

# 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