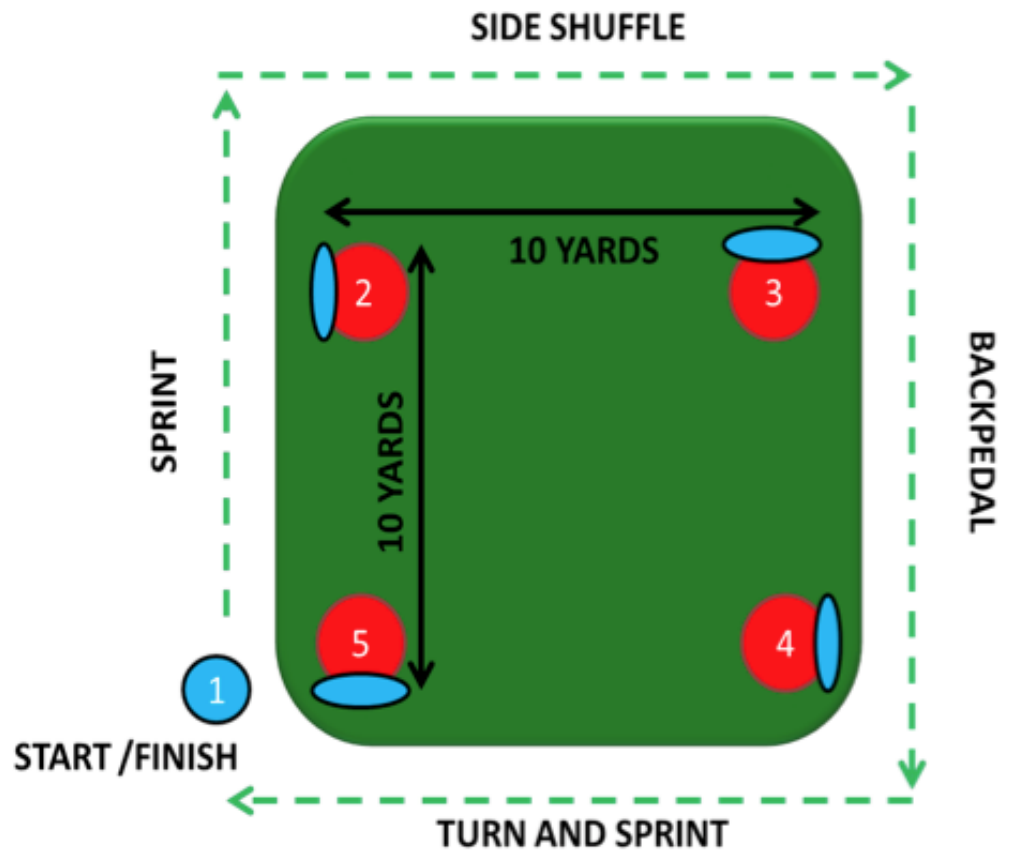


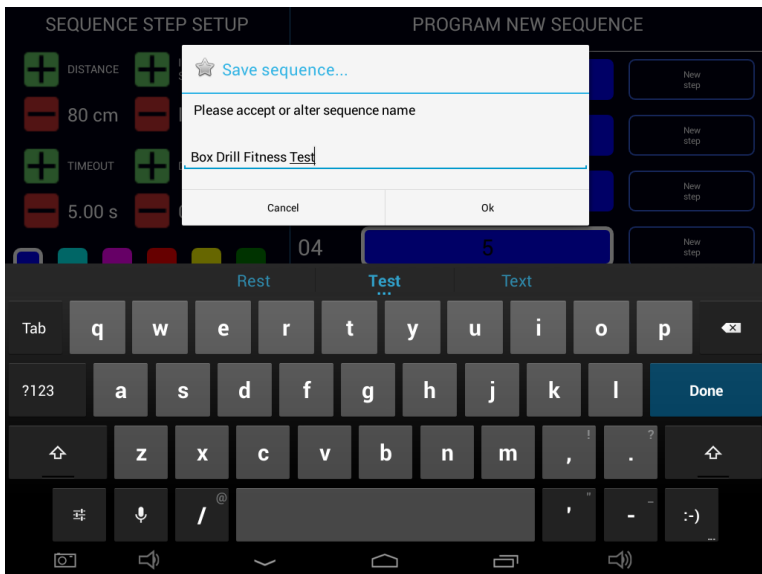
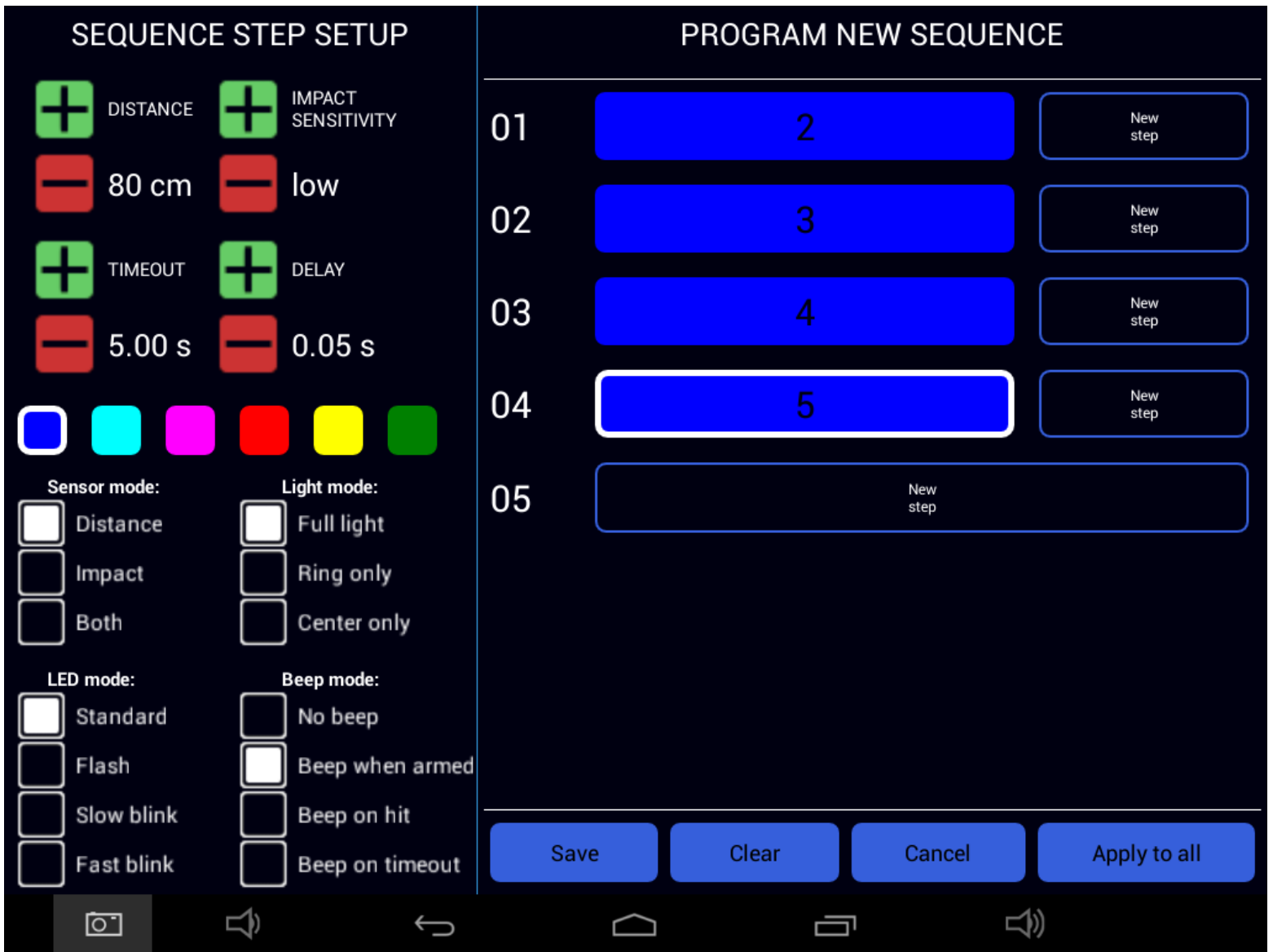


