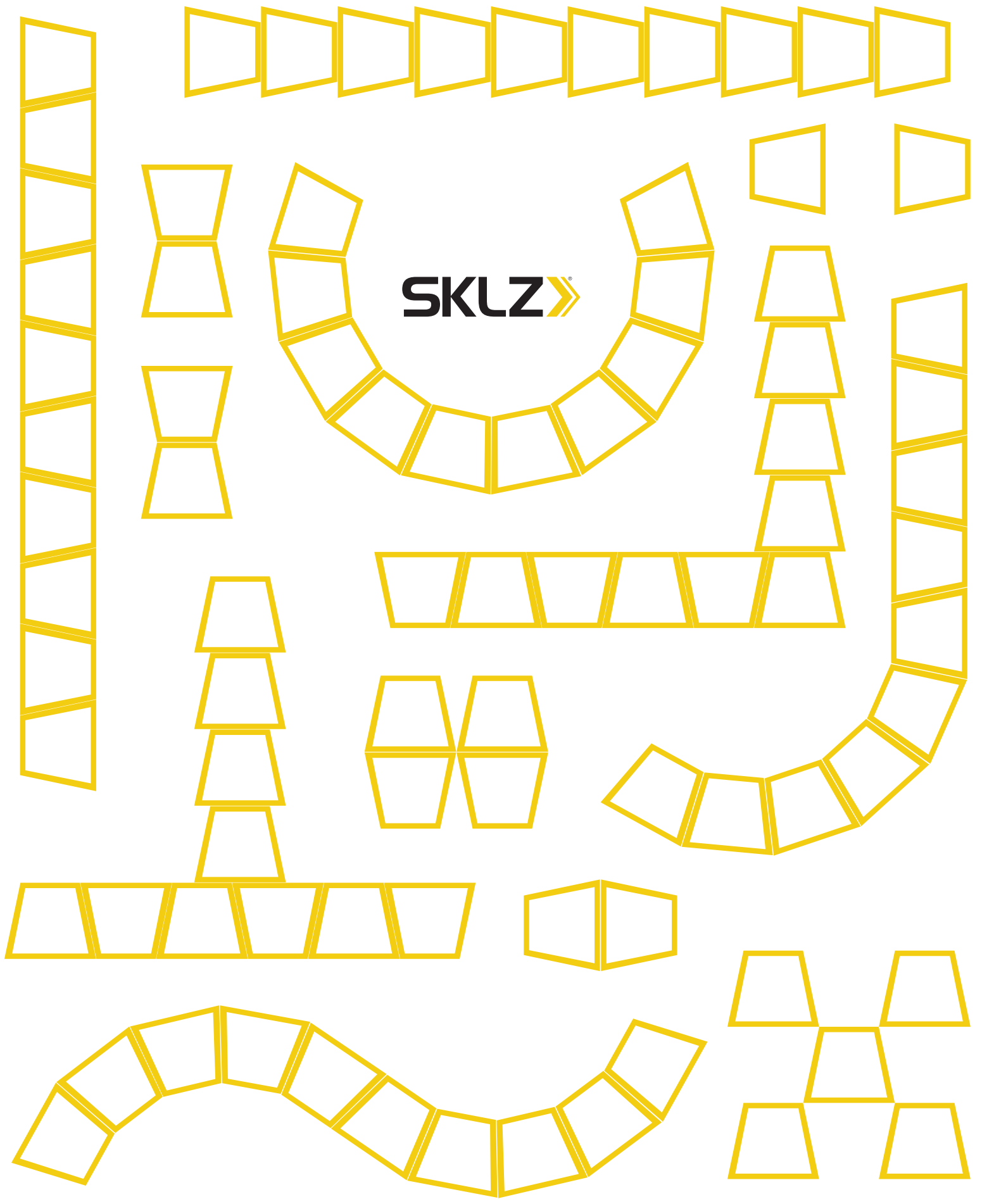


The SKLZ logo is positioned in the upper center of the image. It features the brand name 'SKLZ' in a bold, white, sans-serif font. To the right of the text is a yellow graphic element consisting of two parallel chevrons pointing to the right, with a registered trademark symbol (®) above the second chevron.

AGILITY TRAINER PRO

AGILITY PATTERNS



SKLZ »



