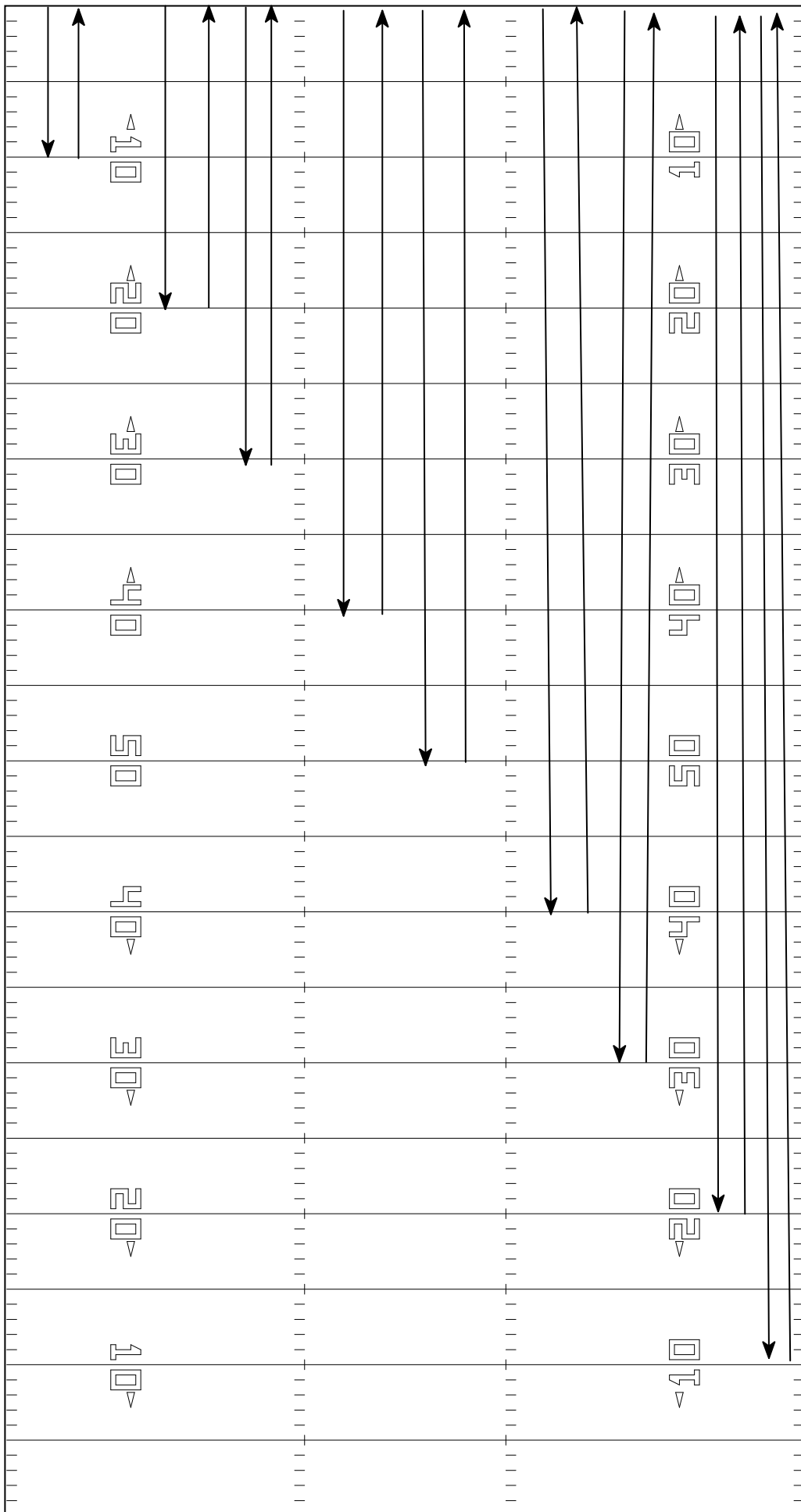


START

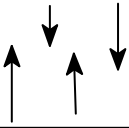
STRIDE THE LADDER

FINISH



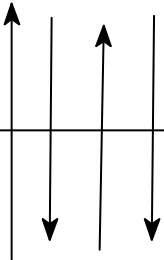
TROJANS

5 YARD SHUTTLE



LEVEL 1	LEVEL 2	LEVEL 3
RUN 4 OPEN RT	RUN 5 OPEN RT	RUN 6 OPEN RT
REST 1 MIN	REST 1 MIN	REST 1 MIN
RUN 4 OPEN LT	RUN 5 OPEN LT	RUN 6 OPEN LT