TRAINING DRILLS

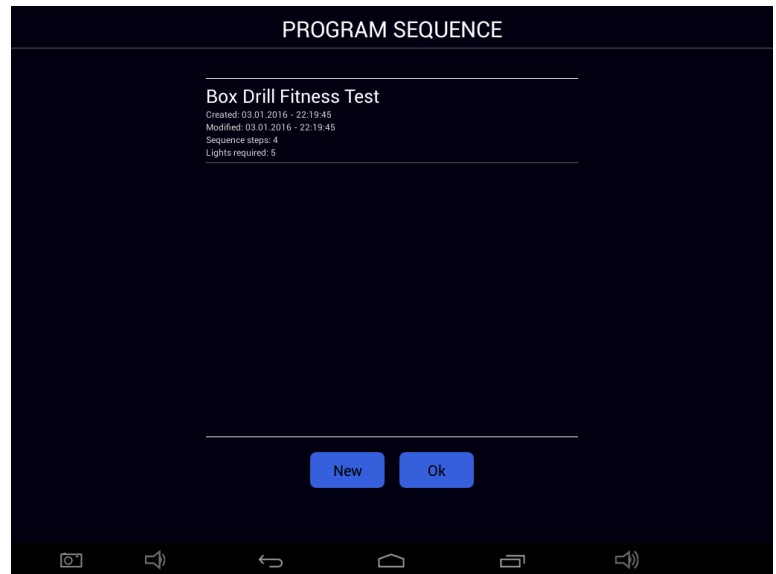
DRILL NAME: BOX DRILL FITNESS TEST



PURPOSE	This is a test for agility, quickness, flexibility, change of direction, speed and body control
EQUIPMENT	5 FITLIGHTs & 3 cones
SET UP	Attach 4 FITLIGHTs with Velcro to the cones. Measure a 10 yard square box, placing the lights facing outwards on each corner, 10 yards apart as per diagram. Note: LIGHT #1 is not attached and sits on the ground
ROUTINE	The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, they remove their hand from Light #1, sprint to Light #2, shuffle sideways to Light #3, continue by back pedaling to Light #4, and finish by turning and sprinting through and finishing at Light #5. The athlete must go around the outside of each light within 60cm (24") to trigger the lights.
PROGRAM SET UP	The program entry will have Lights #2, #3, and #4. Always omit Light #1 in the program (this is the light to start). Note: Once the athlete's hand is removed from the light the time starts

