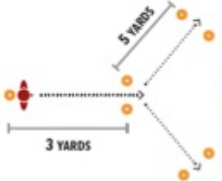
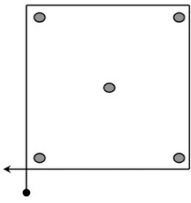
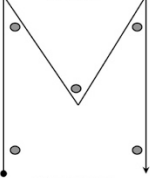
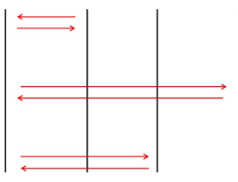
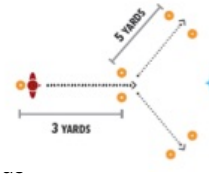


EXAMPLE AGILITY PROGRAM

Drill Distance can be varied according to individual sport/fitness level	Speed percentage (progress speed as outlined)	Dosage	PHYSIOTHERAPY LOG AND NOTES
Phase 1 45 degrees 	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 1 Date: Phase + Dosage: Session #: 2 Date: Phase + Dosage:
Phase 2 90 degrees 	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 3 Date: Phase + Dosage: Session #: 4 Date: Phase + Dosage:
Phase 3 135 degrees 	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 5 Date: Phase + Dosage: Session #: 6 Date: Phase + Dosage:
Phase 4 180 degrees 	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 7 Date: Phase + Dosage: Session #: 8 Date: Phase + Dosage:
Phase 5 Backwards/ pivoting Run backwards, pivot then run forward... 	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 9 Date: Phase + Dosage: Session #: 10 Date: Phase + Dosage:
Phase 6 Unanticipated change of direction – as above but with reaction to cue of ball / partner	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	Session #: 11 Date: Phase + Dosage: Session #: 12 Date: Phase + Dosage:
Phase 7 Consider sport specific actions Replicate individual / sport specific injury mechanism (see below for examples) and incorporate sport skill	Start with 50% (jog) 60% 70% 80% 90%+	3 sets of 5 repetitions	
Soccer Attacking defensive play with change of direction (dictated by player with ball) Unanticipated Change of Direction – add in tackle / apply pressure after cut Netball Landing on one leg with upper body perturbation due to contact or position of ball Combine Unanticipated Change of Direction with Partner Push exercise – run, cut to receive pass on angle and receive push			

