

BIGGER FASTER STRONGER



25

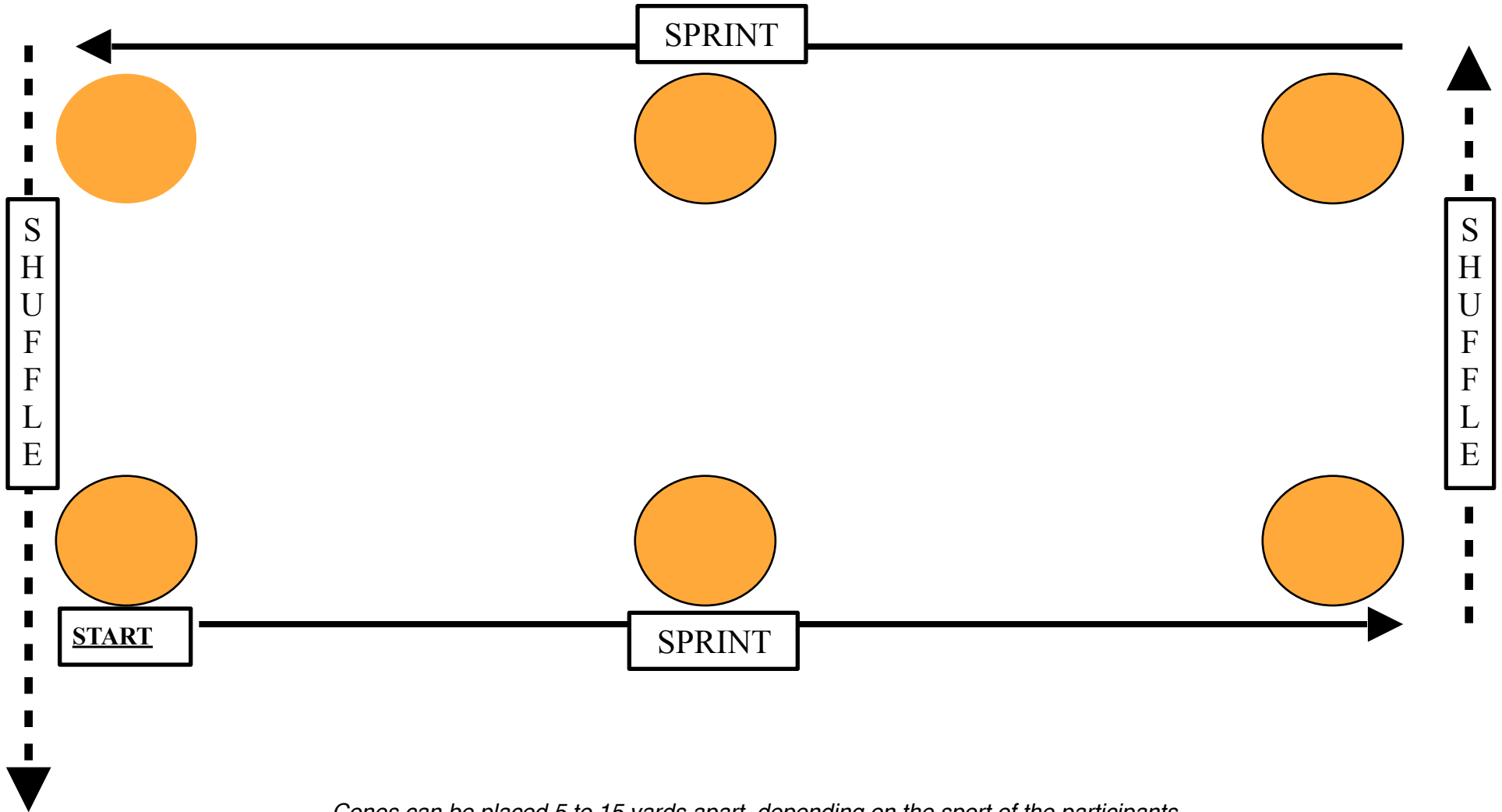
# AGILITY DRILLS

FOR EVERY ATHLETE



The BFS Total Program is dedicated to developing students and athletes in all sports and activities maximize their potential. Agility is one component and is a skill that can be enhanced through measurable drills record keeping.