10 YARD SHUTTLE



LEVEL 1	LEVEL 2	LEVEL 3
RUN 4 OPEN RT	RUN 5 OPEN RT	RUN 6 OPEN RT
REST 1 MIN	REST 1 MIN	REST 1 MIN
RUN 4 OPEN LT	RUN 5 OPEN LT	RUN 6 OPEN LT

BALL DROP SPRINT / GET UP BALL DROP SPRINT

BALL DROP



START

LEVEL 1	LEVEL 2	LEVEL 3
RUN 4 TIMES	RUN 5 TIMES	RUN 6 TIMES
REST 1 MIN	REST 1 MIN	REST 1 MIN
RUN 4 TIMES	RUN 5 TIMES	RUN 6 TIMES

TROJANS

STRIDE - SPRINT - STRIDE

FORM RUN TO SPRINT

STRIDE

LEVEL 1
RUN 6, REST 2 MIN, RUN 6
12 TOTAL

FORM RUN 10 YARDS

SPRINT 20 YARDS

SPRINT

LEVEL 2
RUN 8, REST 2 MIN, RUN 8
16 TOTAL

HIGH KNEE

BUTT KICK (PICK 2)

BOUND

POWER SKIPS

STRIDE

LEVEL 3
RUN 10, REST 2 MIN, RUN 10
20 TOTAL

LEVEL 1
RUN 6
REST 1 MIN
RUN 6

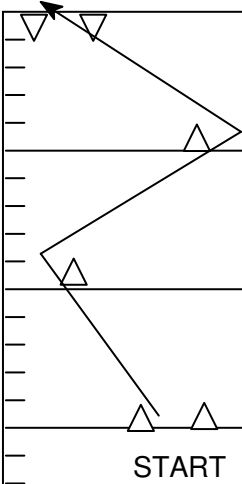
LEVEL 2
RUN 8
REST 1 MIN
RUN 8

SPRINT

LEVEL 3
RUN 10
REST 1 MIN
RUN 10

TROJANS

S - DRILL



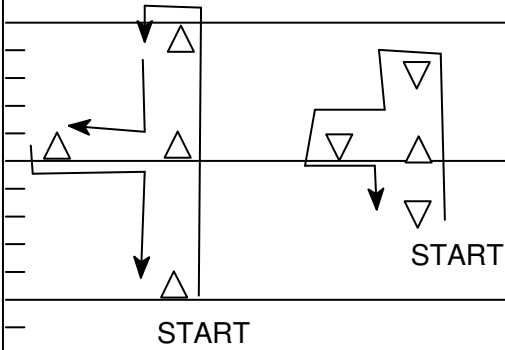
LEVEL 1
RUN 4
REST 1 MIN
REST 1 MIN

LEVEL 2
RUN 5
REST 1 MIN
RUN 5

LEVEL 3
RUN 6
REST 1 MIN
RUN 6

START

T - DRILL / MINI T - DRILL



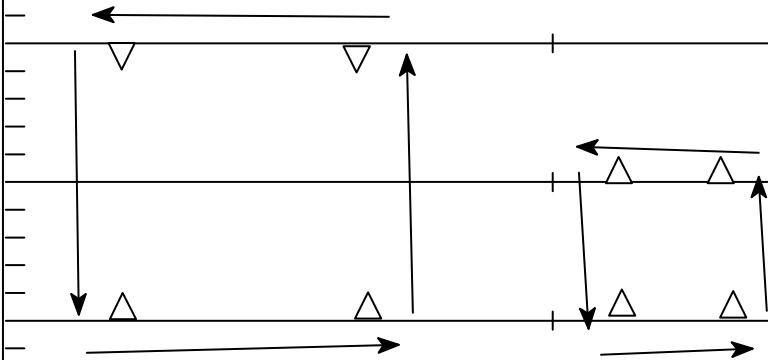
LEVEL 1
RUN 4 - T
REST 1 MIN
RUN 4 MINI T