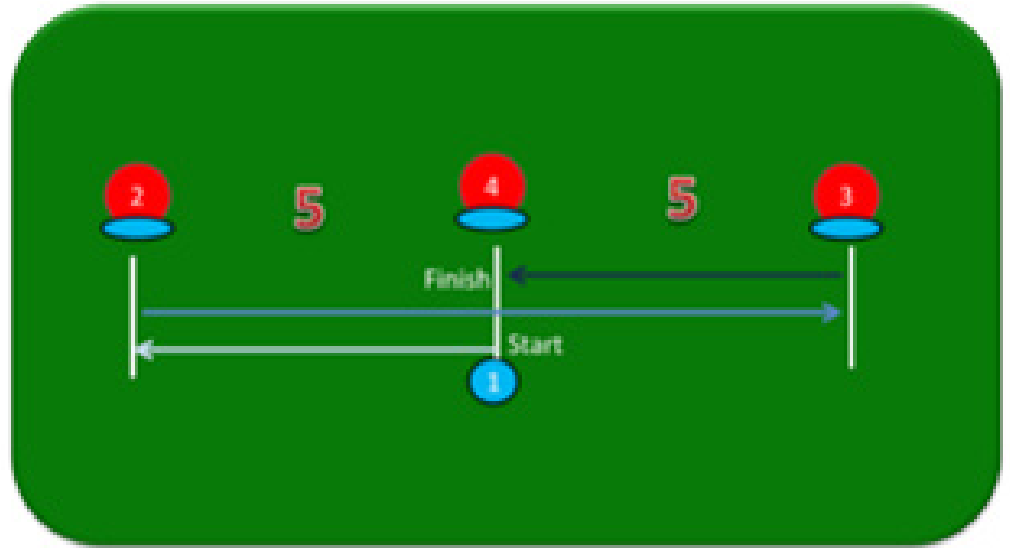


1. Enter Program Name and Save

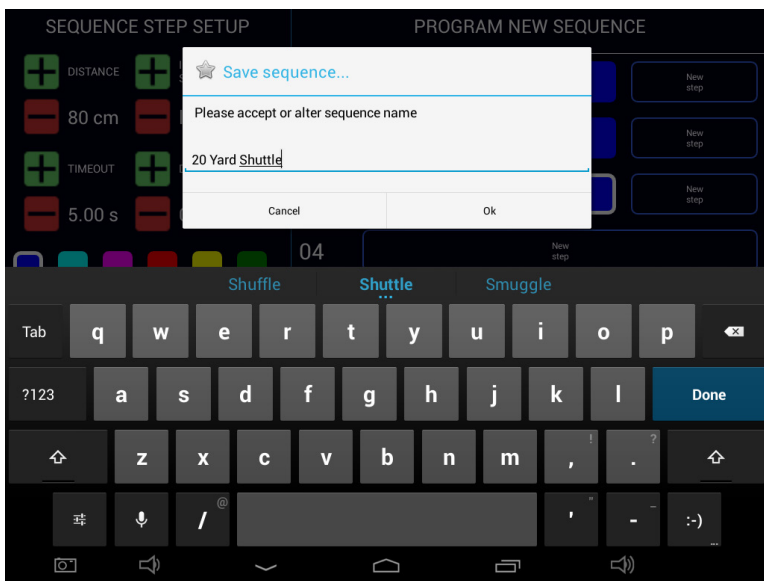
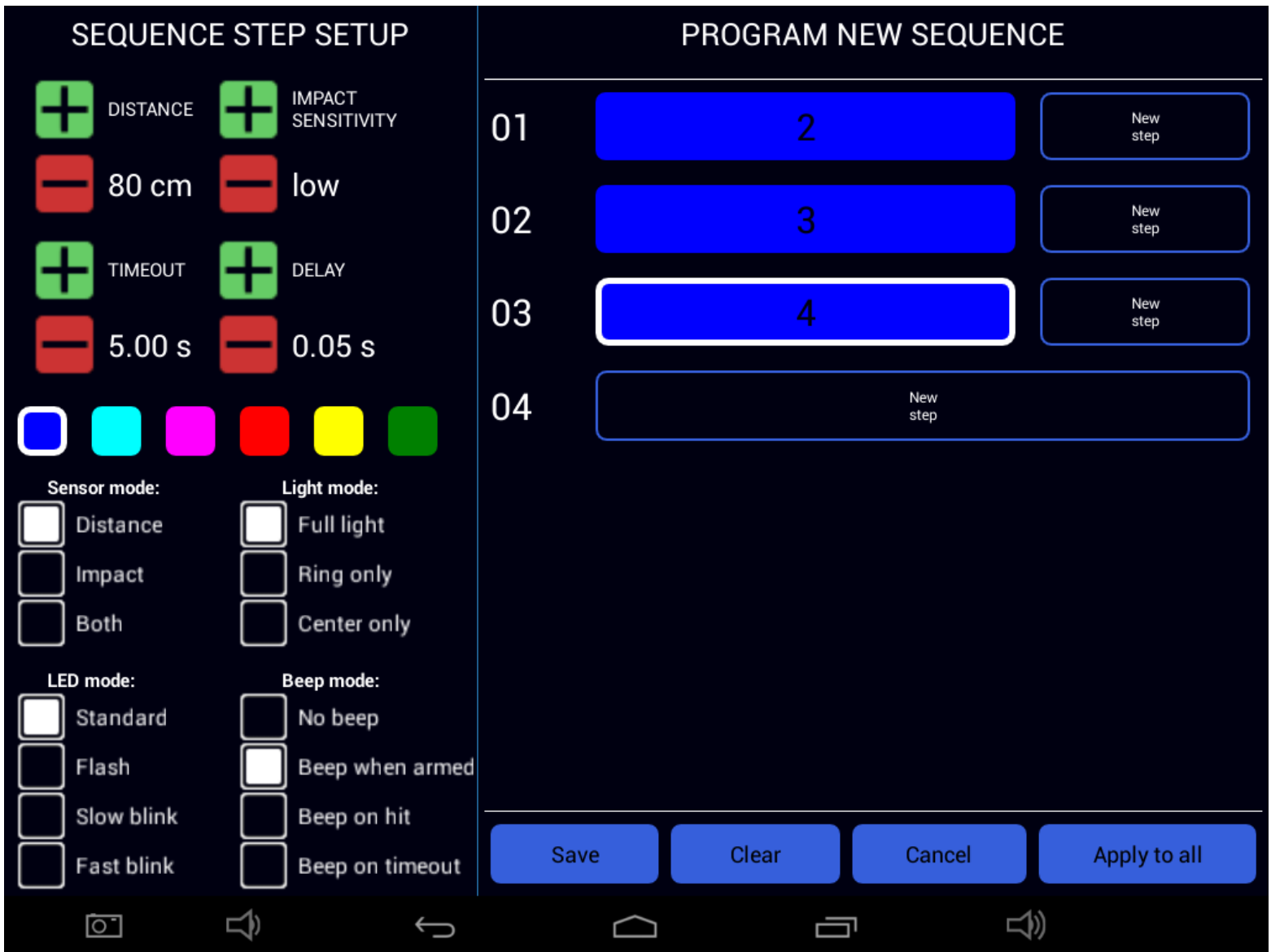


