



Hope you had a nice Easter, Coach.

This is part 3 of "*Designing a Successful Speed/Agility Program.*"

In [Part 1](#), we covered the 6 Skill Components at each training session.

In [Part 2](#), we talked about how to design your program from a seasonal, weekly, and individual training perspective.

Today, we're going to discuss how to equip your program while on a budget. If you're working with a high volume of athletes like my trainers and me, you need to be able to provide enough equipment to get through drills quickly but at an affordable cost. And just as important, you need to be able to fit your equipment into your car.

Have no fear, Coach Chris has figured it all out for you so you don't have to waste your money or trunk space.

Speed/Agility Equipment You Need

1.) Cones

How many? The drills that require the most cones are agility drills. I design my drills to use at max 4 cones per grid. I never want too many kids waiting in each line since only 1 can go at a time, so I limit it to max 5 kids per grid.

Do the math: if I have 40 kids, I want to be able to set up about 8 grids. At 4 cones per grid, allow about 32 cones just for this drill. For a whole session (assuming you recycle cones between drills), you should be fine if you have about 40 cones.

Cost: About 50 cents per cone. Get yourself a set of about 40 for \$20.

*List of our favorite [Agility Cone Drills](#)

2.) Speed Ladders

Speed ladders are the #1 best piece of equipment for footwork. Ladders are great for developing foot-speed, coordination, and balance. Also, make sure they sprint out of the

ladder each time.

There are hundreds of ladder drills, but here are our favorite [Ladder Drills](#).

When teaching ladders, the progression goes like this:

- Accuracy*: go as slow as you need until you have the footwork down perfectly.
- Speed*: once you are accurate, increase the tempo
- Eyes Up*: once they're accurate and fast, force them to do it with their eyes off the ground. This is very challenging and do wonders for their proprioception skills.

How Many? You want 1 ladder per 10-12 kids. Any less than that and you have too much standing around.

Cost: \$20-25.

3.) Speed Hurdles

The SKLZ hurdles are more durable and come in sets of 5. The Nike SPARQ hurdles come in sets of 6, fold flat, and are extremely portable. You can't go wrong with either, but I usually get the SPARQ hurdles because my trunk space is limited.

I use these at virtually every single session. Great for footwork, acceleration, agility, and plyometrics. If there's one set of equipment I'd say is most worthwhile, it's speed hurdles.

Check out all the different ways we incorporate [Speed Hurdles Drills](#) into our program.

How Many? Hurdles are usually sold in sets of 5-6. If you're working with 15 kids or less, I'd say 10-12 hurdles should be enough. If you have more than 15 players, you're going to want at least 20-24 hurdles so you can have multiple lines. I've gotten by with 24 hurdles for 50 kids, but that gets pretty crowded.

Cost: About \$10 per hurdle.

Total Equipment and Cost

Assuming you have about 15 players:

40 Cones: \$20
1 ladder: \$25
12 Speed Hurdles: \$120

Optional Equipment- Speed Sac

Perhaps the most effective equipment is the SKLZ Speed Sac. Athletes can fasten a strap around their waist and run with a weighted pouch (10-50 lbs) to add resistance to their sprints. It serves the same purpose as a sled or parachute, except it's far more affordable and easier to use.

It's great if you're working with a small group, but it's tough for big groups because you can obviously only use one speed sac per person at a time. But it really enhances their sprinting speed!

Cost: About \$60

You're Up to Speed!

If you've read all 3 parts to this Coaches' Corner mini-series, you're now [Sweat City](#) certified to run your own Speed/Agility program. Congrats!

You have all the resources to be great. Now mix and match your favorite drills from our [Athletic Performance Training](#) video series to customize your program to fit your team's needs.

And I'm great about responding to emails I get from coaches. So please don't hesitate to ask questions about how to make your program the best it can be!

Get Fast or Get Left Behind!

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