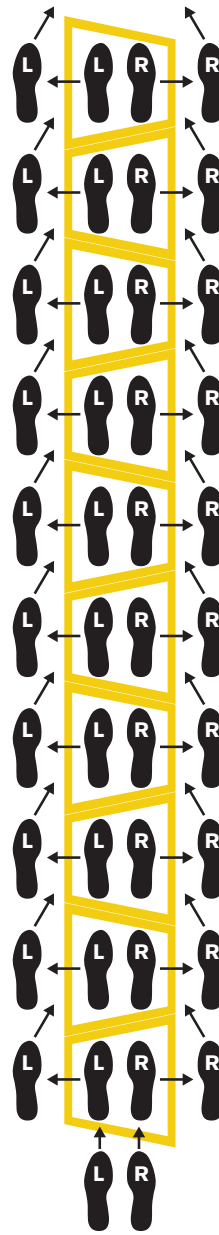
Linear Hop

One In - Right or Left Foot



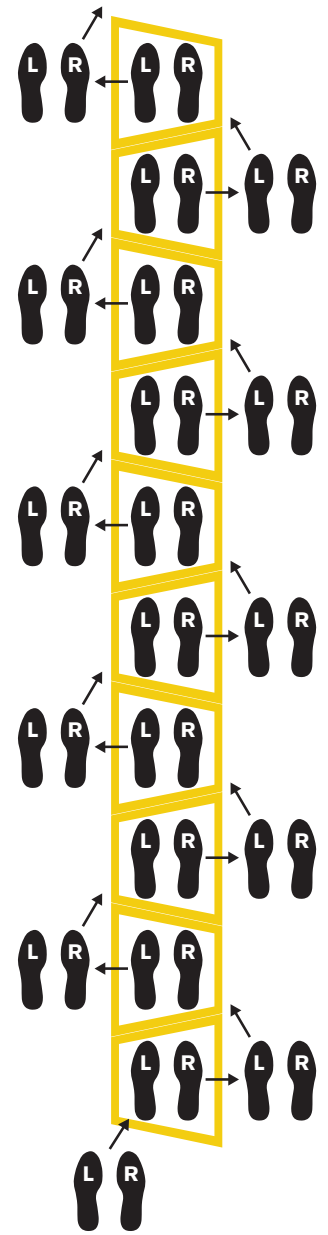
Linear Jump

Two In



Linear Jump

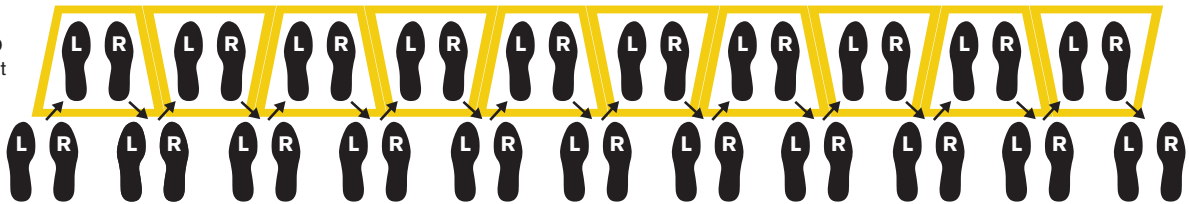
Two In - Two Out



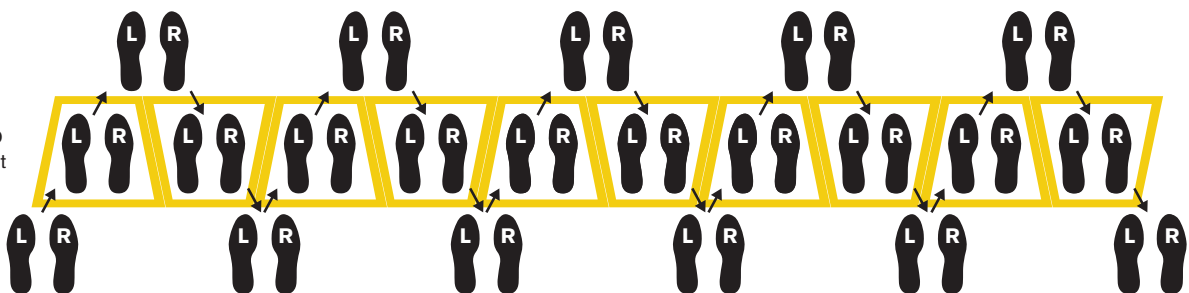
Lateral Jump

Two In - Two Out

Lateral Jump
Two In - Two Out



Lateral Jump
Two In - Two Out

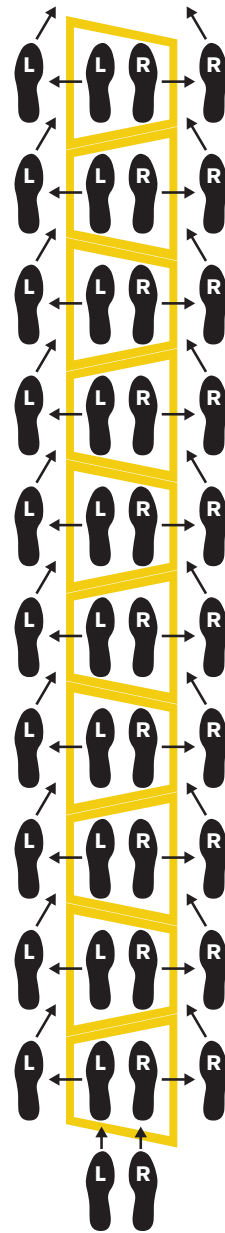




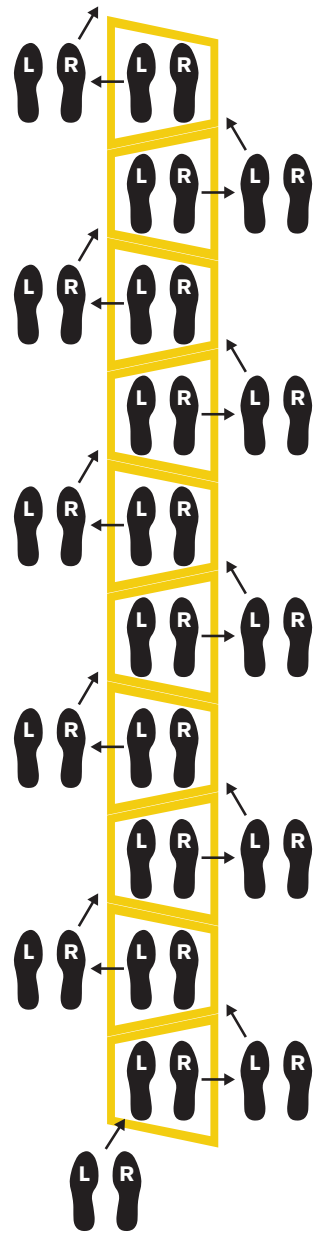
Linear
One In Each



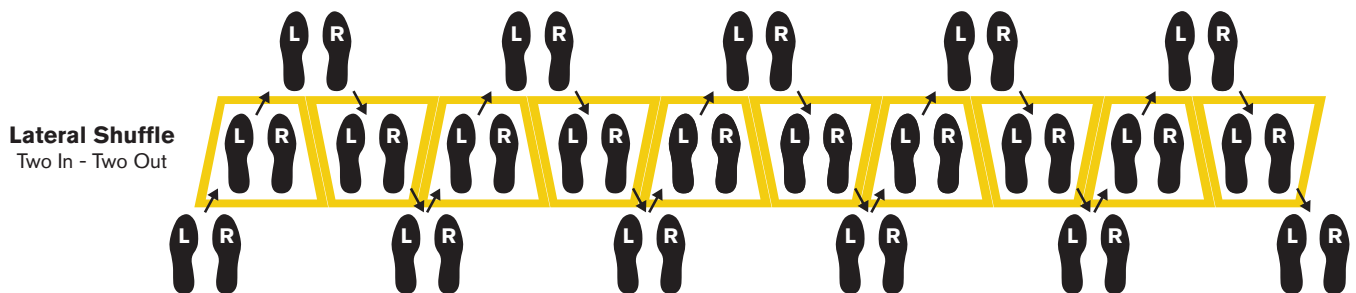
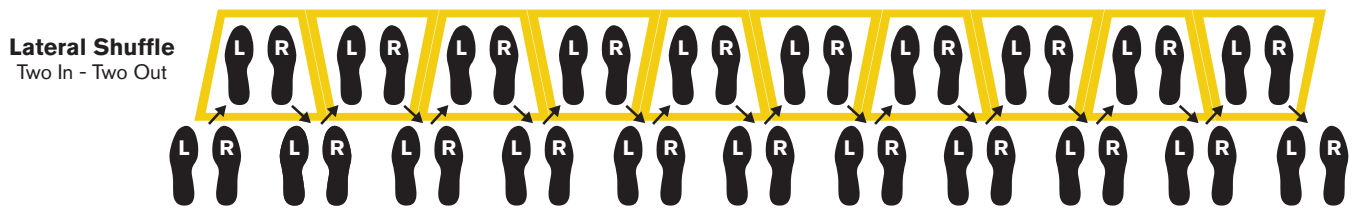
Linear Shuffle
Two In

