

ATHLETICS DRILLS & SPORT SCIENCE



Sprint Drills

Flying Sprint



20m Sprint

Shuttle Runs



10m Shuttle

Sprint Start



Quick Starts

Agility & Coordination

Ladder Drill



Footwork Speed

Cone Zig-Zag



Quick Turns

T-Drill



Change Direction

Endurance Drills

1 km Run



Long Distance

Interval Runs



Run & Walk

Step Running



Stair Climb

Strength & Power

Squat Jumps



Jump Power

Med Ball Throw



Throw Strength

Push-Ups



Core Exercise

Reaction & Focus

Reaction Drill



Fast Response

Ball Drop Catch



Quick Reflexes

Whistle Sprint



Speed Reaction



Physiology



Biomechanics



Psychology



Nutrition



Injury Prevention

LIVEWORKSHEETS