

The SKLZ logo is located in the top right corner. It consists of the letters "SKLZ" in a bold, white, sans-serif font, followed by two yellow chevron arrows pointing to the right.

SKLZ»

The background of the entire page is a photograph of a football training session on a green artificial turf field. In the foreground, a player in a grey t-shirt and black shorts with white stripes is seen from behind, running through a series of yellow hexagonal agility cones. In the background, other players and training equipment, including a black net with yellow hexagonal targets, are visible under an overcast sky.

**READY
STARTS
HERE**

TRAINING GUIDE

TRAINING TIPS

WARM-UP

Prepare your body to move before you train. This helps to reduce the likelihood of injury.

TRAIN

Use these drills as part of a comprehensive session.

RECOVER

Take time to recover after every session. This can help to accelerate muscle repair.



at sklz.com/AgilityTrainerPro

SLALOM

BASE ROTATIONS – SLALOM

STEP 1

Stand in an athletic base position with your knees slightly bent and hips back, parallel to the Agility Trainer Pro at one end.

STEP 2

Jump to the next box and land with your hips rotated in the direction that you're moving down the slalom, keeping your chest facing straight ahead as you move laterally down the length of the Agility Trainer Pro.

STEP 3

Land and immediately jump to the next space and land with your hips rotated in the opposite direction.

STEP 4

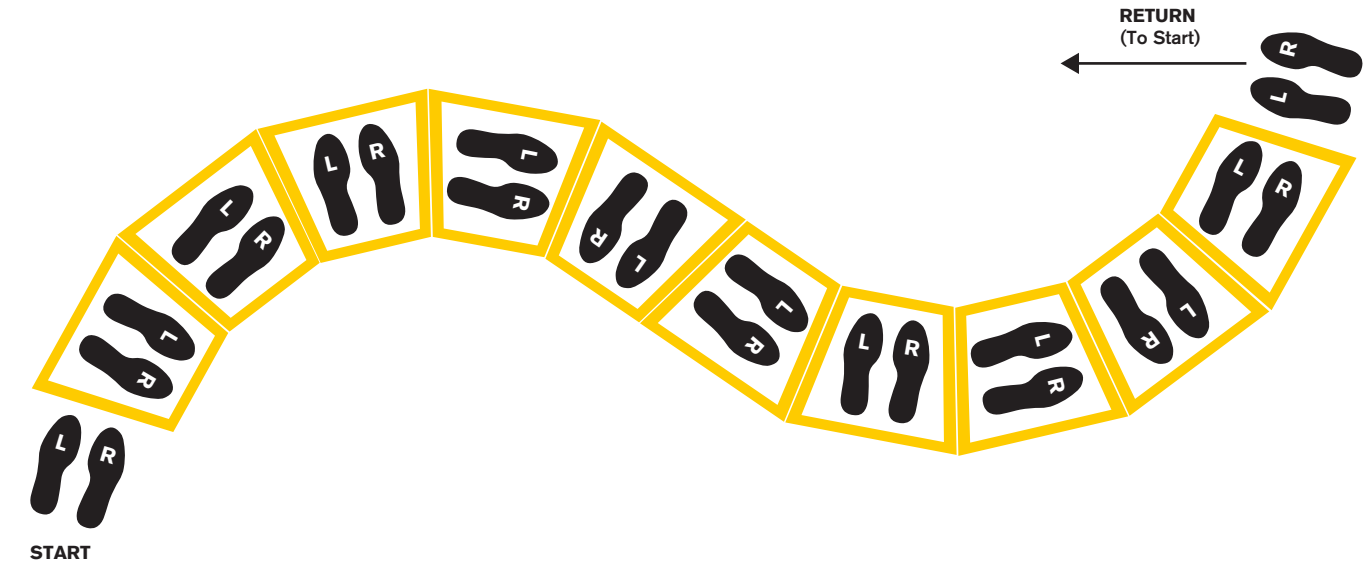
Once through the length of the Agility Trainer Pro, return to the starting position and repeat the movement facing the opposite direction.

COACHING TIP: Use your arms to counterbalance the movement and focus on swiveling your hips, not your shoulders and torso.

FEEL IT: Working your hips, knees, and ankles and challenging your coordination.