1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

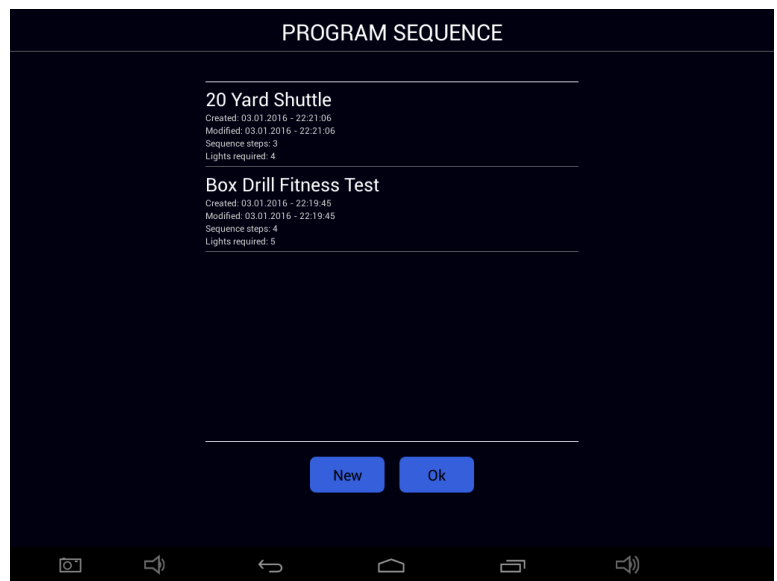
DRILL NAME: 20 YARD SHUTTLE



PURPOSE	This is a test for agility, quickness, flexibility, change of direction, speed and body control
EQUIPMENT	4 FITLIGHTS & 3 cones
SET UP	Attach 3 FITLIGHTs with Velcro to the cones. Measure 5 yards in either direction from the center of Light #1 as per diagram and place the lights in a straight line. Note: Light #1 is not attached and sits on the ground next to Light #4
ROUTINE	The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1, sprint to Light #2, turn and sprint to Light #3, and continue by sprinting to Light #4. The players must pass within 60cm (24") of the light to deactivate the light
PROGRAM SET UP	Follow the same set up procedure as the example for the "BOX DRILL" but only 4 lights need to be activated during step #4 (only 4 FITLIGHTs are to be connected). The program entry will have Light# 2, #3, and #4. Always omit Light #1 in the program (this is the light to start). Note: Once the athlete's hand is removed from the light the time starts

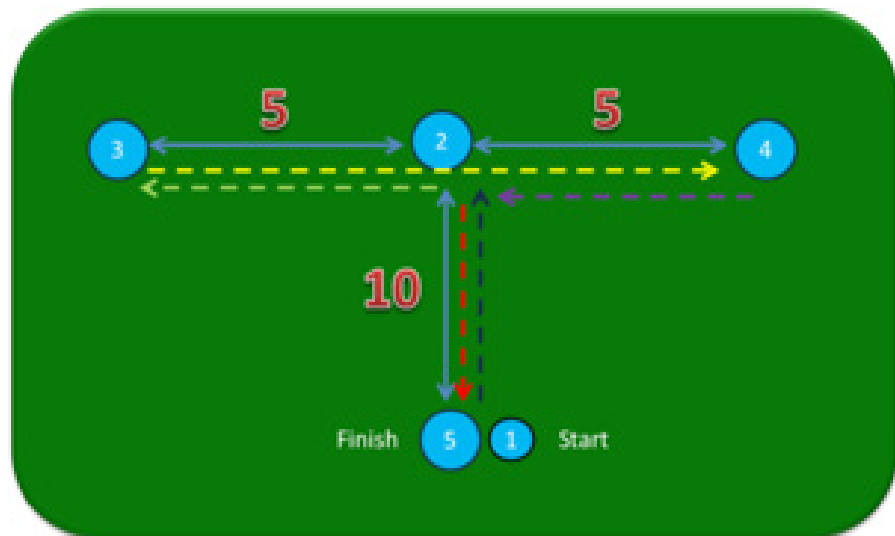


1. Enter Program Name and Save

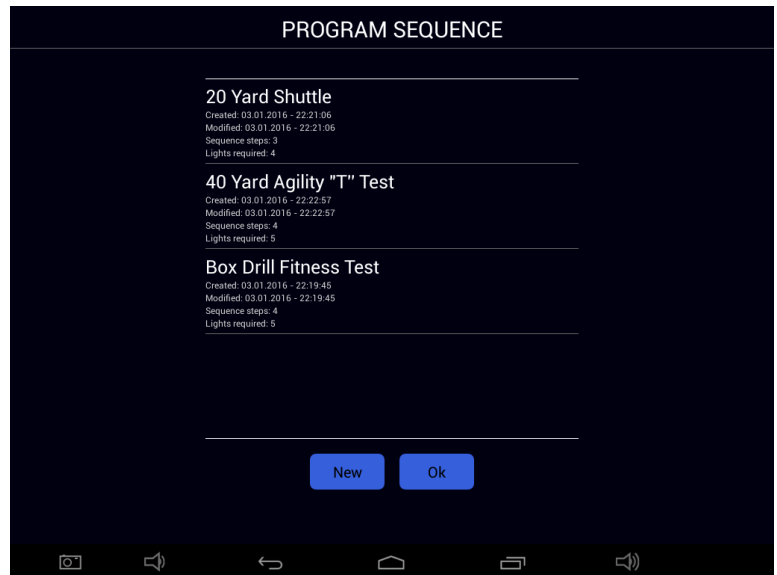
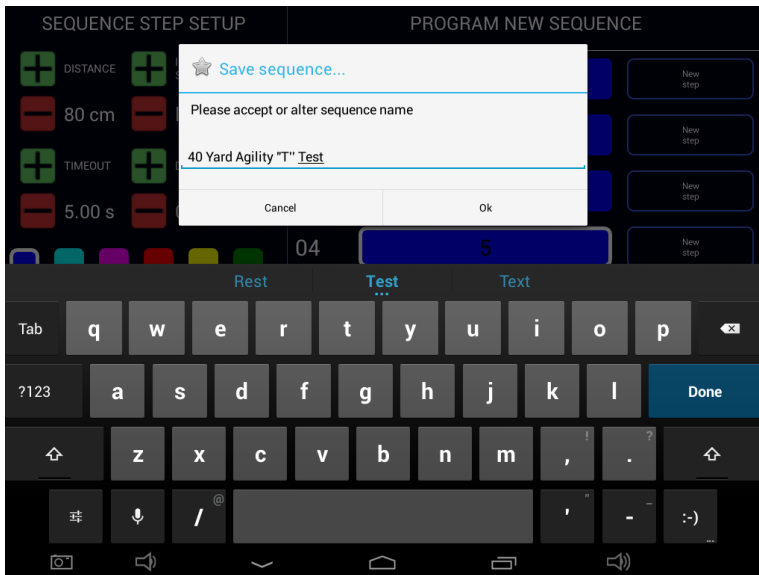
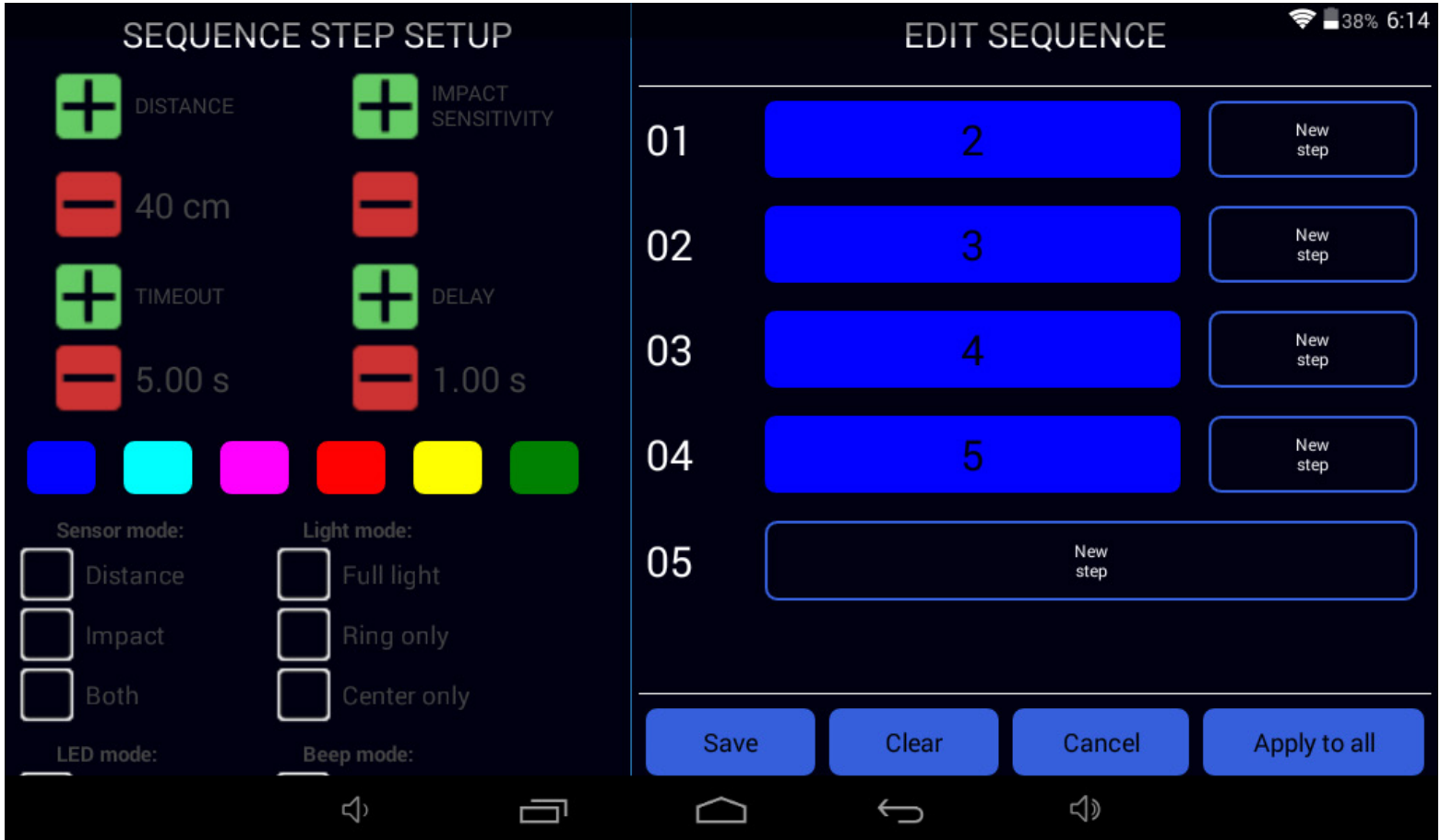