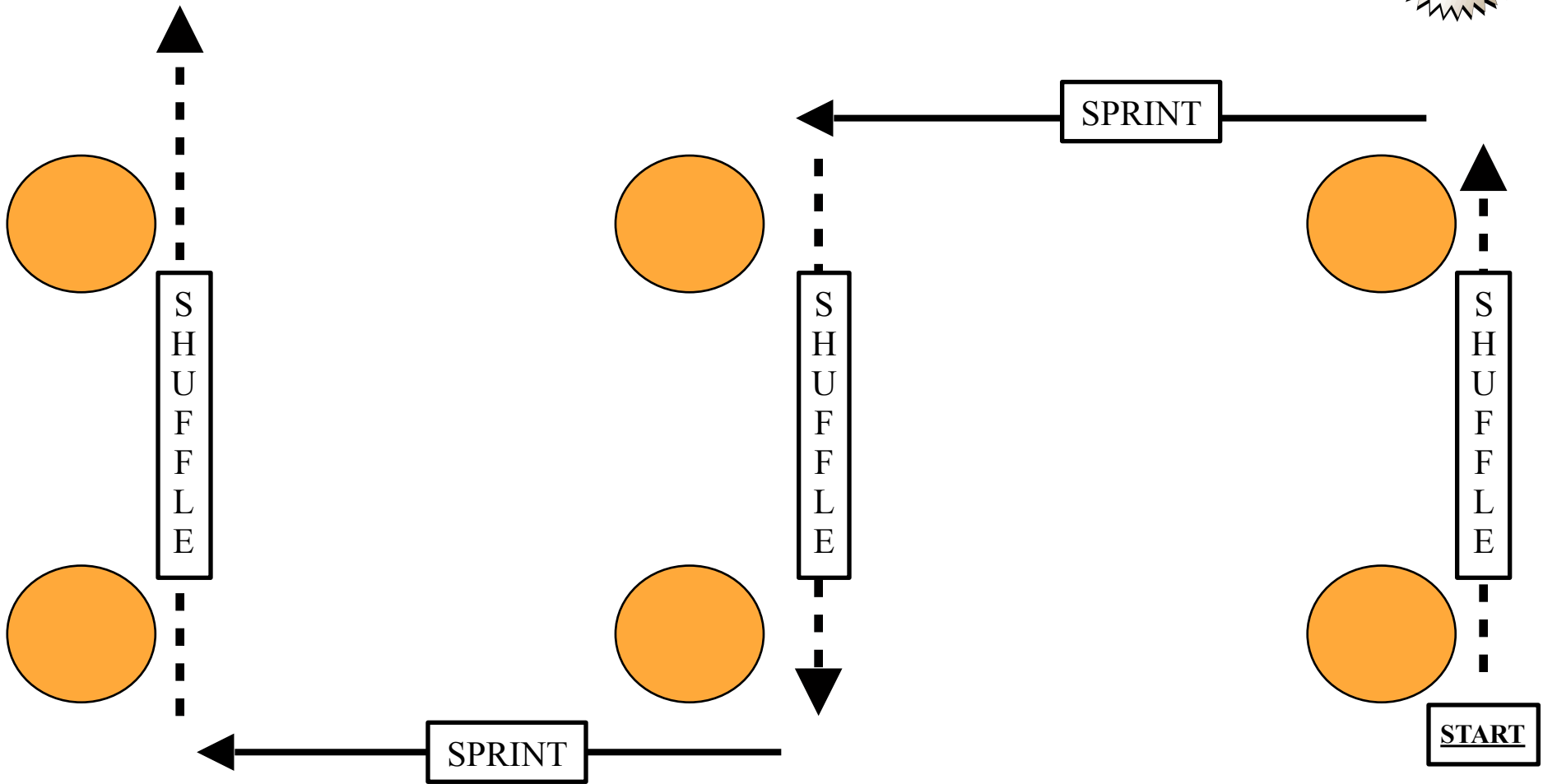
# Agility Drill #1 (6 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