LEVEL 2
RUN 5 - T
REST 1 MIN
RUN 5 MINI T

LEVEL 3
RUN 6 - T
REST 1 MIN
RUN 6 - MINI T

START

SQUARE DRILL / MINI SQUARE DRILL



LEVEL 1
RUN 4
REST 1 MIN
RUN 4 MINI

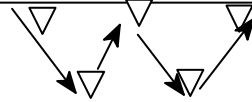
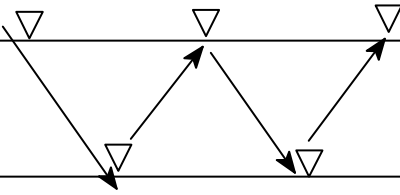
LEVEL 2
RUN 5
REST 1 MIN
RUN 5 MINI

LEVEL 3
RUN 6
REST 1 MIN
RUN 6 MINI

15 - 20 SECONDS REST BETWEEN

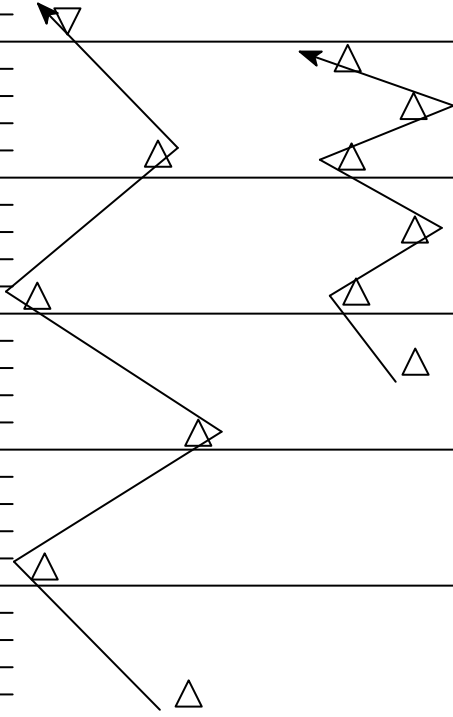
TROJANS

W - DRILL / MINI W - DRILL



LEVEL 1 RUN 4 REST 1 MIN RUN 4 MINI	LEVEL 2 RUN 5 REST 1 MIN RUN 5 MINI	LEVEL 3 RUN 6 REST 1 MIN RUN 6 MINI
--	--	--

ZIG - ZAG DRILL / MINI ZIG - ZAG DRILL



LEVEL 1
RUN 4 ZIG ZAGS
REST 1 MIN
RUN 4 MINI ZIG ZAGS

LEVEL 2
RUN 5 ZIG ZAGS
REST 1 MIN
RUN 5 MINI ZIG ZAGS

LEVEL 3
RUN 6 ZIG ZAGS
REST 1 MIN
RUN 6 MINI ZIG ZAGS

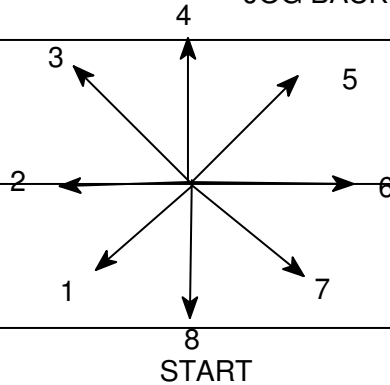
BAG DRILL

RUN THRU	LEVEL 1 RUN 4	LEVEL 2 RUN 5	LEVEL 3 RUN 6
LATERAL RUN	RUN 4	RUN 5	RUN 6
ANGLE RUN	REST 1 MIN	REST 1 MIN	REST 1 MIN
WEAVE/BACK PEDAL	RUN 4	RUN 5	RUN 6
DIRECTIONAL WEAVE	REST 1 MIN	REST 1 MIN	REST 1 MIN
	RUN 4	RUN 5	RUN

