



# LA SIERRA HIGH PE FILM PROJECT

**AGILITY DRILL-WHITE INTRO LEVEL:** (Progressive Overload Principle)  
Beginning of each drill item is signaled by one sharp whistle. There is one sequence repeated twice. Perform two consecutive rounds **immediately** after completing the Strength-Endurance Exercise Routine.

*Instructor Commands: Agility Drill, 2 Rounds; WHISTLE!*

**1. RUNNING POSITION-*Round #1* (5 Seconds)**

**2. SQUAT-THRUST**

**3. RUNNING POSITION (5 seconds)**

**4. SQUAT-THRUST**

**5. RUNNING POSITION (5 seconds)**

**6. SITTING UP POSITION**

**7. ROTATE ON LEFT HAND & YELL!**

**8. FRONT LEAN REST POSITION**

**9. RUNNING POSITION-*Round #2* (5 Seconds)**

**10. SQUAT-THRUST**

**11. RUNNING POSITION**

**12. SQUAT-THRUST**

**13. RUNNING POSITION**

**14. SITTING UP POSITION**

**15. ROTATE ON RIGHT HAND & YELL!**

**16. FRONT LEAN REST POSITION**

**17. RUNNING POSITION (5 Seconds)**

**18. WHISTLE!**