1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

DRILL NAME: 40 YARD AGILITY “T”-TEST



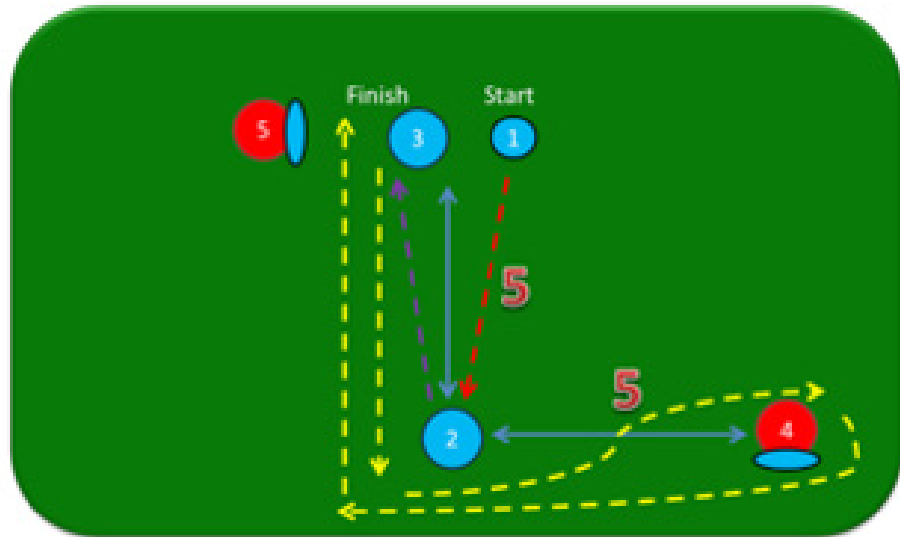
PURPOSE	This is a test of agility for athletes, and includes forward, lateral, and backward running
EQUIPMENT	4 FITLIGHTs & 3 cones
SET UP	Attach 4 FITLIGHTs with Velcro to the cones. Measure a 10 yards from Light #1 (start line) to Light #2 and then measure 5 yards on either side of Light #2 as per diagram. Position Light #5 at the finish line. All lights should be laying on the ground
ROUTINE	The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1, sprint to Light #2 and touch the light with their right hand. They then turn left and shuffle sideways to Light #3, and touch the light with their left hand. Next, shuffle sideways to the right to Light #4 and touch the light with the right hand. Shuffle back to Light #2, touching with the left hand, and then run backwards to Light #5. The players must pass within 60cm (24”) of the light to deactivate the light
PROGRAM SET UP	Follow the same set up procedure as the example for the “BOX DRILL” 2. The program entry will have Lights #2, #3, #4 and #5. Always omit Light #1 in the program (this is the light to start). Note: Once the athlete’s hand is removed from the light the time starts