TROJANS

STAR DRILL

*SHUFFLE, SPRINT, OR BACKPEDAL TO THE MIDDLE,
THEN SPRINT TO AND BREAK DOWN AT EACH NUMBERED POINT.
JOG BACK TO THE STARTING POINT



LEVEL 1

LEVEL 2

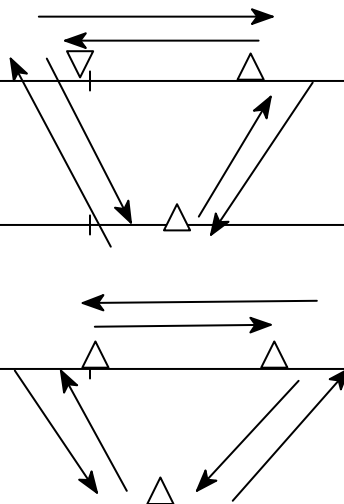
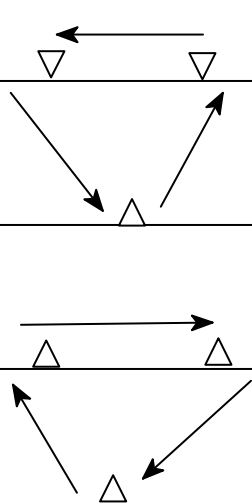
LEVEL 3

SET OF 8 SHUFFLE RT
REST 1 MIN
SET OF 8 SHUFFLE LT
REST 1 MIN
SET OF 8 SHUFFLE RT
REST 1 MIN
SET OF 8 SHUFFLE LT

SET OF 8 SHUFFLE RT
REST 1 MIN
SET OF 8 SHUFFLE LT
REST 1 MIN
SET OF 8 SPRINT RT
REST 1 MIN
SET OF 8 SHUFFLE LT
REST 1 MIN
SET OF 8 BACK PEDAL RT
REST 1 MIN
SET OF 8 BACK PEDAL LT

SET OF 8 SHUFFLE RT
REST 1 MIN
SET OF 8 SHUFFLE LT
REST 1 MIN
SET OF 8 SPRINT RT
REST 1 MIN
SET OF 8 SPRINT LT
REST 1 MIN
SET OF 8 BACK PEDAL
RT
REST 1 MIN
SET OF 8 BACK
PEDAL LT

INVERTED TRIANGLE



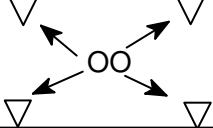
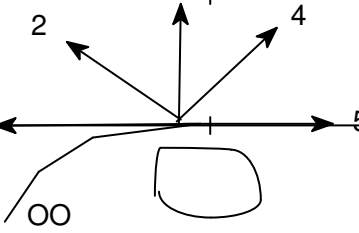
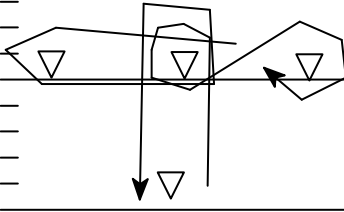
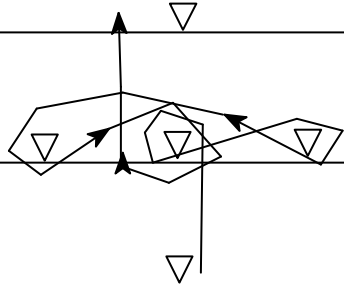
LEVEL 1

LEVEL 2

RUN 3 RIGHT
REST 1 MIN
RUN 3 LEFT
REST 1 MIN
RUN 3 RT (DOUBLE)
REST 1 MIN
RUN 3 LT (DOUBLE)