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TRAINING GUIDE



HOOK

SPRINT TO LINEAR HOP 1-2-1

STEP 1

Start 5-10 yards away in an athletic base position with your knees slightly bent and hips back, looking down the length of the Agility Trainer Pro.

STEP 2

Accelerate to the beginning of the Agility Trainer Pro.

STEP 3

Jump into the first space of the Agility Trainer Pro, landing with your left foot in the first space.

STEP 4

Jump into the second space, landing with both feet in the space.

STEP 5

Jump into the third space, landing with your right foot.

STEP 6

Repeat this pattern to the end of the Agility Trainer Pro, and accelerate back to the start.

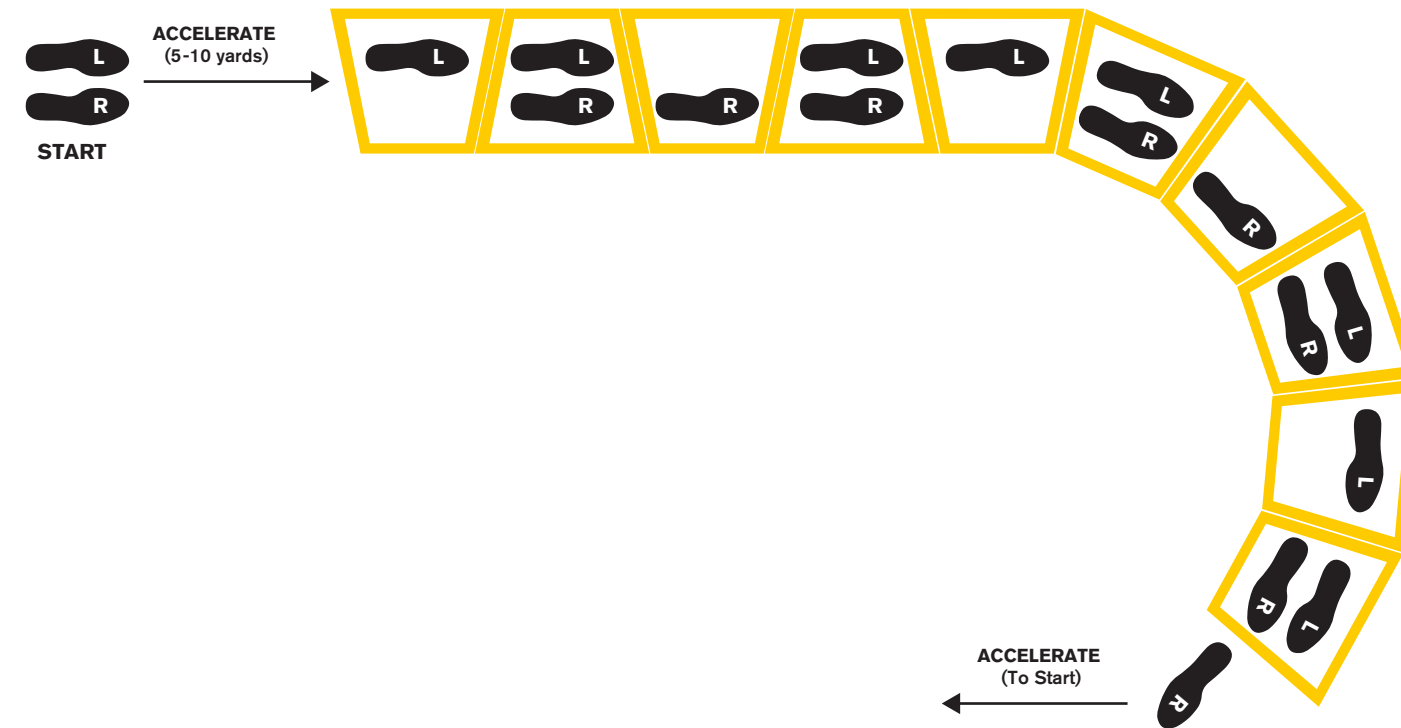
STEP 7

After you complete that set, form the hook in the other direction to balance out your session.

COACHING TIP: Start slow to understand the pattern, and then increase your speed as you progress.

FEEL IT: Working your calves, quads, and hips.

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PERPENDICULAR

LATERAL SHUFFLE TO LATERAL 2 IN (PERPENDICULAR)

STEP 1

Stand to the side of the Agility Trainer Pro, balancing on your outside leg and looking down the length of the Agility Trainer Pro.