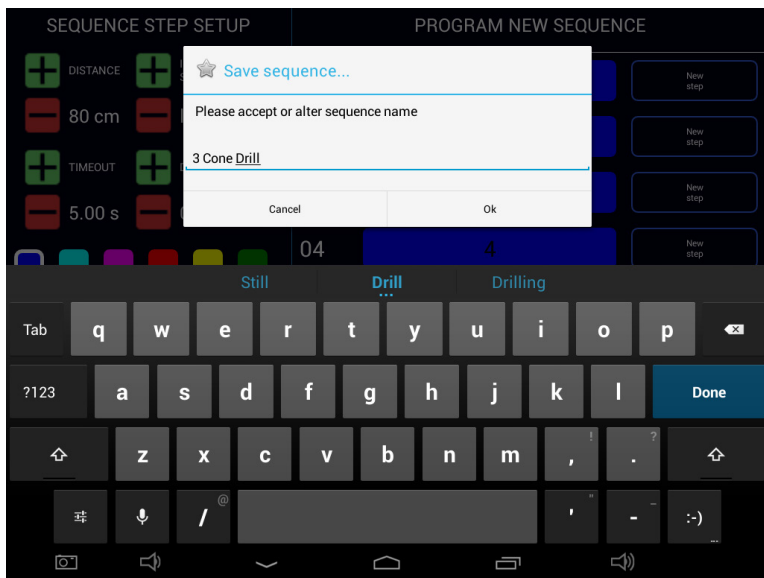
1. Enter Program Name and Save

1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

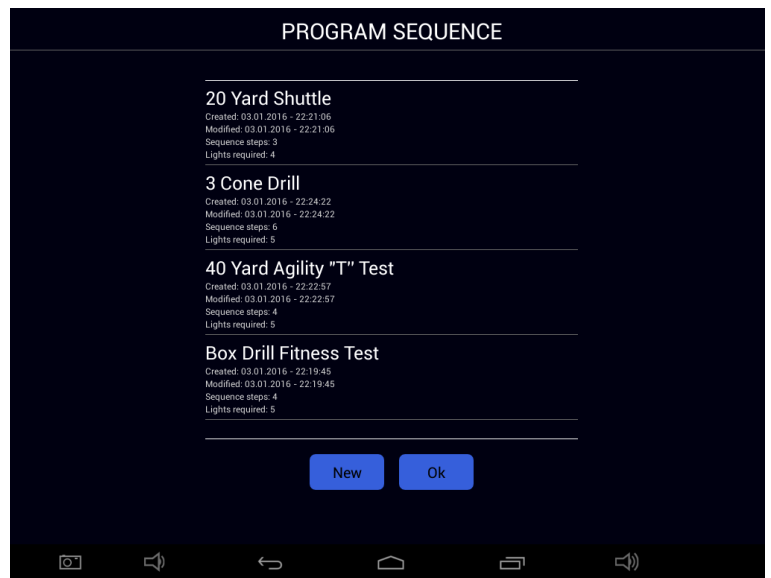
DRILL NAME: 3 CONE DRILL



PURPOSE	This is a test for agility, quickness, flexibility, change of direction, speed and body control.
EQUIPMENT	5 FITLIGHTs & 3 cones
SET UP	Attach 2 FITLIGHTs with Velcro to the cones. 2 lights and 1 cone are placed in an "L" formation with the lights that are attached to the cones at the corners in position 4 and 5. They should be placed 5 yards apart (see diagram)
ROUTINE	The player starts by getting down in a three-point stance with a hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and run to Light #2, and touch the light with their right hand. Next, turn and run back to Light #3, bend down and touches that light with right hand. Then run back to Light #2 and around the outside of it, weave inside Light #4, then around the outside of Lights #4 and #2 before finishing at Light #5. The player must run forward while altering their running direction, as opposed to strictly stopping and starting in opposite directions
PROGRAM SET UP	Follow the same set up procedure as the example for the "BOX DRILL" 2. The program entry will have Light #2, #3, #4 and #5. Always omit Light #1 in the program (this is the light to start). Note: Once the athlete's hand is removed from the light the time starts