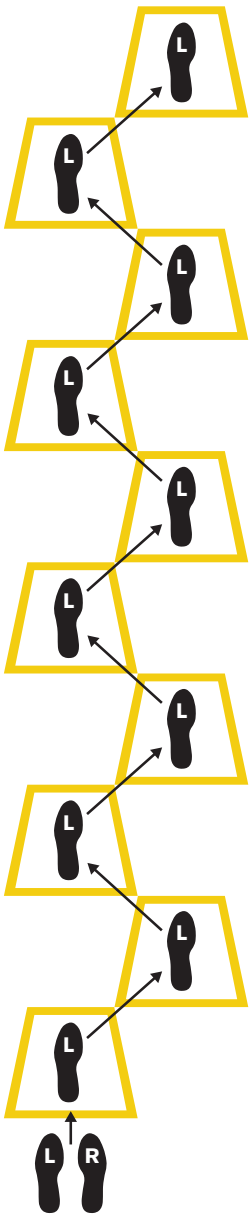


Linear Shuffle
Two In - Two Out

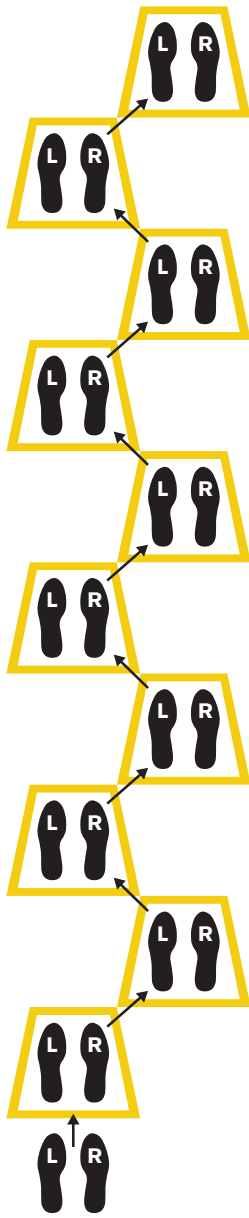


Lateral Shuffle
Two In - Two Out

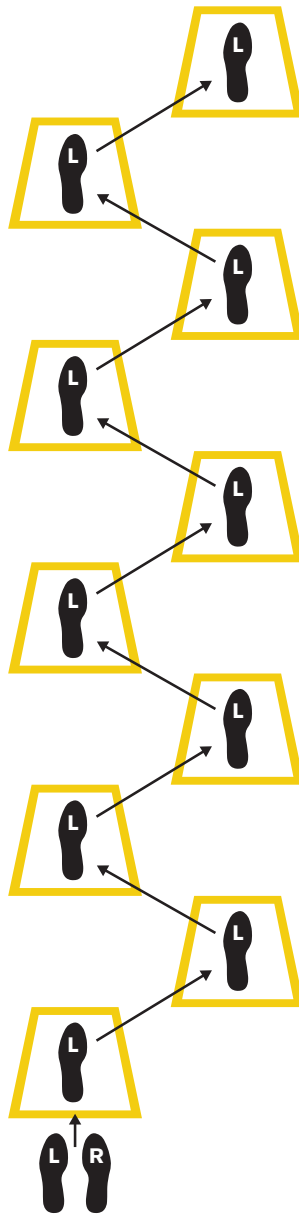




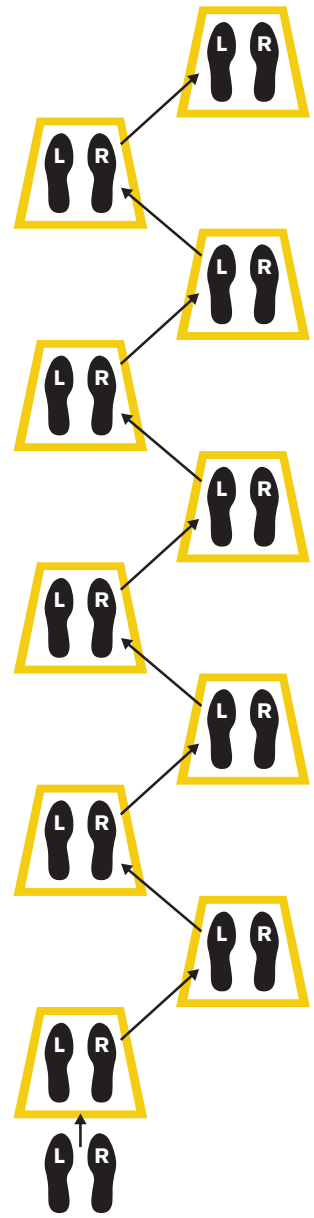
Lateral Hop
Right Foot or Left Foot



Lateral Jump
Right Foot or Left Foot

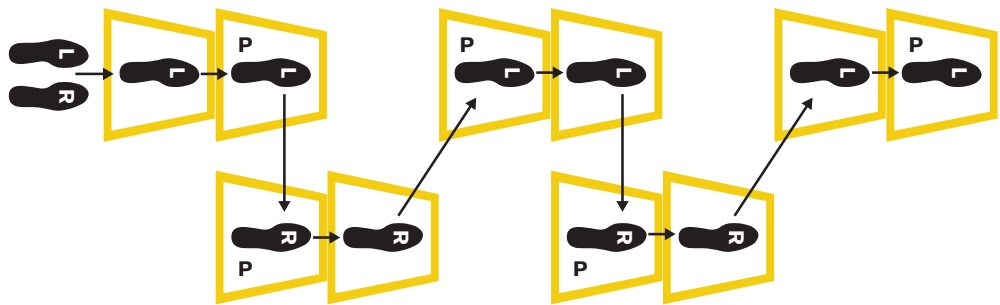


Lateral Hop - Wide
Right Foot or Left Foot

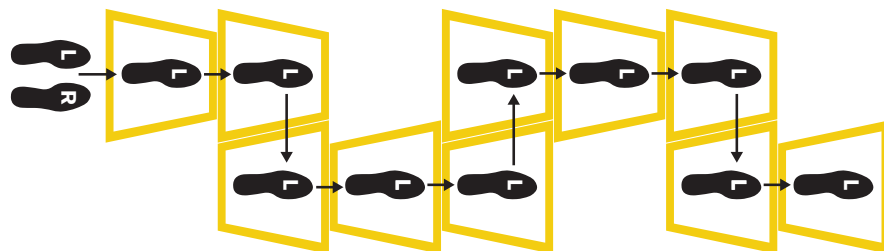


Lateral Jump - Wide
Right Foot or Left Foot

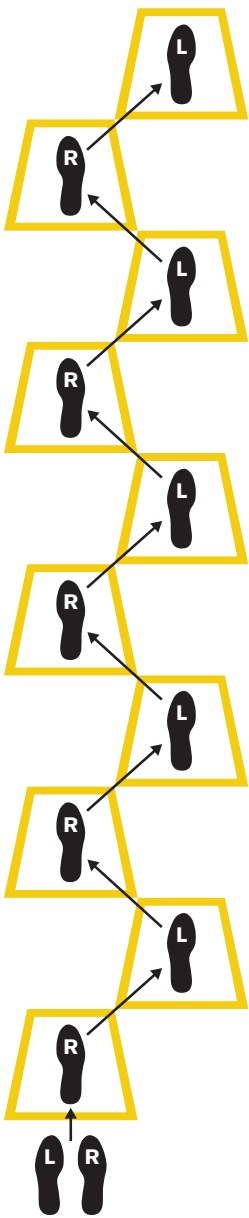
Linear / Lateral Hop to Stabilize
One In