STEP 2

Shuffle laterally through the first space, landing on the opposite side of the space and balancing on your opposite foot.

STEP 3

Immediately repeat the steps to move through the next space, landing on your outside foot.

STEP 4

Repeat the steps, quickly shuffling through the Agility Trainer Pro.

STEP 5

At the T, shuffle laterally through the length of the Agility Trainer Pro, touching both feet in each space.

STEP 6

Continue to shuffle the entire length of the Agility Trainer Pro.

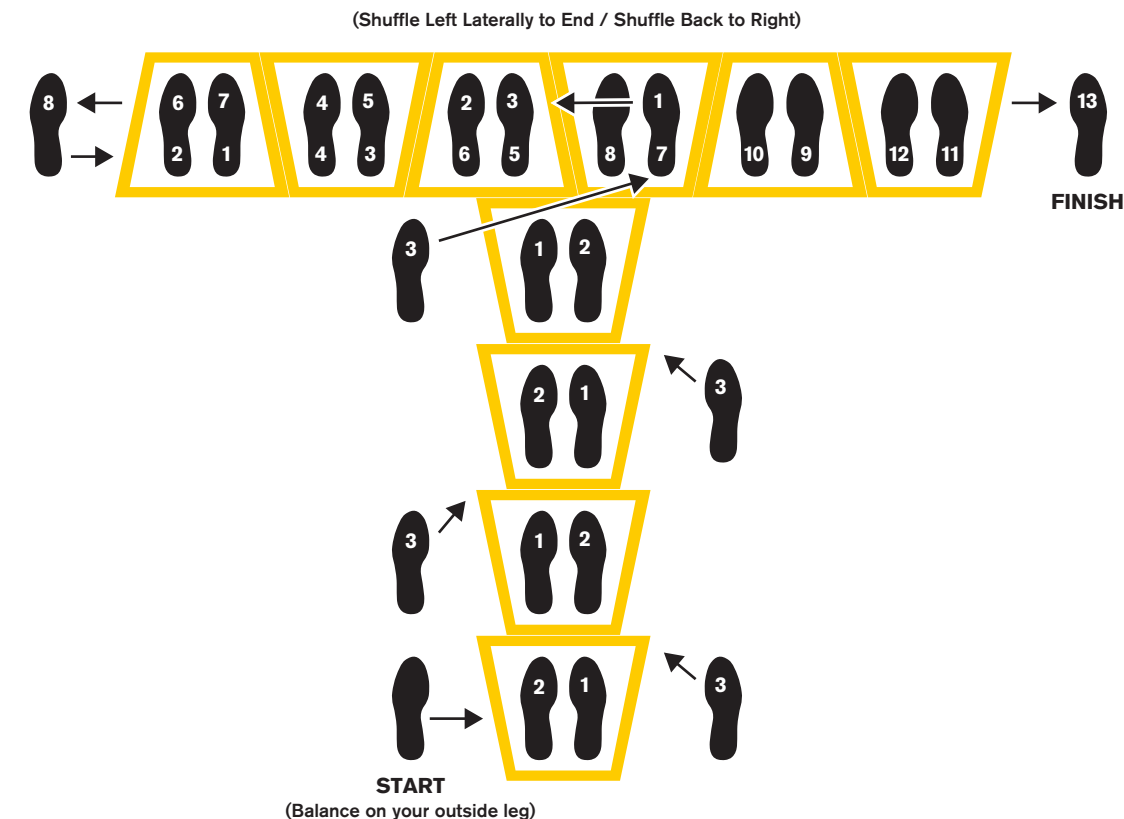
STEP 7

Repeat this movement, selecting the opposite direction at the T to complete the set.

COACHING TIP: Start slow to understand the pattern, and then increase the speed as you progress.

FEEL IT: Working your calves, quads, and hips.

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CURVELINEAR

CURVELINEAR SPRINT – WITH LATERAL TWO IN TWO OUT

STEP 1

Start 5-10 yards away from one end of the half circle and sprint along the outside of the Agility Trainer Pro.

STEP 2

When you reach the other end, begin the footwork pattern by stepping in with both feet and stepping out with both feet.

STEP 3

Continue that footwork pattern back to the beginning of the half circle.

