



Agility

Agility Specific Corrective Exercises

Name of Exercise	Description	Instructional Image
Lateral Hops	Start with both feet close together on the ground. Lifting both feet off the ground at the same time hop sideways keeping your body facing forward. Right after you land, hop back to your starting position. To improve agility, lateral hops should be done quickly. It may be useful to put a cone or marker to help identify the middle spot you are hopping over.	
Forward and Backward Hops	Start with both feet close together on the ground. Lifting both feet off the ground at the same time hop forward. Right after you land, hop backward to your starting position. To improve agility, these hops should be done quickly. It may be useful to put a cone or marker to help identify the middle spot you are hopping over.	

You can complete the above exercises at home, and you can add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

There are many ladder and hurdle drills that you can do to improve your agility. Talk to your Club Fit Coach to learn more about these drills.