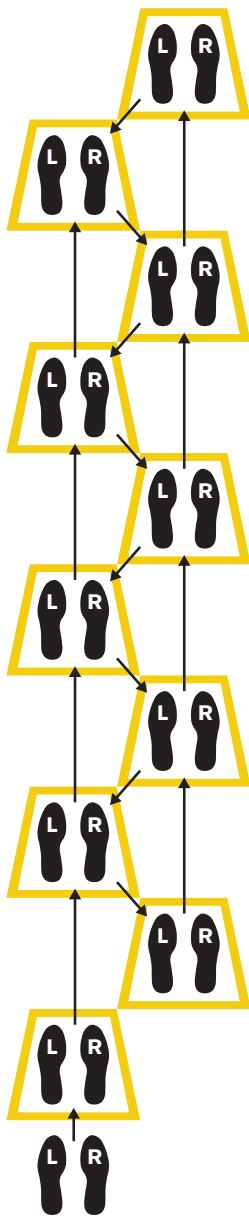
Linear / Lateral Hop
One In



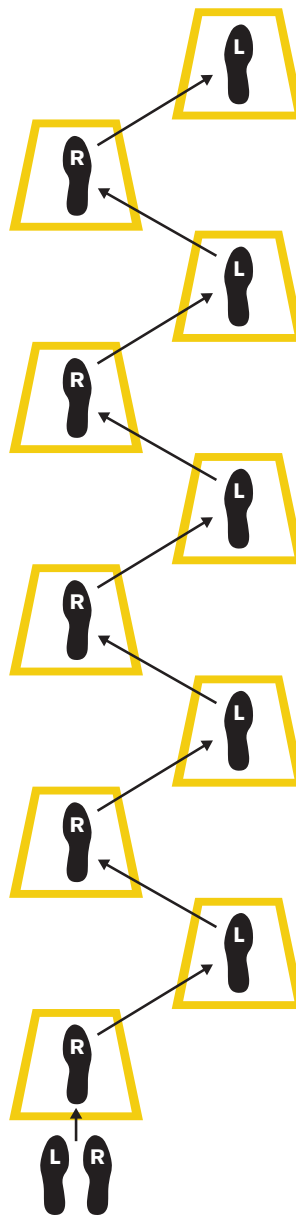
P = Pause



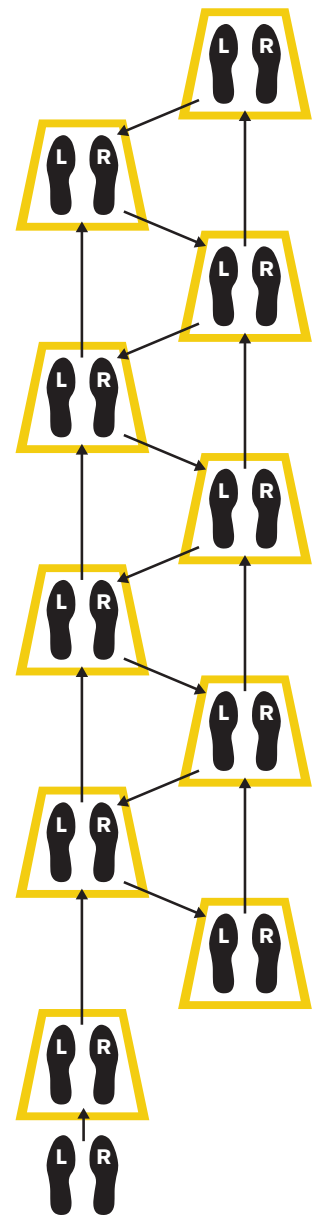
45° Crossover



45° Jump Forwards / Backwards

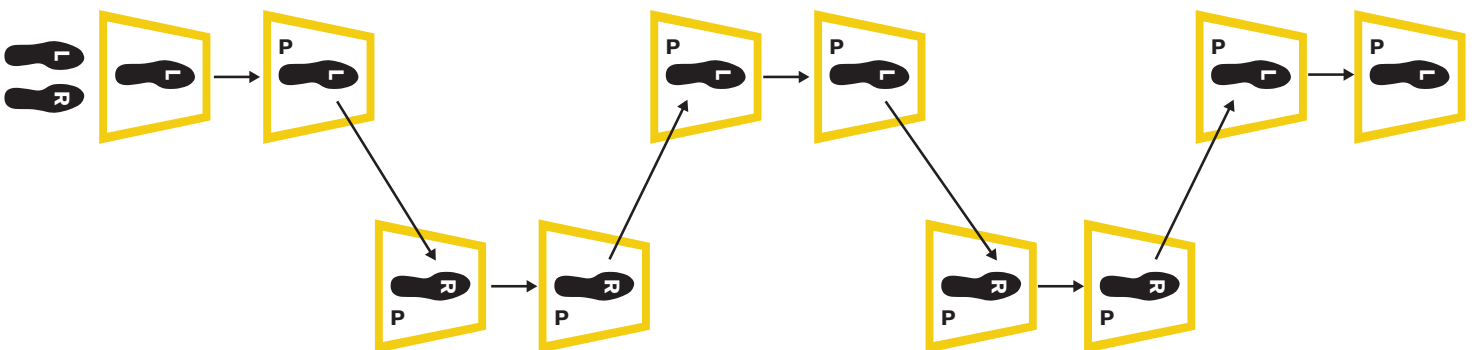


45° Crossover - Wide

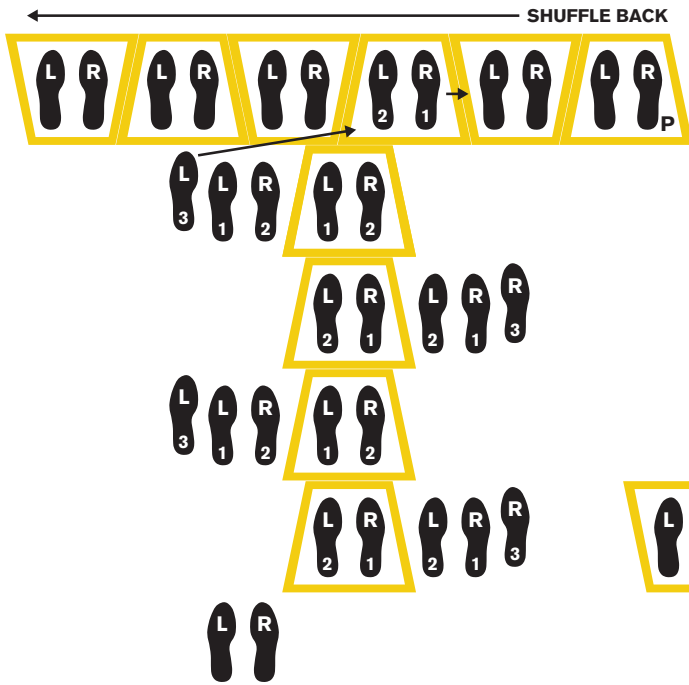


45° Jump - Wide Forwards / Backwards

Hop To Bound
With Pause

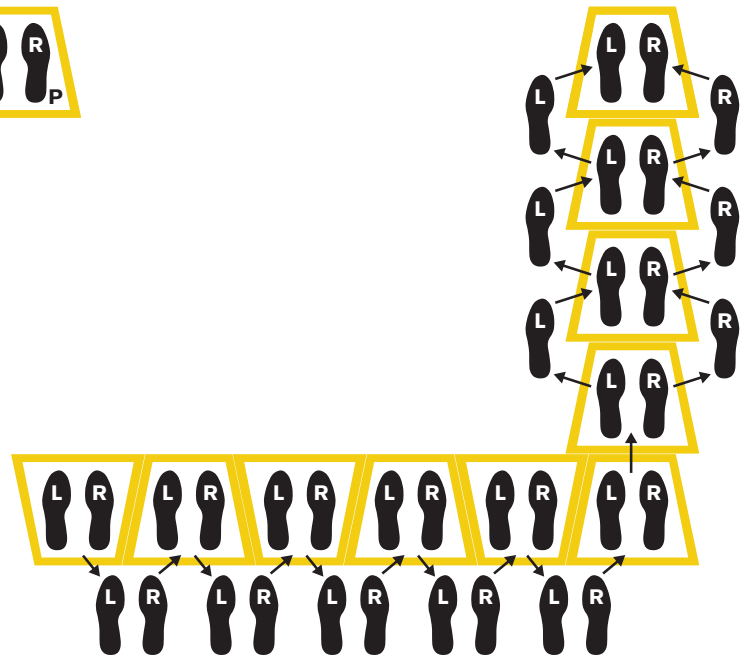


P = Pause



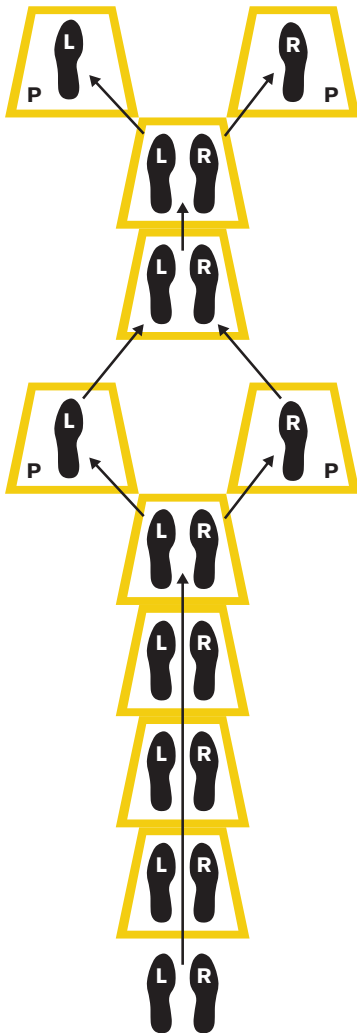
Lateral Shuffle