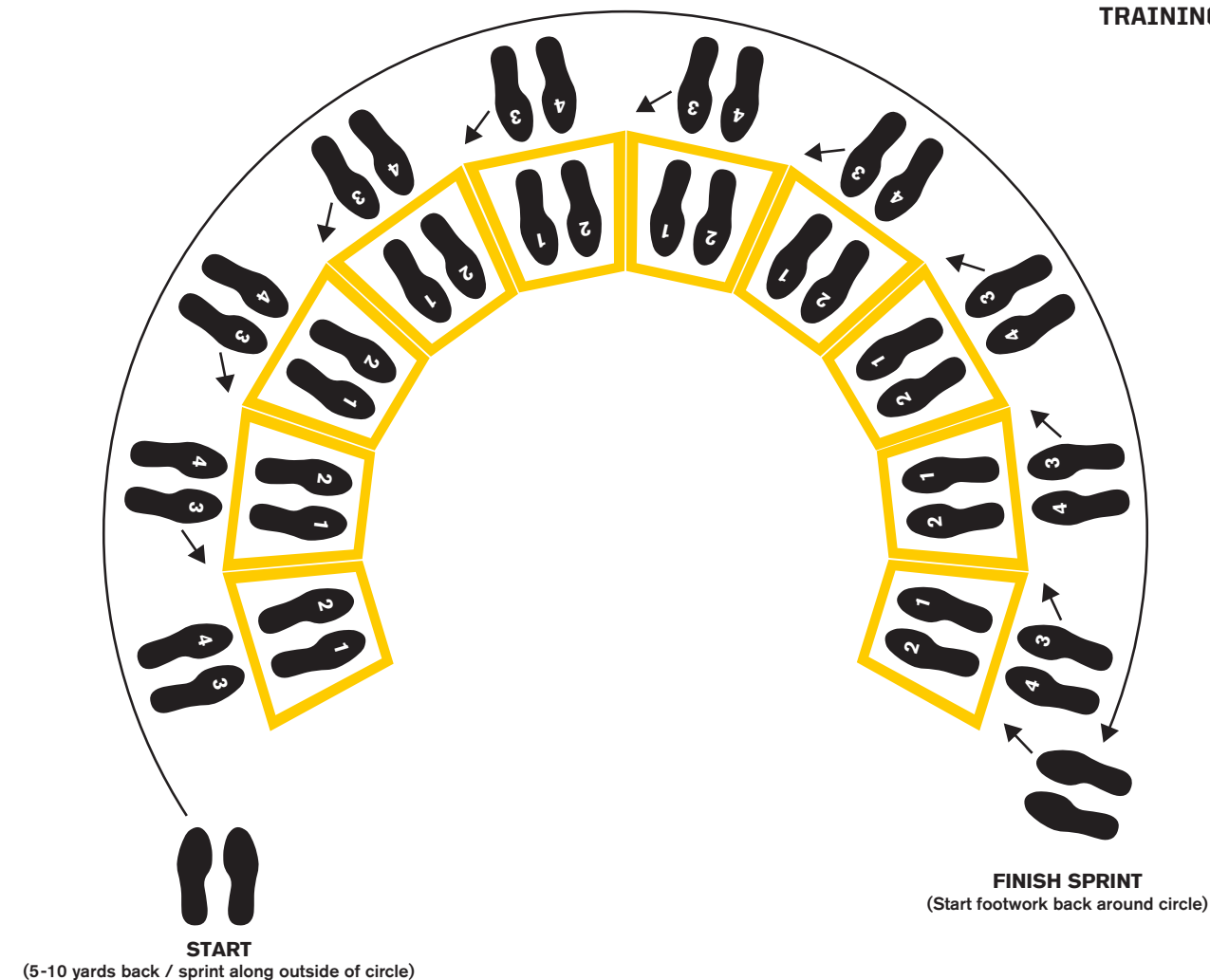
STEP 4

Complete the set by starting your sprint from the other end of the half circle and completing the footwork pattern in the opposite direction.

COACHING TIP: During your sprint, stay as close to the Agility Trainer Pro as possible.

FEEL IT: Working your entire body.

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PENTAGON

REACTIVE BASED PENTAGON

STEP 1

Set up the Agility Trainer Pro in a pentagon pattern.

