

# Speed, Agility, Quickness Training

Goal: To develop Speed, Agility, and Quickness (SAQ) and functional football strength for young football players through a consistent and safe format.

Place the stations 20 to 30 yard away from each other. After the coaches divide the players have a coach at each station. Have each group sprint to their first station and as soon as they get there go into an IN PLACE FAST FEET until the station coach tells them to stop. We will also do this on every change of station as well. This will begin to teach the players and reinforce the fact that they need to stay on their toes while they run. It will also maintain a high heart rate for cardiovascular training.

The contents of this conditioning plan came directly from *Youth Football Speed, Agility, and Quickness and Functional Conditioning Program (SAQ)* written by Jack Gregory. This document is a re-formatting of portions of the SAQ document I received from Jack Gregory. The reformatting was required to fit the 6-session workout plan described in the plan to the practice schedule of the FFL 49ers youth football team.

If you have any questions please contact Jack Gregory at [jack.Gregory@globalcrossing.com](mailto:jack.Gregory@globalcrossing.com). Copyright 2004. Jack Gregory.

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## SAQ Stations

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### **Stations #1 & #5: Core Training**

What is core stability? Core stability is the ability to control the central body. This is essential for muscles and joints to perform in a safe and effective manner, in order to generate maximal power. The core muscles comprise of both the abdominal and lower back muscles. The lower back muscles consist of the erector spinae, rectus abdominis, transverse abdominis and deep intrinsic muscles, all of which provide both voluntary movements and stability. The gluteus medius, minimus and hip flexors are also responsible for stabilization of the pelvic girdle.

Strengthen the core to improve reaction speed and sprint speed. Have the group circle the coach with more than double arms interval between them.

## SAQ Stations

Session	Activity	No.	Notes
1	Hip Lift	20	On Back. 1 count pause with hips off ground
	Crunches	20	Alternating knee touch
	Lying Back Extensions	10	Alternate Leg/Arm Raise. 1 count pause.
	Four Point	30/20/10	Forearms and toes. Hold for count 30/20/10 seconds with a 5 second rest in between
2	Hip Lift	20	On Back. 1 count pause with hips off ground
	Crunches	30	Alternating knee touch
	Kneeling Back Extensions	10	Alternate Leg/Arm Raise (10 - 1 count pause)
	Four Point	40/30/15	Forearms and toes. Hold for count 40/30/15 seconds with a 5 second rest in between
3	Hip Lift	20	On Back. 1 count pause with hips off ground
	Crunches	30	Alternating knee touch
	Kneeling Back Extensions	10	Alternate Leg/Arm Raise (10 - 1 count pause)
	Four Point	40/30/20	Forearms and toes. Hold for count 40/30/20 seconds with a 5 second rest in between
4	Hip Lift with heel lift	20	On Back. 1 count pause with hips off ground
	Crunches	20	Alternating knee touch
	Kneeling Back Extensions	10	Alternate Leg/Arm Raise (10 - 1 count pause)
	Four Point	40/30/20	Forearms and toes. Hold for count 40/30/20 seconds with a 5 second rest in between

## SAQ Stations

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**Crunch w/Alternating Knees:** The individual should lie on their back with their knees bent and feet flat on the floor. Their arms should be placed either across the chest or by the head. Keep the upper back as straight as possible; the individual should lift their head, neck and chest about two inches off the ground. As he comes off the ground he should raise one knee to the chest and then back down and alternate which knee comes off the ground with each lift. The exercise should be repeated as many times as possible.

**Lying back extensions:** Start by lying on your stomach on the floor, arms extended along the floor above your head. Tighten your abs and back, so that your pelvis is in neutral and doesn't move. Raise right arm and left leg until slightly off the floor, hold 3-5 seconds and lower. Raise your left arm and right leg, hold, and lower.

**Kneeling back extensions:** Start with your hands and knees on the floor. Tighten your abs and back, so that your pelvis is in neutral and doesn't move. Raise right arm and left leg until almost parallel with the floor, hold 3-5 seconds and lower. Raise your left arm and right leg, hold, and lower.

**Hip Lift:** Lie on your back with your knees bent, feet flat on floor and hands at your side. Shoulder blades flat on the ground. Tighten your abs and arch your back so that your pelvis and hips come off the ground. Hold it for a count of one and back done.

**Hip Lift w/ alternating heel lift:** Lie on your back with your knees bent, feet flat on floor and hands at your side. Shoulder blades flat on the ground. Tighten your abs and arch your back so that your pelvis and hips come off the ground. As you complete the lift complete the rep by lifting one heel off the ground (alternate which one comes off each rep). Hold it for a count of one and back done. This requires additional balance and core stability.