Two In - Three Out Combination



Lateral Shuffle

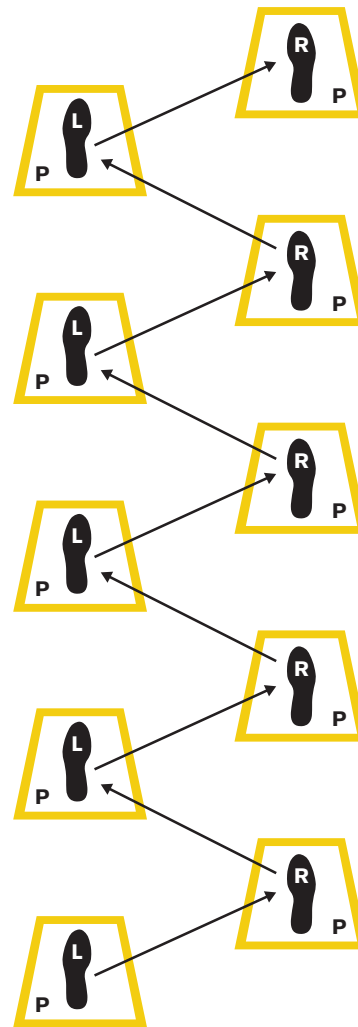
Two In - Three Out Combination



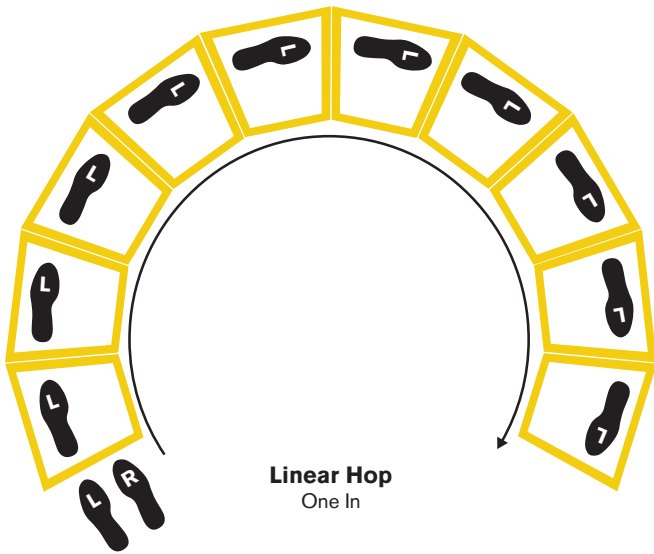
Linear Hop

Two In

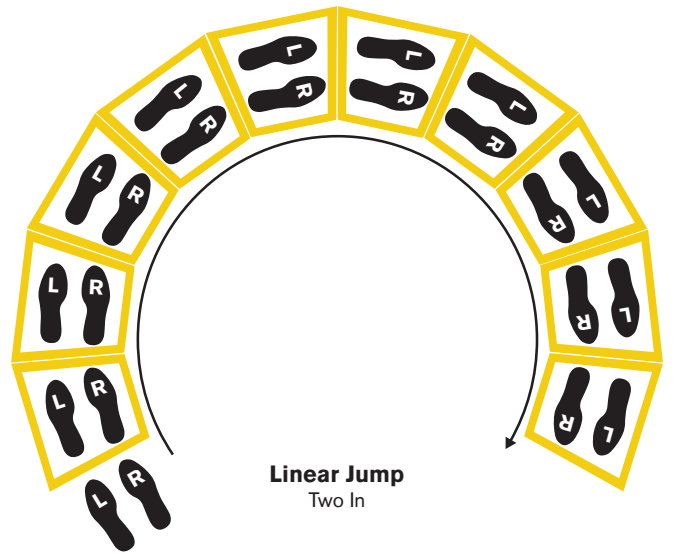
P = Pause



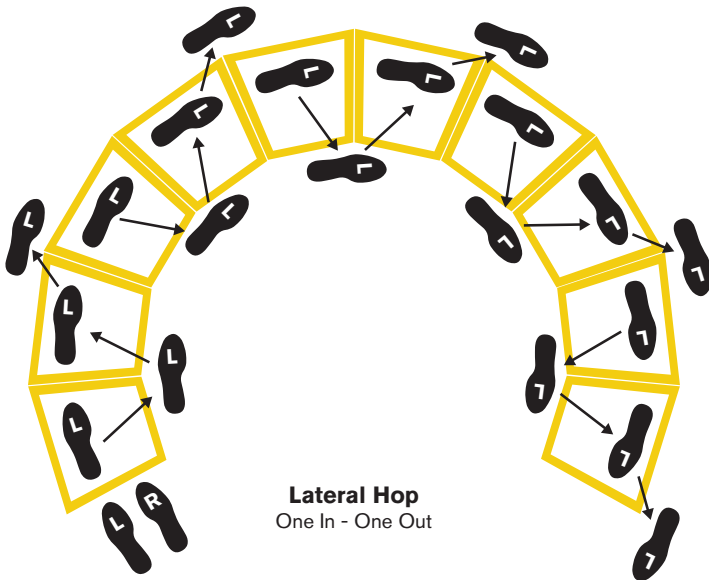
45° Bound With Pause



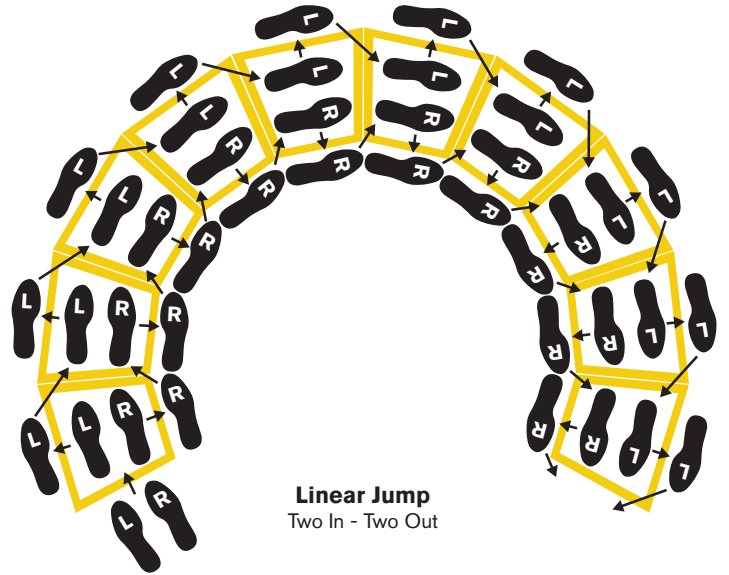
Linear Hop
One In



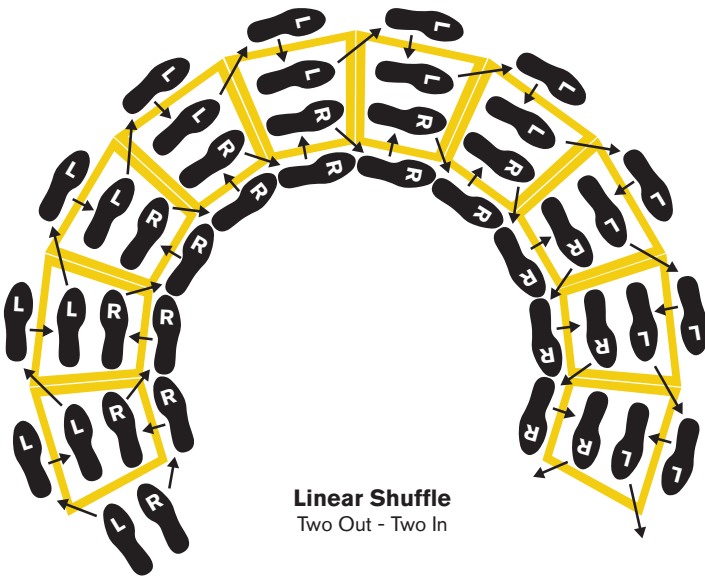
Linear Jump
Two In



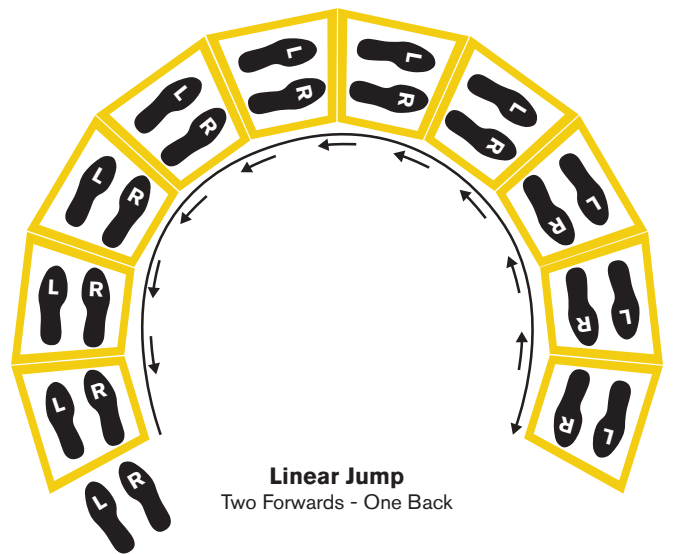
Lateral Hop
One In - One Out



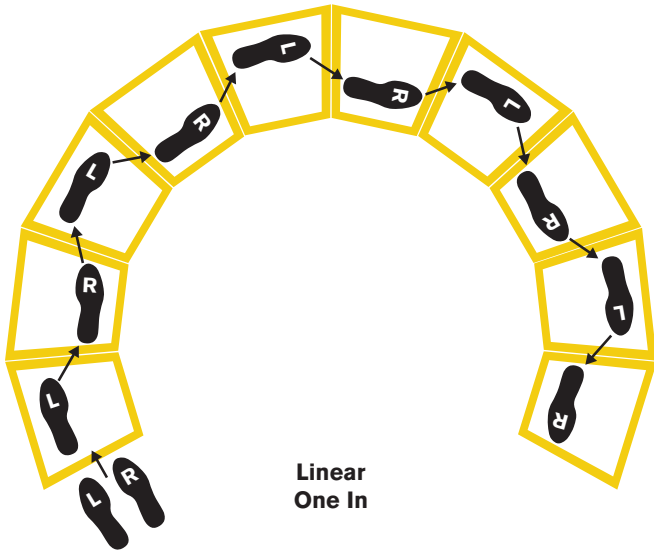
