

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



**DOES NOT INCLUDE LINEAR SPEED OR MORE LENGTHY  
ABSORPTION, DECELERATION & PLYO PROGRAMMING**

## MONTH 1: DAY 1

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Depth Drop</b> <a href="https://vimeo.com/65851073">https://vimeo.com/65851073</a> (Password: goodtechnique)					Focus on absorb, decel, stick in position to make play
	Weeks 1, 4	3	4		60s	
	Weeks 2, 3	4	3		30s	
H	<b>Medial-Lateral Hurdle Hops w/Stick</b> <a href="https://vimeo.com/65851073">https://vimeo.com/65851073</a> (Password: goodtechnique)					
	Weeks 1, 4	3	4/side/set		60s	
	Weeks 2, 3	4	4/side/set		60s	
I	<b>Power Skip Thirds</b> <a href="https://vimeo.com/65851233">https://vimeo.com/65851233</a> (Password: goodtechnique)					Power skips on ever third step
	Weeks 1, 4	3	25yds		60s	
	Weeks 2, 3	4	25yds		60s	
J	<b>30-Yard Starts</b> <a href="https://vimeo.com/65852325">https://vimeo.com/65852325</a> (Password: goodtechnique)					Side starts for baseball. Begin teaching basic linear speed biomechanics: arm action; leg drive; body lean.
	Weeks 1, 4	4	1/side	90%	60s	
	Weeks 2, 3	5	1/side	100%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 1: DAY 2

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Heidens</b> <a href="https://vimeo.com/65849431">https://vimeo.com/65849431</a> (Password: goodtechnique)					
	Weeks 1, 4	3	5/side		60s	
	Weeks 2, 3	4	5/side		60s	
H	<b>Band Resisted Broad Jumps</b> <a href="https://vimeo.com/65843754">https://vimeo.com/65843754</a> (Password: goodtechnique)					
	Weeks 1, 4	3	5		60s	
	Weeks 2, 3	4	5		60s	
I	<b>10yd Rollover Get-Up and Go Starts</b> <a href="https://vimeo.com/65852178">https://vimeo.com/65852178</a> (Password: goodtechnique)					
	Week 1	3	1/side	80%	60s	
	Week 2	4	1/side	90%	60s	
	Week 3	4	1/side	100%	60s	
	Week 4	3	1/side	100%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 2: DAY 1

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Depth Jump</b>					
	Weeks 1, 4	3	4		30s	
	Weeks 2, 3	4	4		30s	
H	<b>Medial-Lateral Hurdle Hops w/o Stick</b> <a href="https://vimeo.com/67899712">https://vimeo.com/67899712</a> (Password: goodtechnique)					
	Weeks 1, 4	3	4/side/set		60s	
	Weeks 2, 3	4	4/side/set		60s	
I	<b>5-10-5: Side Shuffles Only</b> <a href="https://vimeo.com/67894882">https://vimeo.com/67894882</a> (Password: goodtechnique)					
	Weeks 1, 4	2	1/side		60s	
	Weeks 2, 3	3	1/side		60s	
J	<b>Bounding</b> <a href="https://vimeo.com/67897766">https://vimeo.com/67897766</a> (Password: goodtechnique)					
	Week 1	3	6/side	80%	60s	
	Week 2	4	6/side	90%	60s	
	Week 3	4	6/side	100%	60s	
	Week 4	OMIT				
K	<b>Inchworm to 20yd Start</b> <a href="https://vimeo.com/67899500">https://vimeo.com/67899500</a> (Password: goodtechnique)					
	Week 1	6	1	80%	60s	
	Week 2	8	1	90%	60s	
	Week 3	8	1	100%	60s	
	Week 4	6	1	100%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 2: DAY 2

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Box Jumps w/1-Leg Landing</b> <a href="https://vimeo.com/67897960">https://vimeo.com/67897960</a> (Password: goodtechnique)					
	Weeks 1, 4	3	3/side		60s	
	Weeks 2, 3	4	3/side		60s	
H	<b>Band Resisted Heidens</b> <a href="https://vimeo.com/67895776">https://vimeo.com/67895776</a> (Password: goodtechnique)					
	Weeks 1, 2, 3	4	4/side		60s	
	Week 4	3	4/side		60s	
I	<b>15yd Side Shuffle to 15yd Sprint</b> <a href="https://vimeo.com/67895033">https://vimeo.com/67895033</a> (Password: goodtechnique)					
	Week 1	3	1/side	80%	60s	
	Week 2	3	1/side	90%	60s	
	Week 3	4	1/side	100%	60s	
	Week 4	3	1/side	100%	60s	
J	<b>60yd Build Ups</b> <a href="https://vimeo.com/65848110">https://vimeo.com/65848110</a> (Password: goodtechnique)					
	Week 1	6	1/side	80%	60s	
	Week 2	8	1/side	90%	60s	
	Week 3	8	1/side	100%	60s	
	Week 4	6	1/side	100%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 3: DAY 1