## SAQ Stations

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### Station #2: Jumps in Place

Have the group circle the coach with more than double arms interval between them.  
In Place Jump Sequence - develops elastic strength. Remember to concentrate on how they jump vice how much they jump.

Give them 20 seconds of rest between each sequence.

Session	Activity	No.
1	Pogo Jump	20
	Squat Jump	10
	Rocket Jump	10
	Star Jump	10
2	Pogo Jump	20
	Squat Jump	10
	Double-Leg Butt Kick	10
	Double-Leg Knee Tuck	10
3	Pogo Jump	20
	Squat Jump	15
	Rocket Jump	15
	Star Jump	15
4	Pogo Jump	20
	Squat Jump	15
	Double-Leg Butt Kick	15
	Double-Leg Knee Tuck	15

## SAQ Stations

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**Pogo Jump:** Jump up and down in place using minimal compression. Bounce off of the balls of the feet. Try to jump as high as possible.

**Squat Jump:** Feet shoulder width apart. Squat down and jump as high as possible. Do not use the arms.

**Rocket Jump:** Feet shoulder width apart. Squat down and jump as high as possible. Use the arms bringing them over the head as high as possible.

**Star Jump:** Feet together. Jump into the air spreading the arms and legs out at angles.

**Double-Leg Butt Kick:** Feet shoulder width. Jump and use heels to kick the butt. Get the feet back down and land.

**Double-Leg Knee Tuck:** Feet shoulder width. Jump and pull knees to chest. Wrap the knees with the arms. Get the feet back down and land.

## SAQ Stations

### Station #3 & #6: Sprinting

Have rows of three cones that are 10 yards apart (20 yards total). Each player will get behind a row of cones.

Stress correct technique and not amount, slow things down if it is not being done correctly.

Session	Activity
1	<ol style="list-style-type: none"> <li>1. Knees on Ground - Arm Pumping Action - 30 seconds</li> <li>2. Fast Feet - Arm Action - 30 seconds</li> <li>3. Takes offs - Sprint to 2<sup>nd</sup> cone reset. Sprint to 3<sup>rd</sup> cone reset. Sprint to 2<sup>nd</sup> cone reset. Sprint to 1<sup>st</sup> cone reset. (repeat)</li> <li>4. Skip and Sprint - Skip to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone. Skip to 2<sup>nd</sup> cone. Sprint to 1<sup>st</sup> cone. (repeat)</li> </ol>
2	<ol style="list-style-type: none"> <li>1. Fast Feet - Arm Action - 30 seconds</li> <li>2. Takes offs - Sprint to 2<sup>nd</sup> cone reset, sprint 3<sup>rd</sup> cone reset, sprint to 2<sup>nd</sup> cone reset, sprint 1<sup>st</sup> cone reset. (repeat)</li> <li>3. Skip and Sprint - Skip to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone. Skip to 2<sup>nd</sup> cone. Sprint to 1<sup>st</sup> cone. (repeat)</li> <li>4. Sprints - Sprint to 3<sup>rd</sup> cone reset. Sprint to 1<sup>st</sup> cone. (repeat)</li> </ol>
3	<ol style="list-style-type: none"> <li>1. Bear Crawl - Bear crawl to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone and execute 5 plyometric pushups - sprint back and execute 5 plyometric pushups.</li> <li>2. Shuffle - Shuffle to 2<sup>nd</sup> cone. Bear crawl to 3<sup>rd</sup> cone. Shuffle to 2<sup>nd</sup> cone. Bear crawl to 1<sup>st</sup> cone.</li> <li>3. Sprints - Sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 3<sup>rd</sup> cone stop and reset. Sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 1<sup>st</sup> cone.</li> <li>4. Back Pedal - Back pedal to 3<sup>rd</sup> cone - sprint to 1<sup>st</sup> cone (reset and repeat for a set of 2)</li> </ol>
4	<ol style="list-style-type: none"> <li>1. Fast Feet - Arm Action - 30 seconds</li> <li>2. Takes offs - sprint to 2<sup>nd</sup> cone reset. Sprint to 3<sup>rd</sup> cone reset. Sprint to 2<sup>nd</sup> cone reset. Sprint to 1<sup>st</sup> cone reset. Repeat 3 times.</li> <li>3. Skip and Sprints - Skip to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone. Skip to 2<sup>nd</sup> cone. Sprint to 1<sup>st</sup> cone. Repeat 3 times.</li> <li>4. Sprints - Sprint to 3<sup>rd</sup> cone reset. Sprint to 1<sup>st</sup> cone. Repeat 3 times.</li> </ol>

### **Station #4: Functional Conditioning**

Functional conditioning teaches the athlete to take in the whole spectrum of performance conditioning components: balance, flexibility, stability, acceleration, and deceleration. It asks the athlete to respond to many different functional components during one exercise. It trains the athlete to become more athletic, forcing the body to physically adapt and react like on the field of play.