Linear Jump
Two In - Two Out



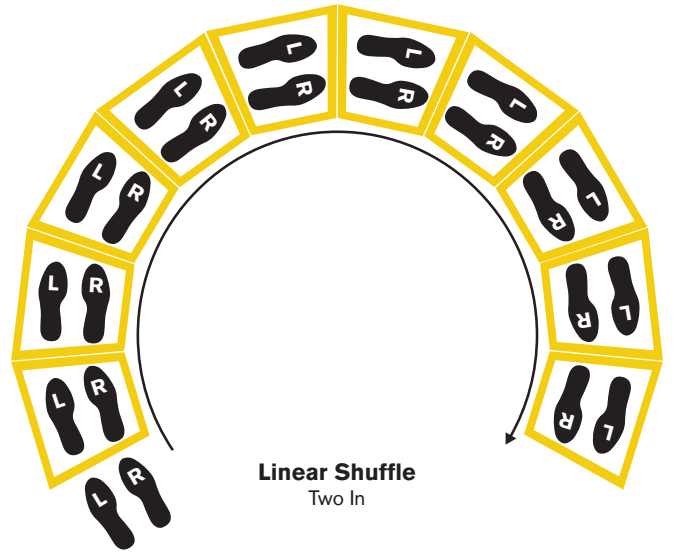
Linear Shuffle
Two Out - Two In



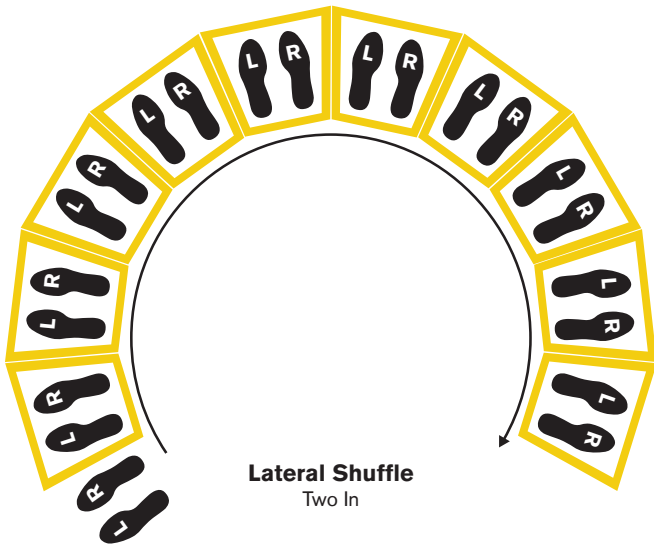
Linear Jump
Two Forwards - One Back



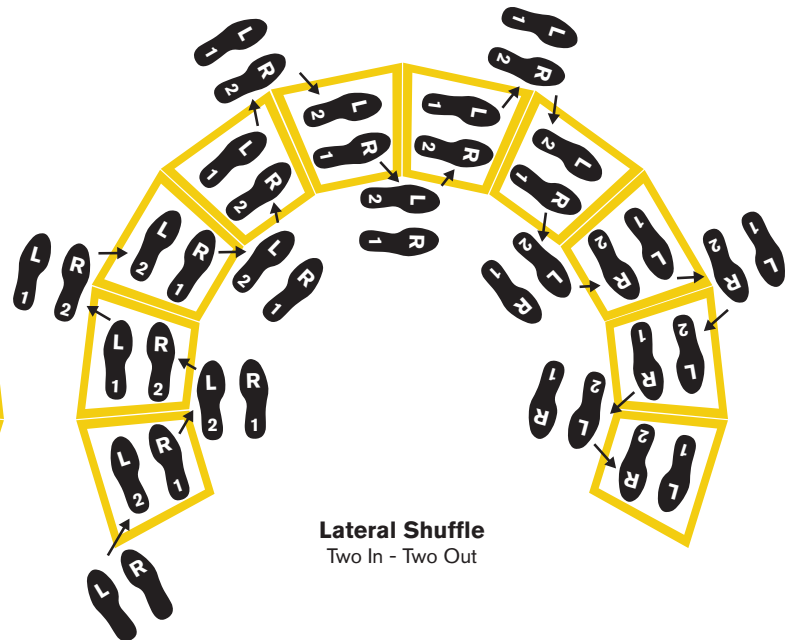
Linear
One In



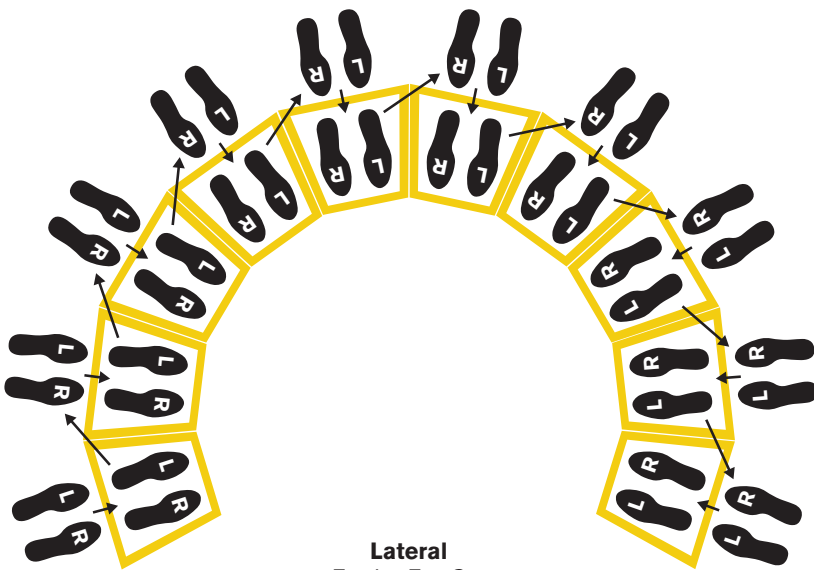
Linear Shuffle
Two In



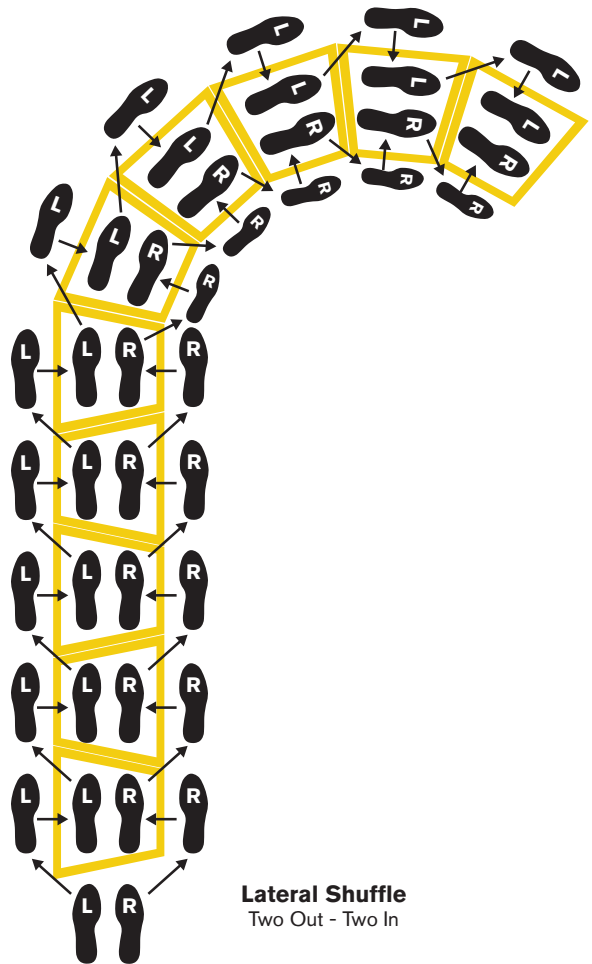
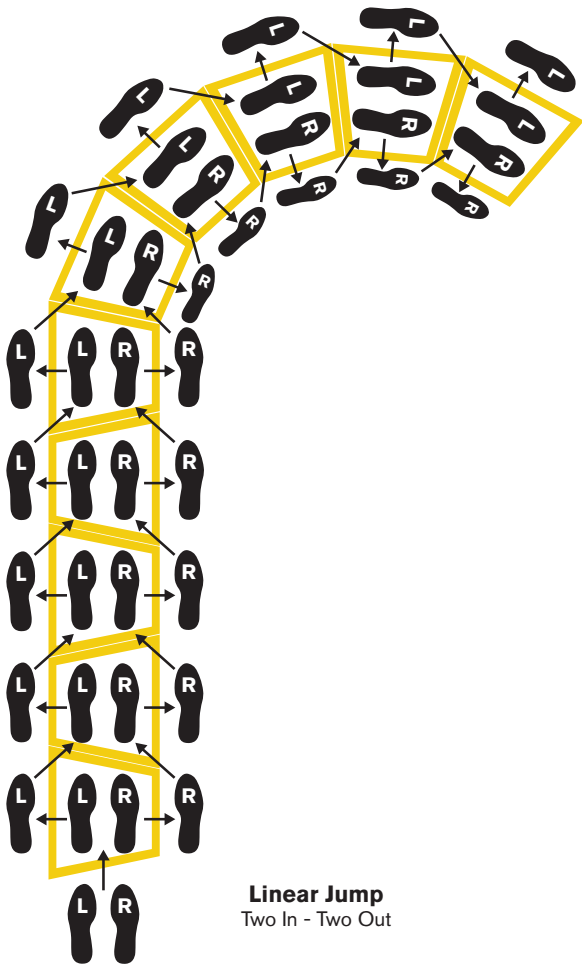
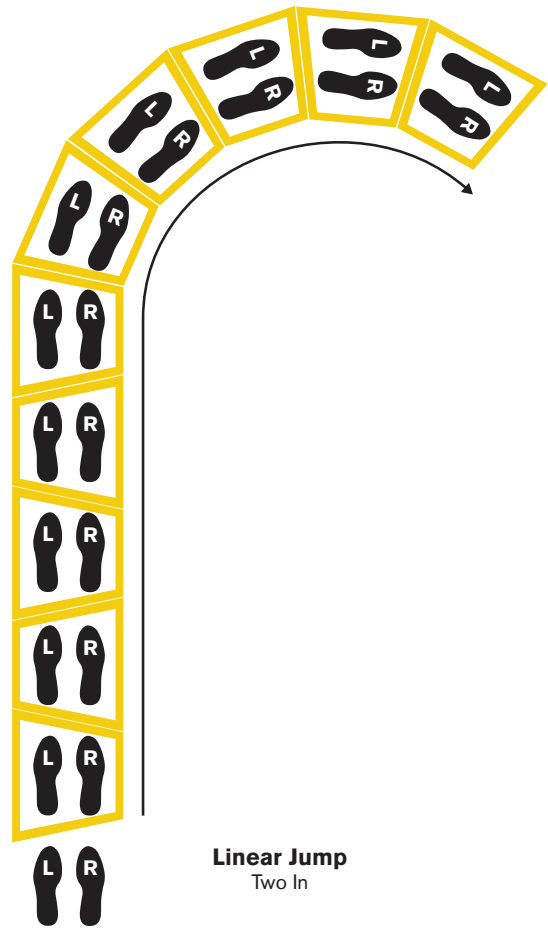
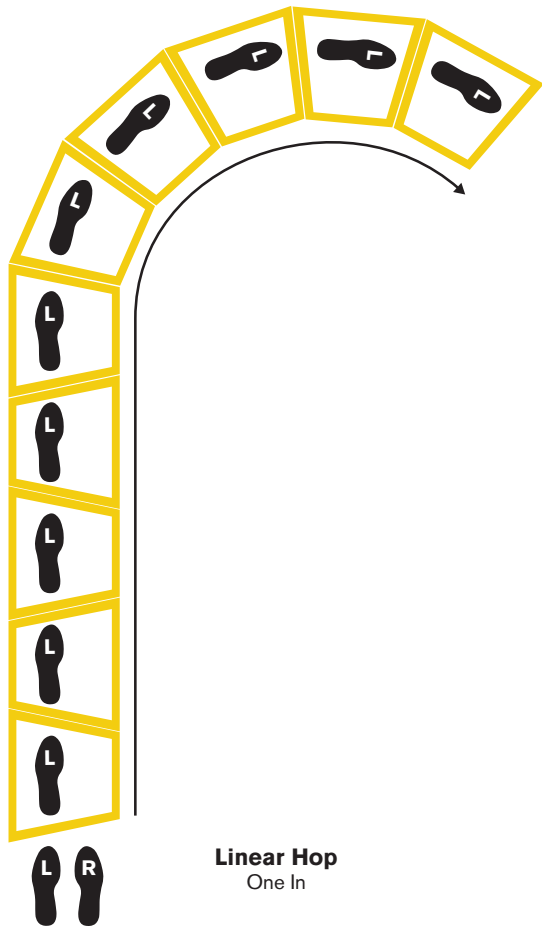
Lateral Shuffle
Two In