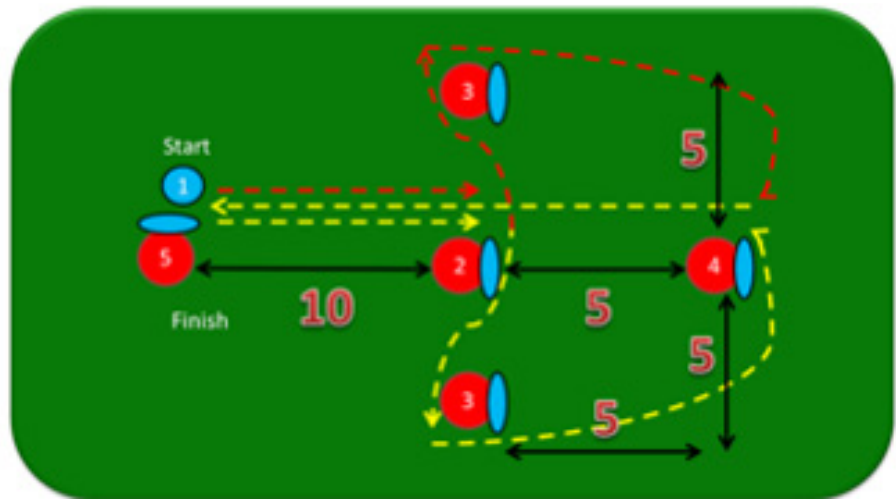


1. Enter Program Name and Save

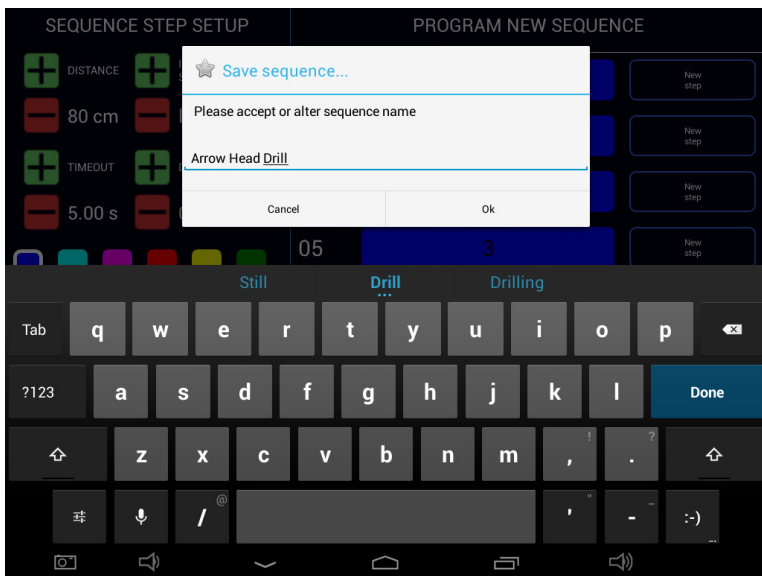
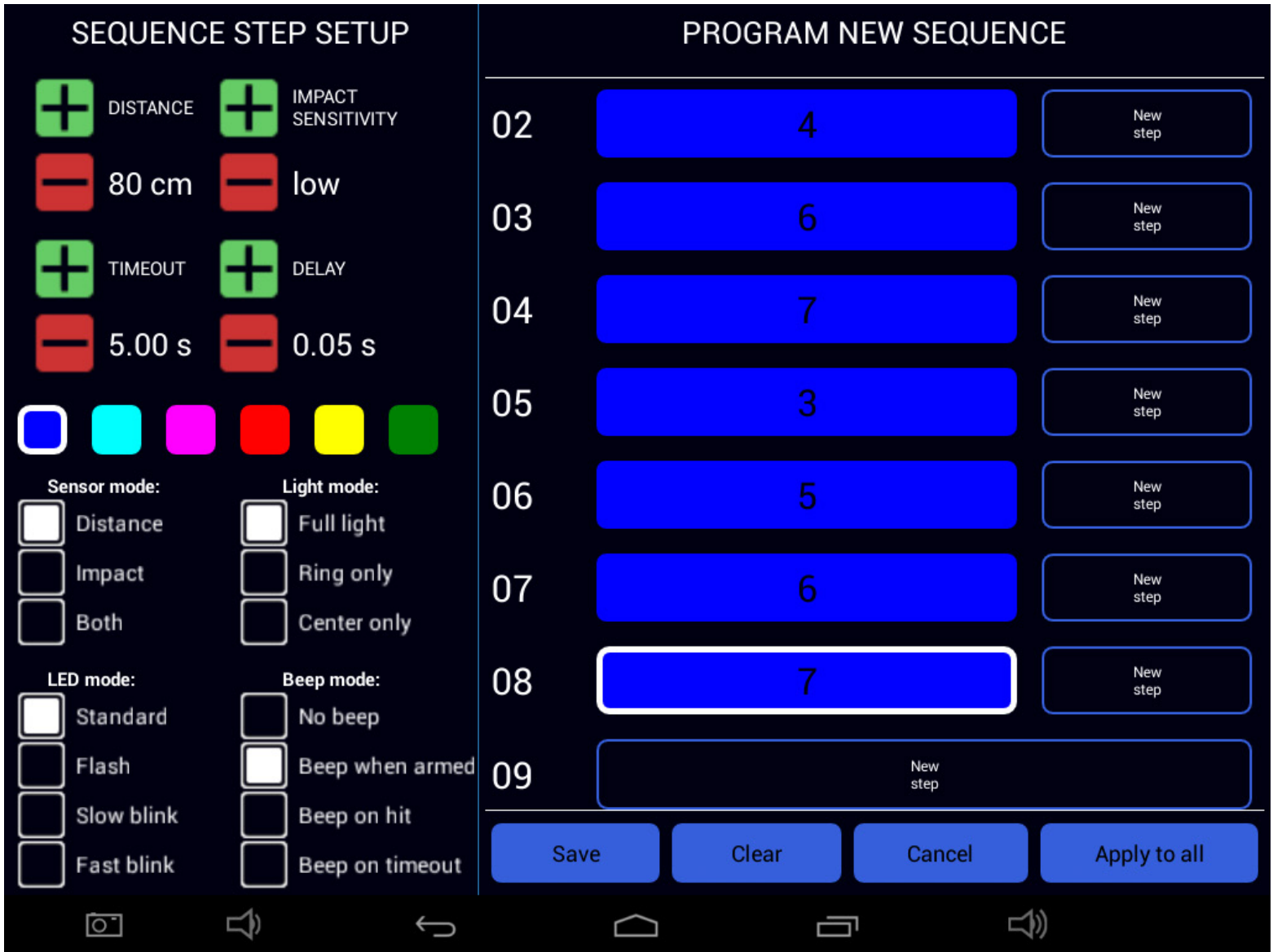


1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

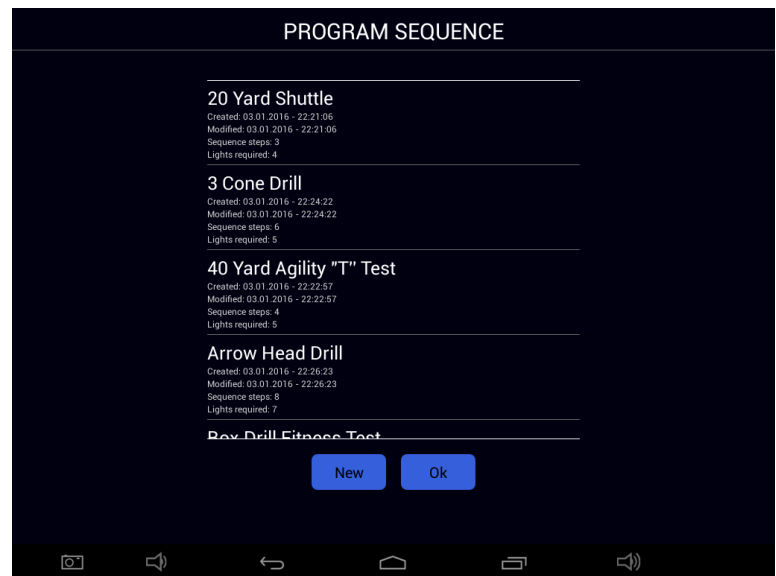
DRILL NAME: ARROW HEAD DRILL



PURPOSE	This is a test of speed, explosion, body control and the ability to change direction over a range of angles and directions
EQUIPMENT	6 FITLIGHTs & 1 cone
SET UP	Attach 5 FITLIGHTs with Velcro to the cones. Note Light #1 is not attached
ROUTINE	<p>The lights are laid out as per the diagram, with three marker lights placed in an arrowhead shape, and the start and finish light to indicate the start and finish line. The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and run as fast as possible to the middle Light #2, turn to run around the side Light #3 (left or right), around the far cone (Light #4) and back to Light #5. The player completes four runs, two to the left then two to the right (as shown). The players must pass within 60cm (24") of the light to deactivate the light.</p> <p>Note: Only Program for one side as Light # can be switched to either side</p>
PROGRAM SET UP	<p>Follow the same set up procedure as the example for the "BOX DRILL" 2. The program entry will have Light #2, #3, #4 and #5. Always omit Light #1 in the program (this is the light to start).</p> <p>Note: Once the athlete's hand is removed from the light the time starts</p>