Enhances agility and quickness along with developing football strength

Have rows of three cones that are 5 yards apart (10 yards total). Each player will get behind a row of cones.

## SAQ Stations

Session	Activity
1	<ol style="list-style-type: none"> <li>1. Bear crawl to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone and execute 5 normal pushups (correctly and slowly at first). Sprint back and execute 5 normal pushups.</li> <li>2. Shuffle to 2<sup>nd</sup> cone. Bear crawl to 3<sup>rd</sup> cone. Shuffle to 2<sup>nd</sup> cone. Bear crawl to 1<sup>st</sup> cone.</li> <li>3. Sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 3<sup>rd</sup> cone stop and reset. sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 1st cone. (get offs)</li> <li>4. Back pedal to 3<sup>rd</sup> cone. Sprint to 1<sup>st</sup> cone. Reset and repeat for a set of 2. Bent at the knees, drop the hips, chin over the toe for backpedal.</li> </ol>
2	<ol style="list-style-type: none"> <li>1. Dynamic Cone Touch (opposite arm/opposite leg). 2 sets each</li> <li>2. Dynamic Pyramid Cone Sprint &amp; Jump Ups (double leg). 2 sets to left/ 2 sets to right</li> <li>3. Dynamic Pyramid Cone Back Pedal &amp; Jump Ups (double leg). 2sets to left/2 sets to right</li> <li>4. Dynamic Pyramid Cone Shuffle and Jump Ups (double leg). 2 sets to left/ 2 sets to right</li> </ol>
3	<ol style="list-style-type: none"> <li>1. Bear crawl to 2<sup>nd</sup> cone. Sprint to 3<sup>rd</sup> cone and execute 5 plyometric pushups. Sprint back to 1<sup>st</sup> cone and execute 5 plyometric pushups</li> <li>2. Shuffle to 2<sup>nd</sup> cone. Bear crawl to 3<sup>rd</sup> cone. Shuffle to 2<sup>nd</sup> cone. Bear crawl to 1<sup>st</sup> cone.</li> <li>3. Sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 3<sup>rd</sup> cone stop and reset. Sprint to 2<sup>nd</sup> cone stop and reset. Sprint to 1st cone.</li> <li>4. Back pedal to 3<sup>rd</sup> cone. Sprint to 1<sup>st</sup> cone (reset and repeat for a set of 2</li> </ol>
4	<ol style="list-style-type: none"> <li>1. Dynamic Cone Touch (opposite arm/opposite leg). 2 sets each</li> <li>2. Dynamic Pyramid Cone Sprint &amp; Jump Ups (double leg). 2 sets to left/ 2 sets to right</li> <li>3. Dynamic Pyramid Cone Back Pedal &amp; Jump Ups (double leg). 2sets to left/2 sets to right</li> <li>4. Dynamic Pyramid Cone Shuffle and Jump Ups (double leg). 2 sets to left/ 2 sets to right</li> </ol>

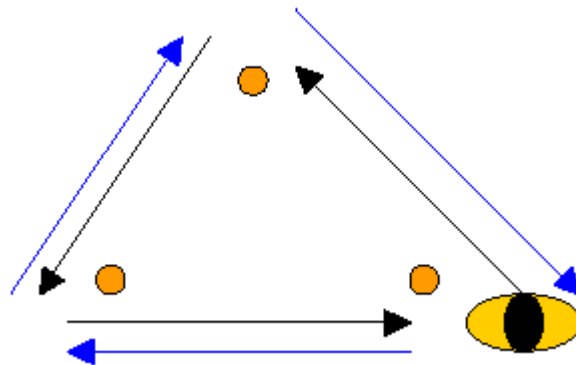
## SAQ Stations

**Dynamic Cone Touch:** Place three cones in front of each player at a distance where it is challenging for the player to touch the cone. In a opposite arm/opposite leg position, keep only one foot on the ground at all time as the players body is going to fight to stabilize and balance itself. From a upright, standing position, reach with the opposite arm and touch cone #1, then return to an upright position, the repeat for cone #2, cone #3. Attempt to get into a one leg squat position to be able to touch the cone. Complete six touches on one leg, then switch to the other leg for a total of three sets per leg.



