**Agility/Cardiovascular Fitness**

**1. Box Drill: set two up.**

**2. Agility Ladders: Set two up, plus cones for around.**

**3. Over and Up (over hurdles with two feet or one):** 













**4. Spot Jumps + Plank Walk over the cones: set up two**







**5. Lines. 2-3 people at a time.**