

Speed, Agility and Quickness (SAQ) Training

Remember, these exercises should be done at full speed once you have a firm grasp of the pattern. You must also remember to keep your proper low athletic position throughout. Do these routines on dry grass in a flat area or in a gymnasium. Make sure the surface is not slippery.

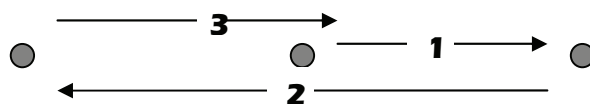
Begin each SAQ workout with a dynamic warm-up including:

- Five to ten minutes of light jogging
- Skipping with high knees forward x 20m
- Skipping backwards x 20m
- 50% Sprint x 20m
- Straight leg march x 10m
- Inverted toe touch x 10m
- 75% Sprint x 20m
- Lateral Shuffle x 20m each way
- Toe walking x 10m
- Heel walking x 10m
- 85% Sprint x 20m

Or visit: <http://www.youtube.com/watch?v=lpZkRS0Lz9U> to see my hockey specific dynamic warm up.

Pro-agility drills

Pro-Agility Pattern -- follow the pattern outlined below with the cones placed approximately three to five meters apart. You will begin at the centre cone then follow the pattern below; alternate between starting to the right and left.



Remember to stay low in your legs throughout and keep your upper body quiet. For skaters you may want to hold your hockey stick while going through these patterns. For goalies, remember to keep your glove hand up. You can even hold a three to five pound dumbbell in that hand to build some endurance in the small shoulder muscles.

SAQ #1 – Pro-Agility

| 1 | 2 | 3 | Reps | Rest |
|----------------------------|-------------|-------------|------|------|
| Run | Run | Run | 2ea | 30s |
| Low Shuffle | Run | Low Shuffle | 3ea | 30s |
| Low Shuffle | Low Shuffle | Low Shuffle | 3ea | 30s |
| Shuffle | Backpedal | Shuffle | 2 ea | 30s |
| Finish with a full stretch | | | | |

SAQ #2 – Pro-Agility

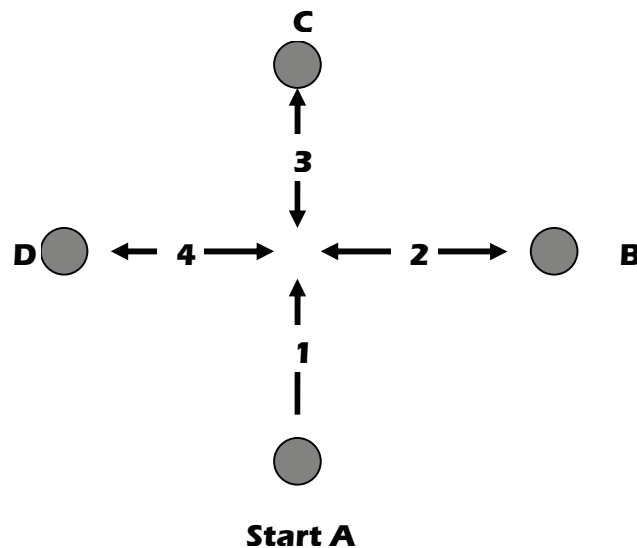
| 1 | 2 | 3 | Reps | Rest |
|----------------------------|-------------|-------------|------|------|
| Run | Run | Run | 2ea | 30s |
| Shuffle | Carioca | Shuffle | 3ea | 30s |
| Low Shuffle | Low Shuffle | Low Shuffle | 3ea | 30s |
| Shuffle | Backpedal | Shuffle | 2 ea | 30s |
| Cross Over | Low Shuffle | Cross Over | 3ea | 30s |
| Finish with a full stretch | | | | |

SAQ #3 – Pro-Agility

| 1 | 2 | 3 | Reps | Rest |
|----------------------------|-------------|-------------------|------|------|
| Run | Run | Run | 2ea | 30s |
| Shuffle | Shuffle | Shuffle | 2ea | 30s |
| 2 Leg Hop Forward | Low Shuffle | 2 Leg Hop Forward | 3ea | 30s |
| Lateral Bound | Run | Lateral Bound | 2 ea | 30s |
| Cross Over | Low Shuffle | Cross Over | 3ea | 30s |
| Finish with a full stretch | | | | |

Star drills

Star drills are a great way to work on energy system development and multidirectional agility. Make sure you are on a level surface with good footing. Grass is fine, just make sure your footwear has great traction; you do not want your foot to slip when you are changing direction. Place cones approximately 3 meters apart and use them as a rough guide for direction changes. Do not step on the cones as they may slide or cause a fall.



SAQ #4 – Star drill

| 1 | 2 | 3 | 4 | Reps | Rest |
|-----------------------------|------------------|------------------|------------------|------|------|
| Sprint | Shuffle L/R | Sprint/Backpedal | Shuffle L/R | 6ea | 30s |
| Sprint | Sprint/Backpedal | Sprint/Backpedal | Sprint/Backpedal | 6ea | 30s |
| Finish with a full stretch. | | | | | |

SAQ #5 – Star drill

| 1 | 2 | 3 | 4 | Reps | Rest |
|---|-------------------|-------------------|-------------------|--------|------|
| Sprint | Shuffle L/R | Sprint/Backpedal | Shuffle L/R | 2ea | 30s |
| Backpedal | Shuffle/Backpedal | Shuffle/Backpedal | Shuffle/Backpedal | 4+2*ea | 30s |
| *Sprint | Shuffle/Backpedal | Sprint/Backpedal | Shuffle/Backpedal | 4+2*ea | 30s |
| *Add a vertical jump at cone C and a burpee at cone B & D – work on quick transitions | | | | | |
| Finish with a full stretch. | | | | | |

SAQ#6

| Activity | Duration/Sets | Intensity | Reps | Recovery |
|-------------------------|---------------|-----------|------|--------------|
| Dynamic Warm-Up | 10 minutes | Medium | NA | 0 |
| AL: Ins & Outs | 10s | High | 3 ea | 40s |
| AL: Ins & Outs Backward | 10s | High | 3 ea | 40s |
| AL: Ins & Outs Lateral | 10s | High | 3 ea | 40s |
| Lateral Hop & Stick | 3 | High | 5ea | 60s |
| Stretch | 10-20 minutes | Light | | Full stretch |

SAQ#7

| Activity | Duration/Sets | Intensity | Reps | Recovery |
|-------------------------|---------------|-----------|------|--------------|
| Dynamic Warm-Up | 10 minutes | Medium | NA | 0 |
| AL: Ins & Outs Forward | 10s | High | 3 ea | 40s |
| AL: Ins & Outs Backward | 10s | High | 3 ea | 40s |
| AL: Ins & Outs Lateral | 10s | High | 3 ea | 40s |
| Lateral Hop & Stick | 3 | High | 5ea | 60s |
| Stretch | 10-20 minutes | Light | | Full stretch |

SAQ#8

| Activity | Duration/Sets | Intensity | Reps | Recovery |
|-----------------------------------|---------------|-----------|--------|--------------|
| Dynamic Warm-Up | 10 minutes | Medium | NA | 0 |
| AL: Cross Over Forward & Back | 3 | High | 3 each | 40s |
| AL: Wide Out Quick Hop | 10s | High | 3 ea | 40s |
| AL: Low Swizzle | 10s | High | 6 | 40s |
| AL: Icky Shuffle Forward and Back | 10s | High | 3ea | 60s |
| Stretch | 10-20 minutes | Light | | Full stretch |