RUN 4 RIGHT
REST 1 MIN
RUN 4 LEFT
REST 1 MIN
RUN 4 RIGHT (DOUBLE)
REST 1 MIN
RUN 4 LEFT (DOUBLE)

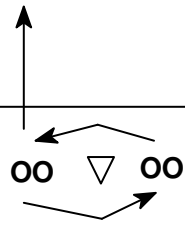
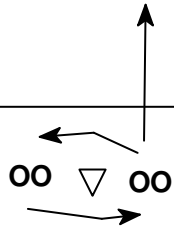
TROJANS

	4 CORNER DRILL VISUAL COMMAND	
	LEVEL 1 RUN 4 REST 1 MIN RUN 4	LEVEL 2 RUN 4 REST 1 MIN RUN 5
	5 VISUAL COMMANDS	6 VISUALS
		
	CIRCLE EDGE DRILL	
	LEVEL 1 RUN 8 EDGE LEFT REST 1 MIN RUN EDGE RIGHT	LEVEL 2 RUN 12 EDGE LEFT REST 1 MIN RUN 12 EDGE RIGHT
	T - FIGURE 8 DRILL	
	LEVEL 1 RUN 5 RIGHT REST 1 MIN RUN 5 LEFT	LEVEL 2 RUN 6 RIGHT REST 1 MIN RUN 6 LEFT
	CROSS FIGURE 8 DRILL	
	LEVEL 1 RUN 5 RIGHT REST 1 MIN RUN 5 LEFT	LEVEL 2 RUN 6 RIGHT REST 1 MIN RUN 6 LEFT

TROJANS

PYLON HOP TO SPRINT

LEVEL 1

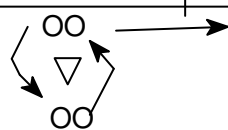
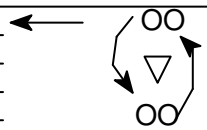


SIDE TO SIDE RIGHT

SIDE TO SIDE LEFT

RUN 5 SIDE TO SIDE RT
 RUN 5 SIDE TO SIDE LT
 REST 1 MIN
 RUN 5 SIDE TO SIDE RT
 RUN 5 SIDE TO SIDE LT

LEVEL 2



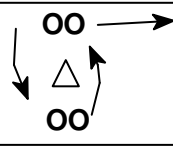
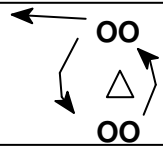
BACK TO FRONT LT

BACK TO FRONT RT

RUN 5 SIDE TO SIDE RT
 RUN 5 SIDE TO SIDE LT
 REST 1 MIN
 RUN 5 BACK TO FRONT (OPEN RT)
 RUN 5 BACK TO FRONT (OPEN LT)
 REST 1 MIN
 RUN 5 FRONT TO BACK (OPEN RT)
 RUN 5 FRONT TO BACK (OPEN LT)

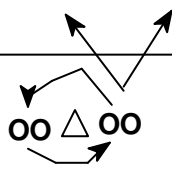
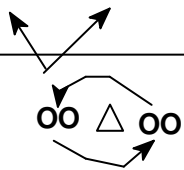
PYLON HOP TO 45 DEGREE SPRINT

LEVEL 1



FRONT TO BACK RT FRONT TO BACK LT

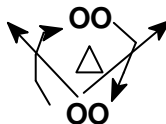
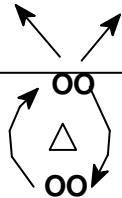
RUN 4 SIDE TO SIDE RT - BREAK RT
 RUN 4 SIDE TO SIDE LT - BREAK LT
 REST 1 MIN
 RUN 4 SIDE TO SIDE RT - BREAK RT
 RUN 4 SIDE TO SIDE LT - BREAK LT
 16 TOTAL REPS



