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AGILITY

 **St. Joan of Arc**

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Exercise

(Click Charger Logo for Video)

Shuttle Drill

3 Sets each way Sprint

Shuffle Drill

3 Sets X 30 Seconds

L Cone Drill

2 Sets each way Sprint

Back Pedal Shuttle

3 Sets (4 Breaks)

N Break Drill

10 Breaks Each Direction

Box Drill

4 Squares both directions

Back Pedal Open Sprint

5 X 30 yard Sprints

Ladder

3 Sprints



CHARGERS

 **St. Joan of Arc**

"...with God, all things are possible..." Matthew 19:26