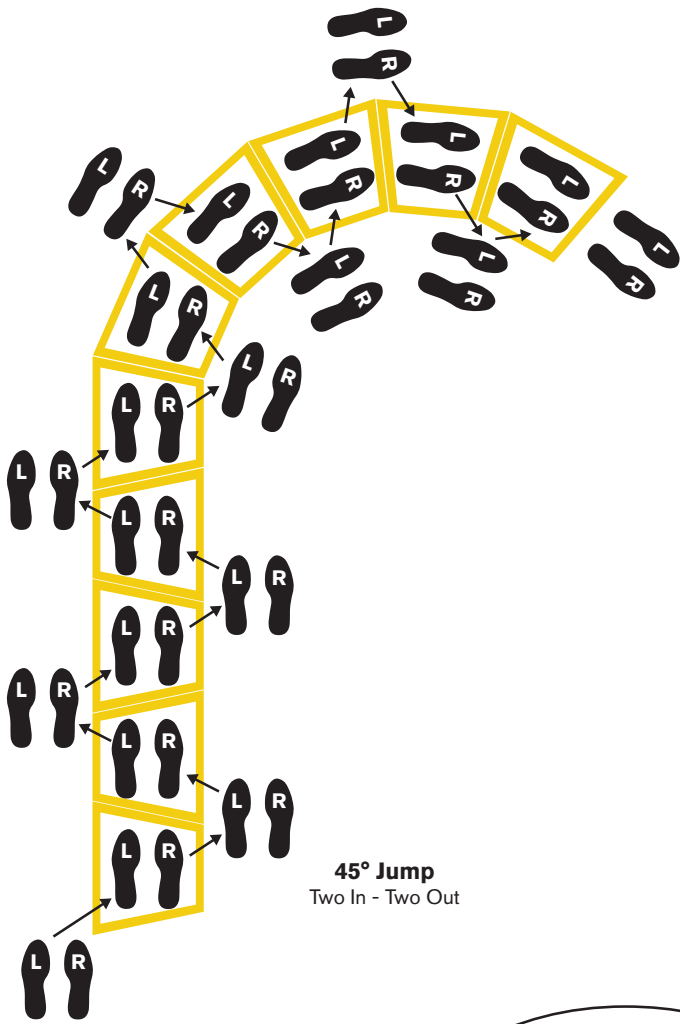


Lateral Shuffle
Two In - Two Out

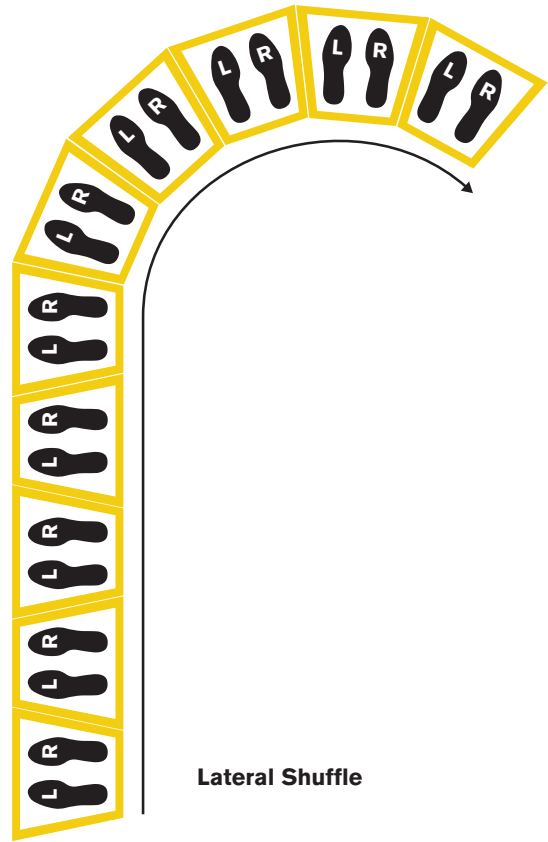


Lateral
Two In - Two Out



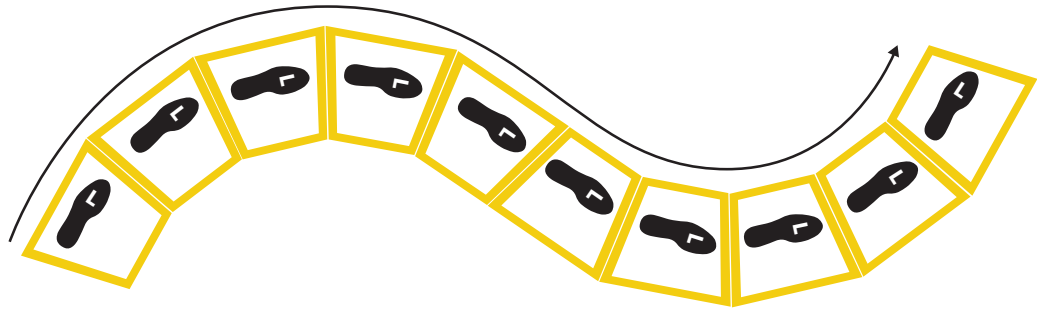


45° Jump
Two In - Two Out

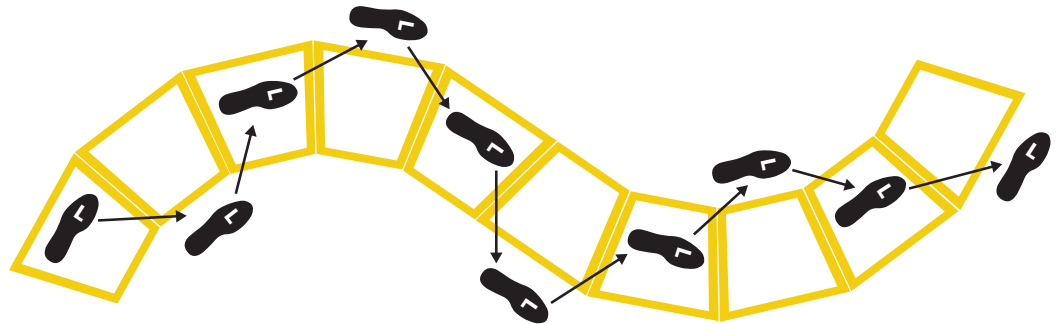


Lateral Shuffle

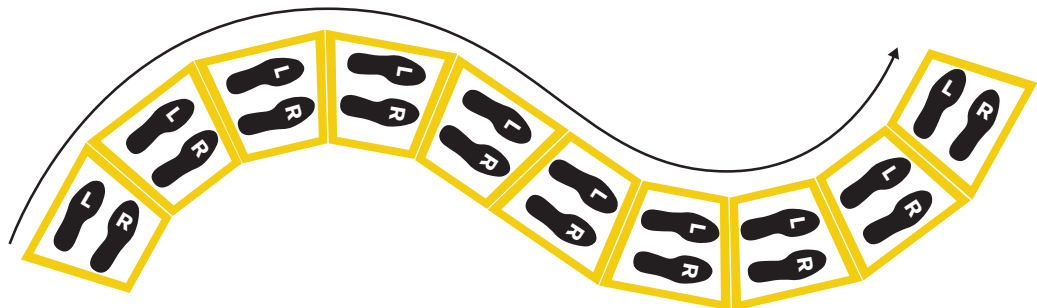
Linear Hop
One In Each



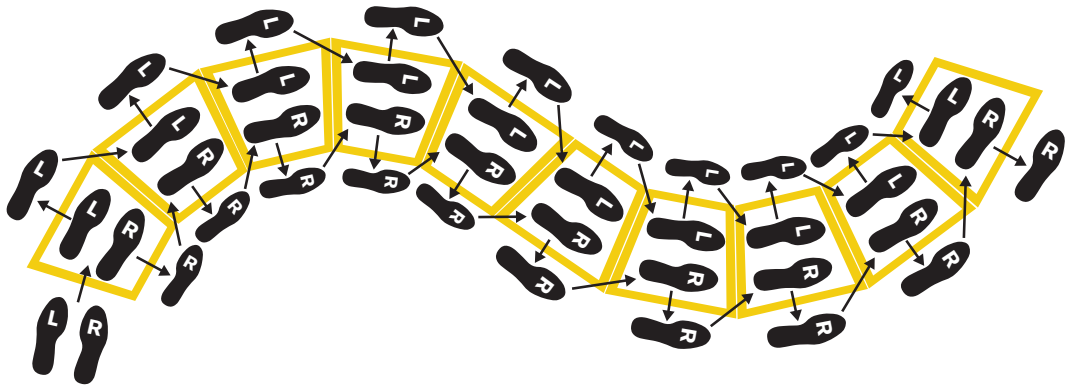
45° Hop
One In - One Out



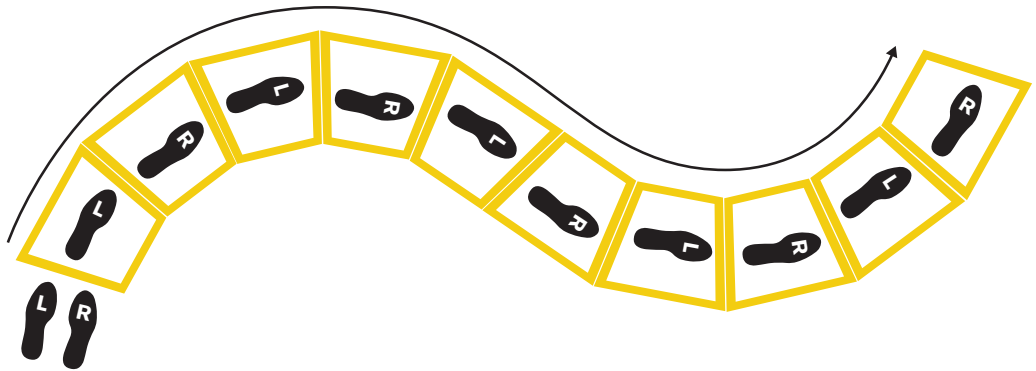
Linear Shuffle
Two In



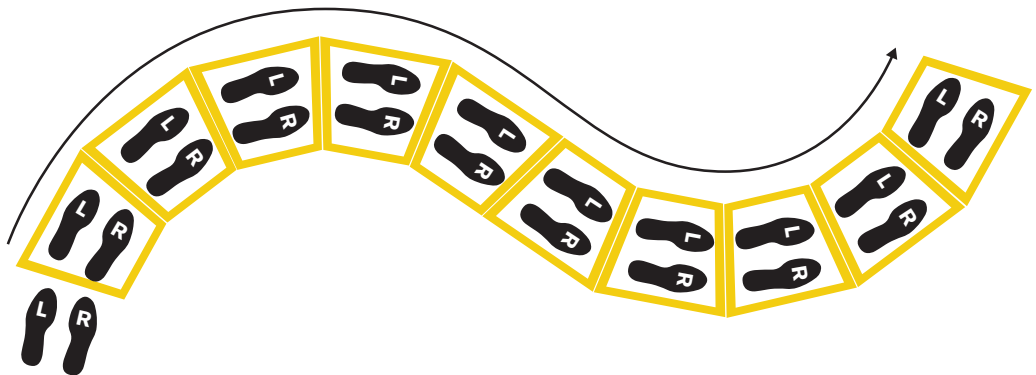
Linear Jump
Two In - Two Out



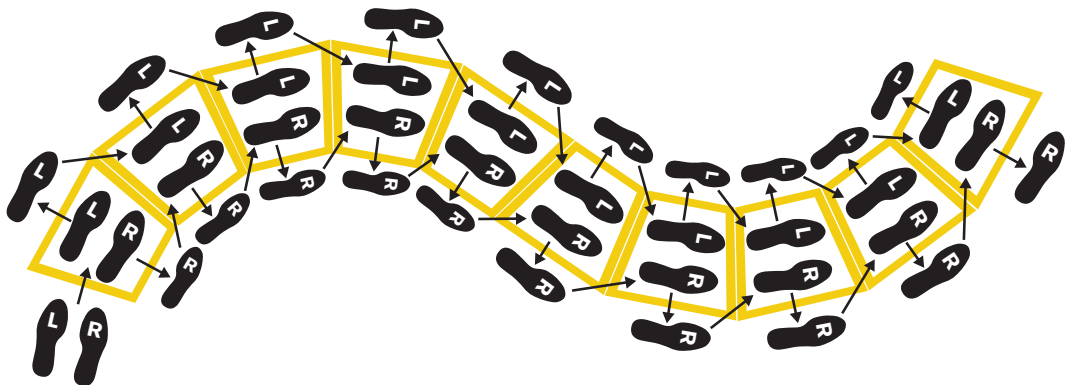
Linear
One In Each



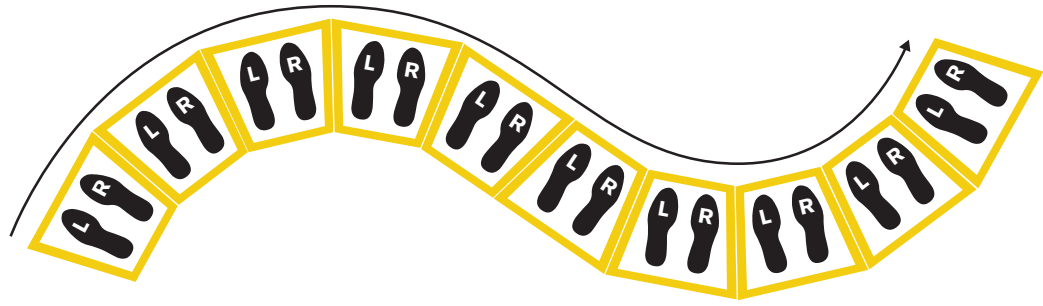