STEP 2

Stand in the middle of the pattern.

STEP 3

Sprint to space 1, change direction by planting one foot in each space, and sprint back to the middle.

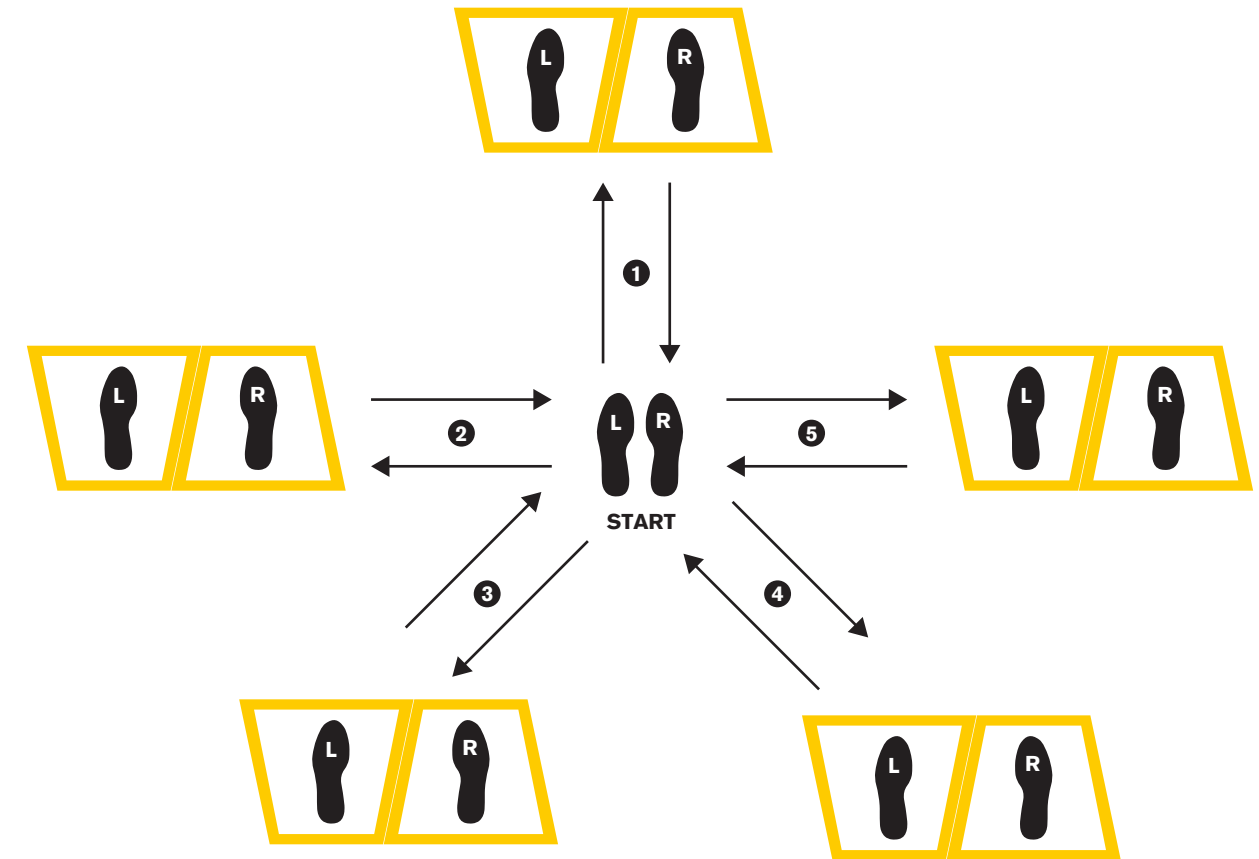
STEP 4

Continue the drill by sprinting to space 2, 3, 4, and 5, and return to the middle each time you move to the next space.

COACHING TIP: Make the pentagon larger for a more challenging drill.

FEEL IT: Working your entire body.

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Add this gear to your training to get strong for your sport.



Trigger Strap



Hydro-Roller



Recoil 360°

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POWERED BY
EXOS

SKLZ products are designed in collaboration with EXOS, the leader in proactive health and performance programs for professional athletes, the military and those serious about fitness.

These training drills are provided to you by EXOS and demonstrate step-by-step instruction to help you reach new levels of performance using SKLZ products.