SIDE TO SIDE LT

SIDE TO SIDE RT

LEVEL 2



BACK TO FRONT

RUN 4 SIDE TO SIDE RT - BREAK RT
 RUN 4 SIDE TO SIDE LT - BREAK LT
 RUN 4 BACK TO FRONT - BREAK RT
 REST 1 MIN
 RUN 4 BACK TO FRONT - BREAK LT
 RUN 4 FRONT TO BACK - BREAK RT
 RUN 4 FRONT TO BACK - BREAK LT
 24 TOTAL REPS

FRONT TO BACK

TROJANS

10 YARD STARTS

LEVEL 1
RUN 6
REST 1 MIN
RUN 6

LEVEL 2
RUN 8
REST 1 MIN
RUN 8

LEVEL 3
RUN 10
REST 1 MIN
RUN 10

15-20 SECONDS REST BETWEEN REPS

FALLING STARTS 10 YARDS

LEVEL 1
RUN 6
REST 1 MIN
RUN 6

PLYOMETRIC STARTS 10 YARDS

LEVEL 1
RUN 6 DEPTH JUMP STARTS
REST 1 MIN
RUN 6 KNEE TUCK STARTS
REST 1 MIN
RUN 6 RUSSIAN STARTS

LEVEL 2
RUN 8
REST 1 MIN
RUN 8

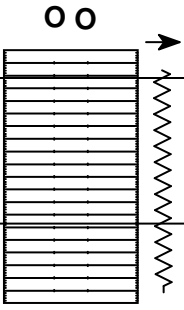
LEVEL 2
RUN 8 DEPTH JUMP STARTS
REST 1 MIN
8 KNEE TUCK STARTS
REST 1 MIN
RUN 8 RUSSIAN STARTS

LEVEL 3
RUN 10
REST 1 MIN
RUN 10

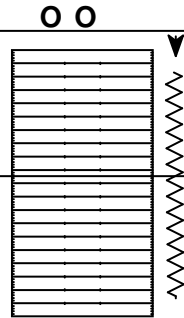
LEVEL 3
RUN 10 DEPTH JUMPS
REST 1 MIN
10 KNEE TUCK STARTS
REST 1 MIN
RUN 10 RUSSIAN STARTS

TROJANS

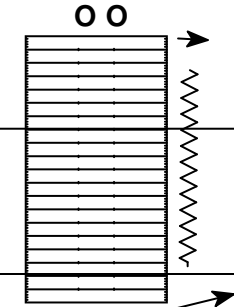
THE LADDER



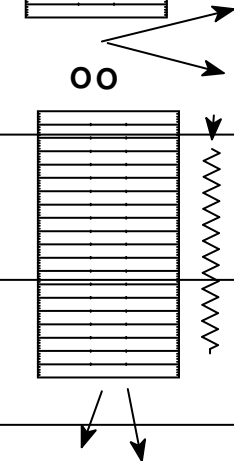
LEVEL 1
RUN 2 LATERAL
RUN 2 FRONT
REST 1 MIN



RUN 2 LATERAL DIIRECTIONAL CHANGE
RUN 2 FRONT DIRECTIONAL CHANGE



LEVEL 2
RUN 3 LATERAL
RUN 3 FRONT
REST 1 MIN
RUN 3 LATERAL DIRECTIONAL CHANGE
RUN 3 FRONT DIRECTIONAL CHANGE



LEVEL 3
RUN 4 LATERAL
RUN 4 FRONT
REST 1 MIN
RUN 4 LATERAL DIRECTIONAL CHANGE
RUN 4 FRONT DIRECTIONAL CHANGE

15-20 SECONDS REST BETWEEN REPS

STRAIGHT AHEAD RUNNING

TROJANS

SPRINT - STRIDE (40YDS)
SPRINT 20 YDS - STRIDE THE OTHER 20 YDS

STRIDE - SPRINT
STRIDE 20 YDS - SPRINT THE OTHER 20 YDS

LEVEL 1
RUN 3
REST 1 MIN
RUN 3

LEVEL 2
RUN 4
REST 1 MIN
RUN 4

LEVEL 3
RUN 5
REST 1 MIN
RUN 5

15-25 SECONDS BETWEEN REPS