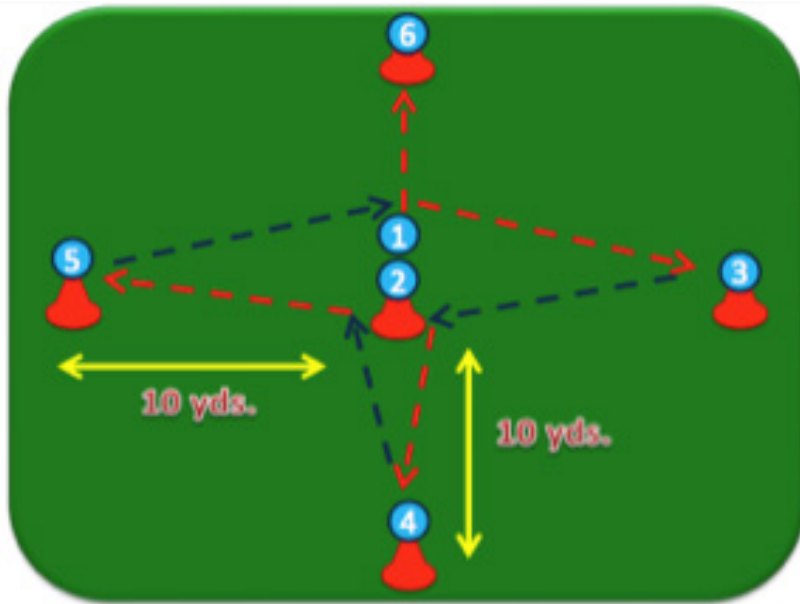


1. Enter Program Name and Save

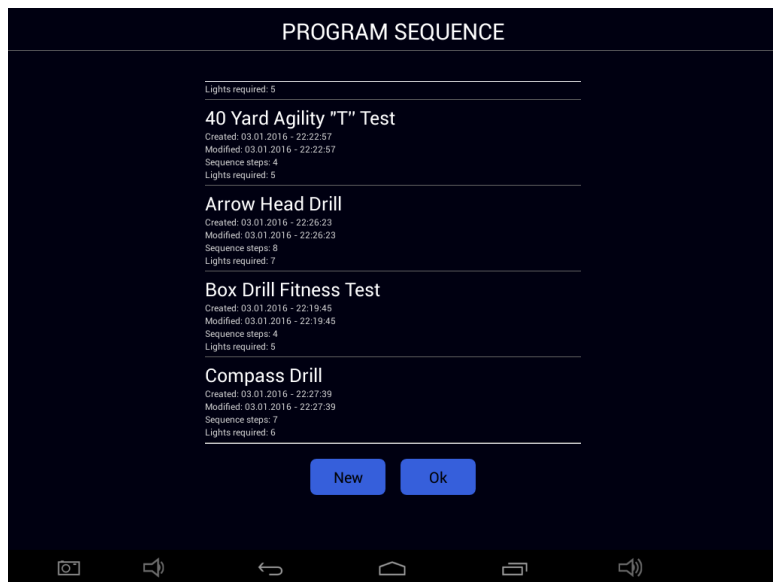
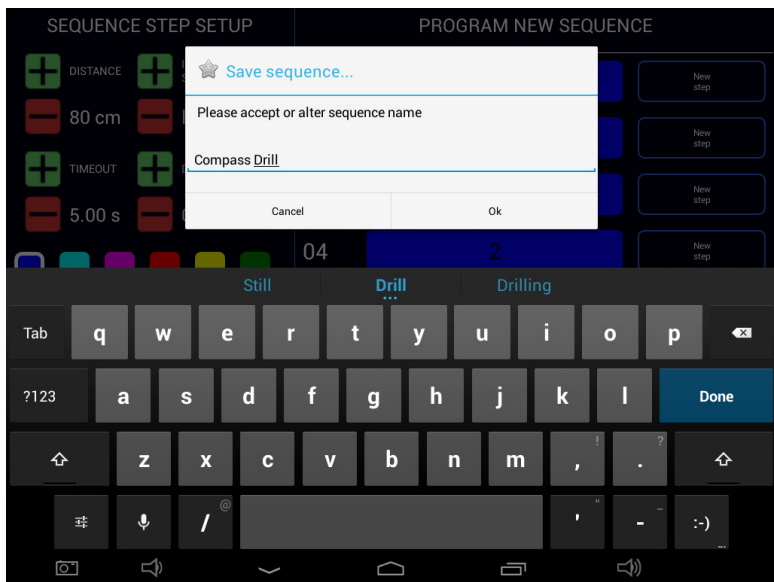


1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

DRILL NAME: COMPASS DRILL



PURPOSE	This is a test of speed, explosion, body control and the ability to change direction over a range of angles and directions.
EQUIPMENT	6 FITLIGHTs & 5 cones
SET UP	Attach 5 FITLIGHTs with Velcro to the cones and Light #1 on the ground.
ROUTINE	The lights are laid out as per the diagram, with 4 marker lights placed in an diamond shape, and 2 in the middle. Lights #3, #4, #5 and #6 are placed 10 yards from Light #1 & #2. The athlete starts by getting down in a three-point stance with their hand on Light #1, facing towards Light #6 and turns to the right and goes towards Light #3. Touch Light #3 and return to Light #2 and touch Light #2, then turn towards Light #4 and return to Light #2. Then repeat the sequence for Light #5 and then finish at Light #6.
PROGRAM SET UP	Follow the same set up procedure as the example for the “BOX DRILL” 2. The program entry will have Light #2, #3, #4 and #5. Always omit Light #1 in the program (this is the light to start). Note: Once the athlete’s hand is removed from the light the time starts



1. Enter Program Name and Save

1. Programs can be recalled in the Program Folder
2. Select Program and Touch "OK"
3. When you run this program select "Start By Light"