Linear Shuffle
Two In



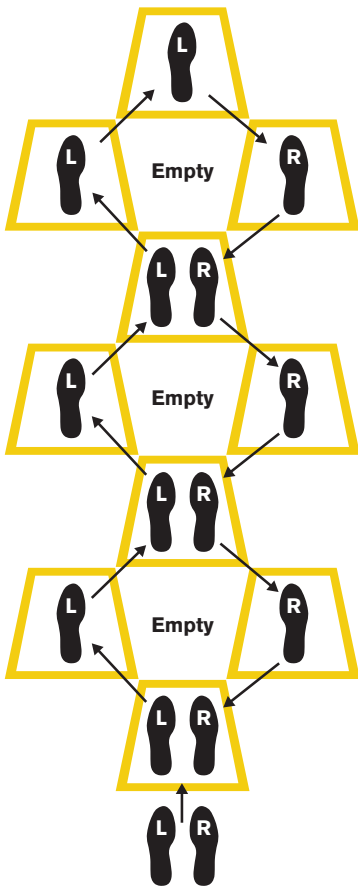
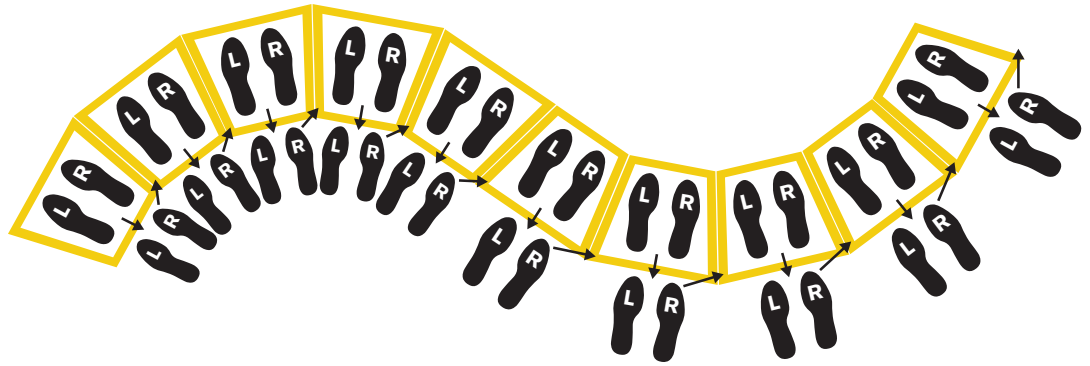
Lateral Shuffle
Two In - Two Out



Lateral Shuffle
Two In

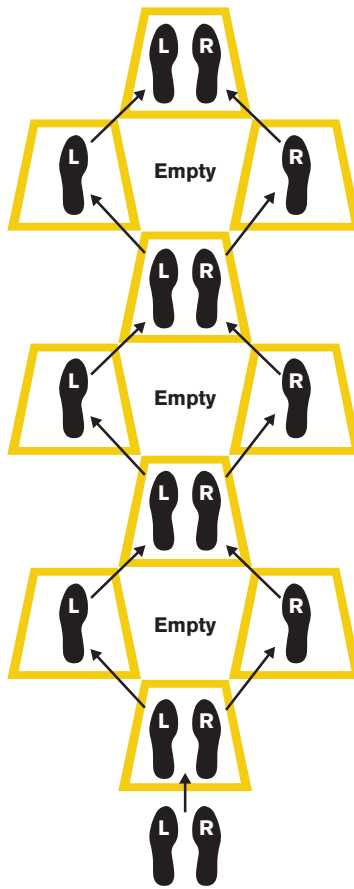


Lateral Shuffle
Two In - Two Out



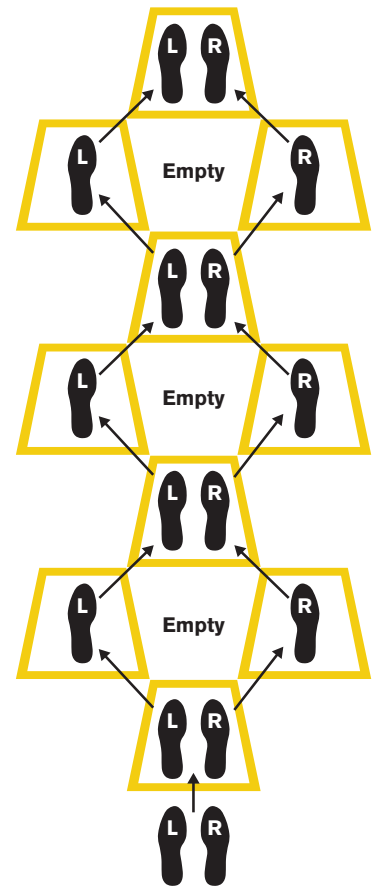
Linear Hop

Forward Left / Backward Right



Linear Jump

Two In

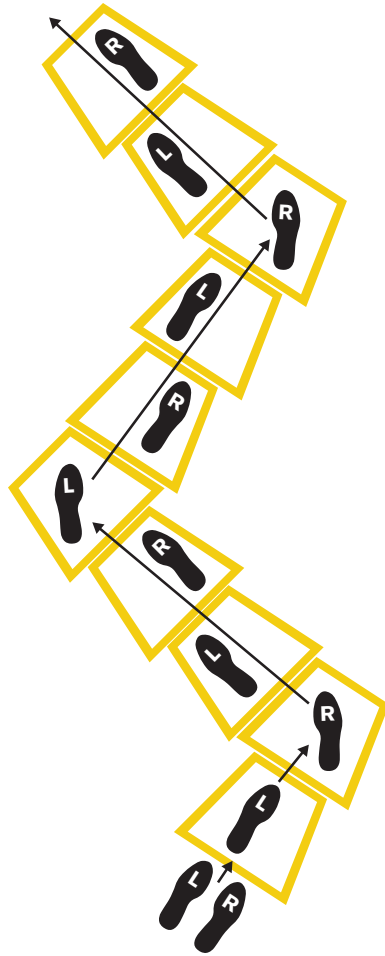


Linear Shuffle

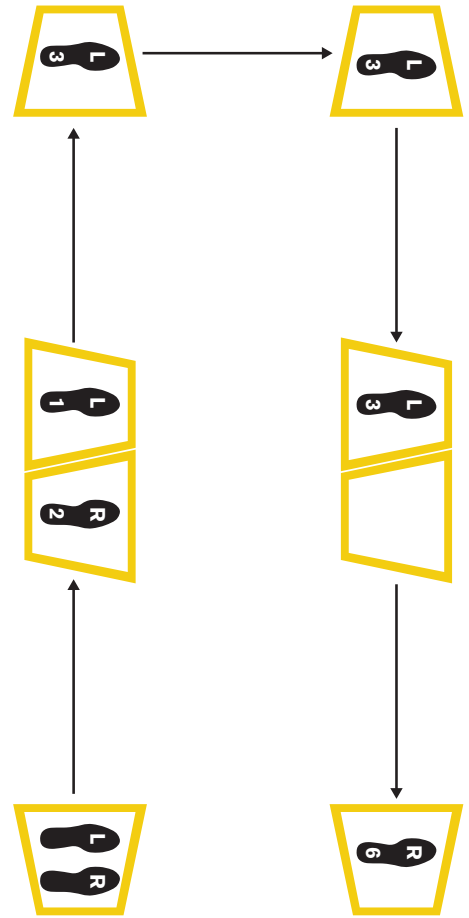
Two In



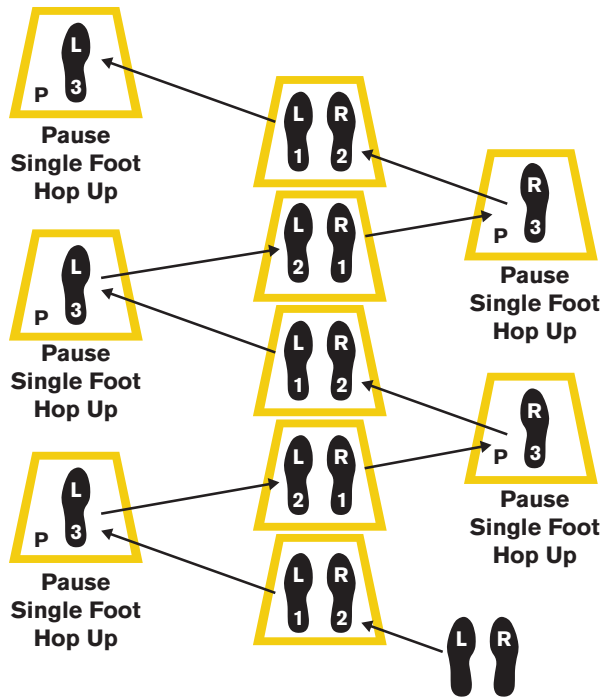
Sprint Start Stride Length



**ZIG ZAG
Dig Plant Cut**



**Lateral Shuffle
To Bound**



**Lateral Shuffle To Bound
Two In - One In**

P = Pause