**Dynamic Pyramid Cone:** This is a multipurpose functional exercise. It is designed to require rapid movements either forward, backwards, or sideways while maintaining balance and creating explosive movements. It is designed to require an athlete to move quickly while maintaining full body control throughout each movement. A lot of football movements require an athlete to do them while off balance or not under full control we are trying to simulate that in these drills to teach the player body control.

Take 3 cones and place them in a triangle 5 yards apart. You can adjust the length to 3 yard to 7 yards to decrease or increase the intensities. The player will start out on the right cone (cone 1) and go the cone 2 and then cone 3 and back on the same track.



## SAQ Stations

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### Ladder Training #1

Have 6 columns of 4 cones. Each column has a start cone and 1<sup>st</sup> cone at 5 yards, 2<sup>nd</sup> cone at 10 yards, and a 3<sup>rd</sup> cone at 15 yards out. Each player will execute the assigned ladder drill correctly with good form and as quickly as possible. Turn this into a competitive game and make it fun.

Activity
1. Bear Crawl to 1 and back, Sprint to 2 and back, Bear Crawl to 1 and back.
2. Shuffle (west) to 1 and back, Sprint to 2 and back, Shuffle (west) to 1 and back
3. Rocket Jump and Sprint to 1 and back, Rocket Jump and Sprint to 2 and back, Rocket Jump and Sprint to 1 and back.
4. Carioca (west) to 1 and back, Sprint to 2 and back, Carioca (west) to 1 and back.
5. Squat Jump to 1 and back, Sprint to 2 and back, Squat Jump to 1 and back.
6. One Legged hops (left) to 1 and back (right), Sprint to 2 and back, One Legged hops (left) to 1 and back.
7. Bear Crawl to 1 and back, Carioca to 2 and back, Bear Crawl to 1 and back.
8. Star Jump and Sprint to 1 and back, Star Jump and Sprint to 2 and back, Star Jump and Sprint to 1 and back.
9. Sprint to 1 and backpedal back, Sprint to 2 and backpedal back, Sprint to 1 and back pedal back. Sprint to 1 and back.
10. Sprint to cone 1 and back, sprint to cone 2 and back, sprint to cone 3 and back.
11. Sprint to cone 1 and do 5 pushups and back, sprint cone 2 and do 5 push ups and back, sprint to cone 3 and do 5 pushups and back.
12. Sprint to cone 1 and back, sprint to cone 2 and back, sprint to cone 3 and back.

## SAQ Stations

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### Ladder Training #2

Have 3 columns of 4 cones. Each column has a start cone and 1<sup>st</sup> cone at 5 yards, 2<sup>nd</sup> cone at 10 yards, and a 3<sup>rd</sup> cone at 15 yards out. Each player will execute the assigned ladder drill correctly with good form and as quickly as possible. Turn this into a competitive game and make it fun.

Activity
1. Bear Crawl to 1 and back, Sprint to 2 and back, Bear Crawl to 1 and back.
2. Shuffle (west) to 1 and back, Sprint to 2 and back, Shuffle (west) to 1 and back
3. Rocket Jump and Sprint to 1 and back, Rocket Jump and Sprint to 2 and back, Rocket Jump and Sprint to 1 and back.
4. Carioca (west) to 1 and back, Sprint to 2 and back, Carioca (west) to 1 and back.
5. Squat Jump to 1 and back, Sprint to 2 and back, Squat Jump to 1 and back.
6. One Legged hops (left) to 1 and back (right), Sprint to 2 and back, One Legged hops (left) to 1 and back.
7. Bear Crawl to 1 and back, Carioca to 2 and back, Bear Crawl to 1 and back.
8. Star Jump and Sprint to 1 and back, Star Jump and Sprint to 2 and back, Star Jump and Sprint to 1 and back.
9. Sprint to 1 and backpedal back, Sprint to 2 and backpedal back, Sprint to 1 and back pedal back. Sprint to 1 and back, Alternating Lunge Jumps to 2 and back, Sprint to 1 and back.
10. Sprint to cone 1 and back, sprint to cone 2 and back, sprint to cone 3 and back.
11. Sprint to cone 1 and do 5 pushups and back, sprint cone 2 and do 5 push ups and back, sprint to cone 3 and do 5 pushups and back.
12. Sprint to cone 1 and back, sprint to cone 2 and back, sprint to cone 3 and back.

# SAQ Stations

## SAQ Field Layout for FFL 49ers