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	Side Shuffle w/Overhead Reach <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	High Knee Skips <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	Lateral High Knee Skips <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	Carioca <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	Backpedals <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	Medial-Lateral Line Hops <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	Depth Jump to Broad Jump					
	Weeks 1, 4	3	4		30s	
	Weeks 2, 3	4	4		30s	
H	Split Squat Cycle Jump <a href="https://vimeo.com/69632236">https://vimeo.com/69632236</a> (Password: goodtechnique)					
	Weeks 1, 4	3	3/side		60s	
	Weeks 2, 3	4	3/side		60s	
I	1-Leg Bounding <a href="https://vimeo.com/69631717">https://vimeo.com/69631717</a> (Password: goodtechnique)					
	Weeks 1, 4	3	6/side	80%	60s	
	Weeks 2, 3	4	6/side	90%	60s	
J	80yd Build Up <a href="https://vimeo.com/65848110">https://vimeo.com/65848110</a> (Password: goodtechnique)					
	Weeks 1, 4	8	1	80%	60s	
	Week 2	10	1	90%	60s	
	Week 3	10	1	100%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 3: DAY 2

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Heiden w/External Rotation Stick</b> <a href="https://vimeo.com/69631925">https://vimeo.com/69631925</a> (Password: goodtechnique)					
	Week 1	4	5/side		60s	
	Weeks 2, 3	5	5/side		60s	
	Week 4	3	5/side		60s	
H	<b>Pro Shuttle 5-10-5</b>					
	Week 1	4	1		60s	
	Weeks 2, 3	5	1		60s	
	Week 4	3	1		60s	
I	<b>15yd Falling Start</b> <a href="https://vimeo.com/69631764">https://vimeo.com/69631764</a> (Password: goodtechnique)					
	Week 1	4	1	80%	60s	
	Week 2	5	1	90%	60s	
	Week 3	5	1	100%	60s	
	Week 4	4	1	90%	60s	
J	<b>Sprint-Backpedal-Sprint</b> <a href="https://vimeo.com/69632284">https://vimeo.com/69632284</a> (Password: goodtechnique)					10 yards each
	Week 1	4	1	80%	60s	
	Week 2	5	1	90%	60s	
	Week 3	5	1	100%	60s	
	Week 4	4	1	90%	60s	

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 4: DAY 1

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	Side Shuffle w/Overhead Reach <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	High Knee Skips <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	Lateral High Knee Skips <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	Carioca <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	Backpedals <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	Medial-Lateral Line Hops <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	Medial Lateral Hops for Distance <a href="https://vimeo.com/71610419">https://vimeo.com/71610419</a> (Password: goodtechnique)					
	Weeks 1, 2, 3	4	4/side/set		60s	
	Week 4	OMIT				
H	3-Bound to 20yd Sprint <a href="https://vimeo.com/71610360">https://vimeo.com/71610360</a> (Password: goodtechnique)					
	Week 1	3	1/side	80%	60s	
	Week 2	3	1/side	100%	60s	
	Week 3	4	1/side	100%	60s	
	Week 4	OMIT				
I	10yd Backpedal to 20yd Sprint <a href="https://vimeo.com/71610402">https://vimeo.com/71610402</a> (Password: goodtechnique)					
	Week 1	3	1/side	80%	60s	
	Week 2	3	1/side	100%	60s	
	Week 3	4	1/side	100%	60s	
	Week 4	OMIT				

# 4-Month Speed, Agility, Reaction, Quickness & Conditioning Training



## MONTH 4: DAY 2

ORDER After Warm Up	EXERCISE/WEEK	SETS	REPS/YDS	TEMPO/LOAD	REST	NOTES
A	<b>Side Shuffle w/Overhead Reach</b> <a href="https://vimeo.com/65853196">https://vimeo.com/65853196</a> (Password: goodtechnique)	1	15yds/side		Minimal	
B	<b>High Knee Skips</b> <a href="https://vimeo.com/65850704">https://vimeo.com/65850704</a> (Password: goodtechnique)	1	15yds		Minimal	
C	<b>Lateral High Knee Skips</b> <a href="https://vimeo.com/65850973">https://vimeo.com/65850973</a> (Password: goodtechnique)	1	15yds/side		Minimal	
D	<b>Carioca</b> <a href="https://vimeo.com/65778307">https://vimeo.com/65778307</a> (Password: goodtechnique)	1	15yds/side		Minimal	
E	<b>Backpedals</b> <a href="https://vimeo.com/65830569">https://vimeo.com/65830569</a> (Password: goodtechnique)	1	15yds		Minimal	
F	<b>Medial-Lateral Line Hops</b> <a href="https://vimeo.com/65851125">https://vimeo.com/65851125</a> (Password: goodtechnique)	1	12/side		Minimal	
G	<b>Lateral Depth Jump</b>					
	Weeks, 1, 2, 3	4	4/side		30s	
	Week 4	3	4/side		30s	
H	<b>Zig Zag Hurdle Jump</b> <a href="https://vimeo.com/71610207">https://vimeo.com/71610207</a> (Password: goodtechnique)					
	Weeks, 1, 2, 3	4	4 fwd/back/set		60s	
	Week 4	3	4 fwd/back/set		60s	
I	<b>Reactive Heiden</b> <a href="https://vimeo.com/71610445">https://vimeo.com/71610445</a> (Password: goodtechnique)					
	Weeks, 1, 2, 3	4	4/side		60s	
	Week 4	3	4/side		60s	
J	<b>60yd Build Up</b> <a href="https://vimeo.com/65848110">https://vimeo.com/65848110</a> (Password: goodtechnique)					10 yards each
	Week 1	6	1	80%	60s	
	Week 2	8	1	90%	60s	
	Week 3	8	1	100%	60s	
	Week 4	5	1	90%	60s	