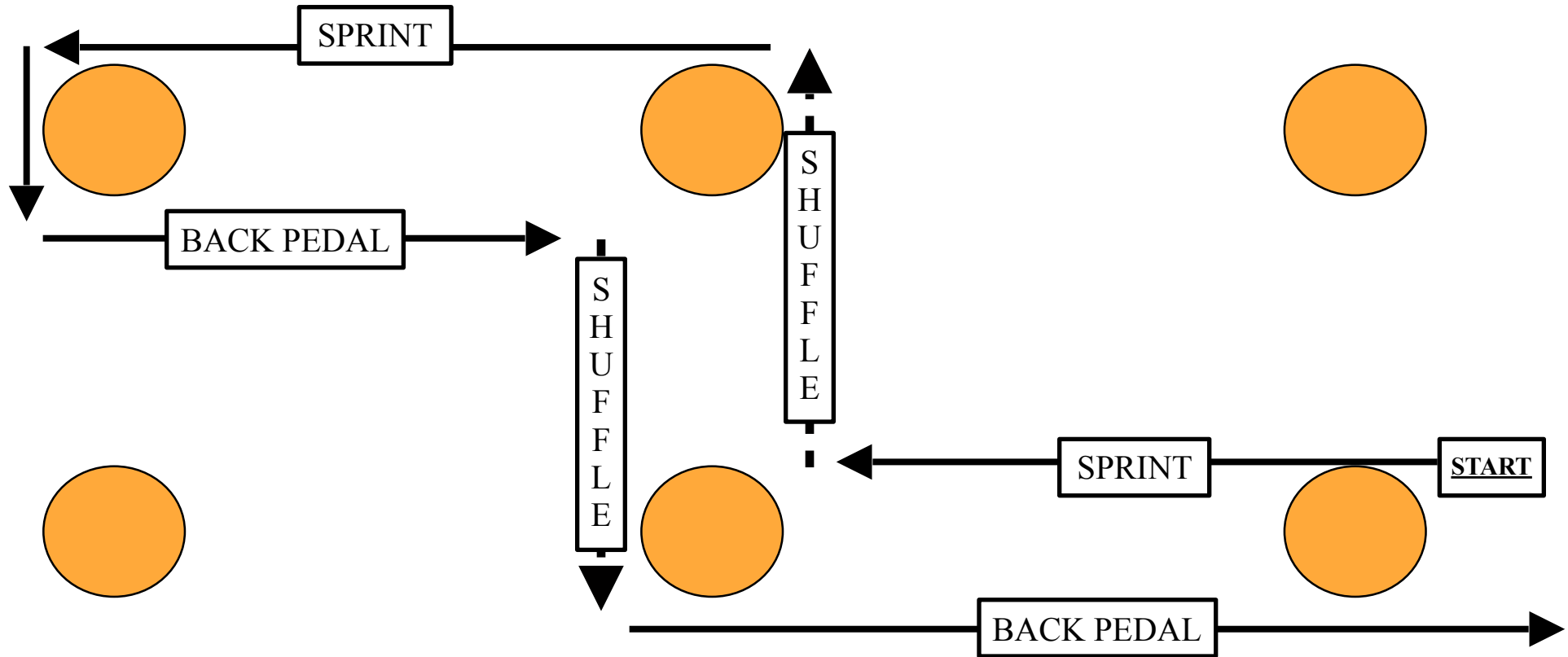


# Agility Drill #2 (6 Cones)



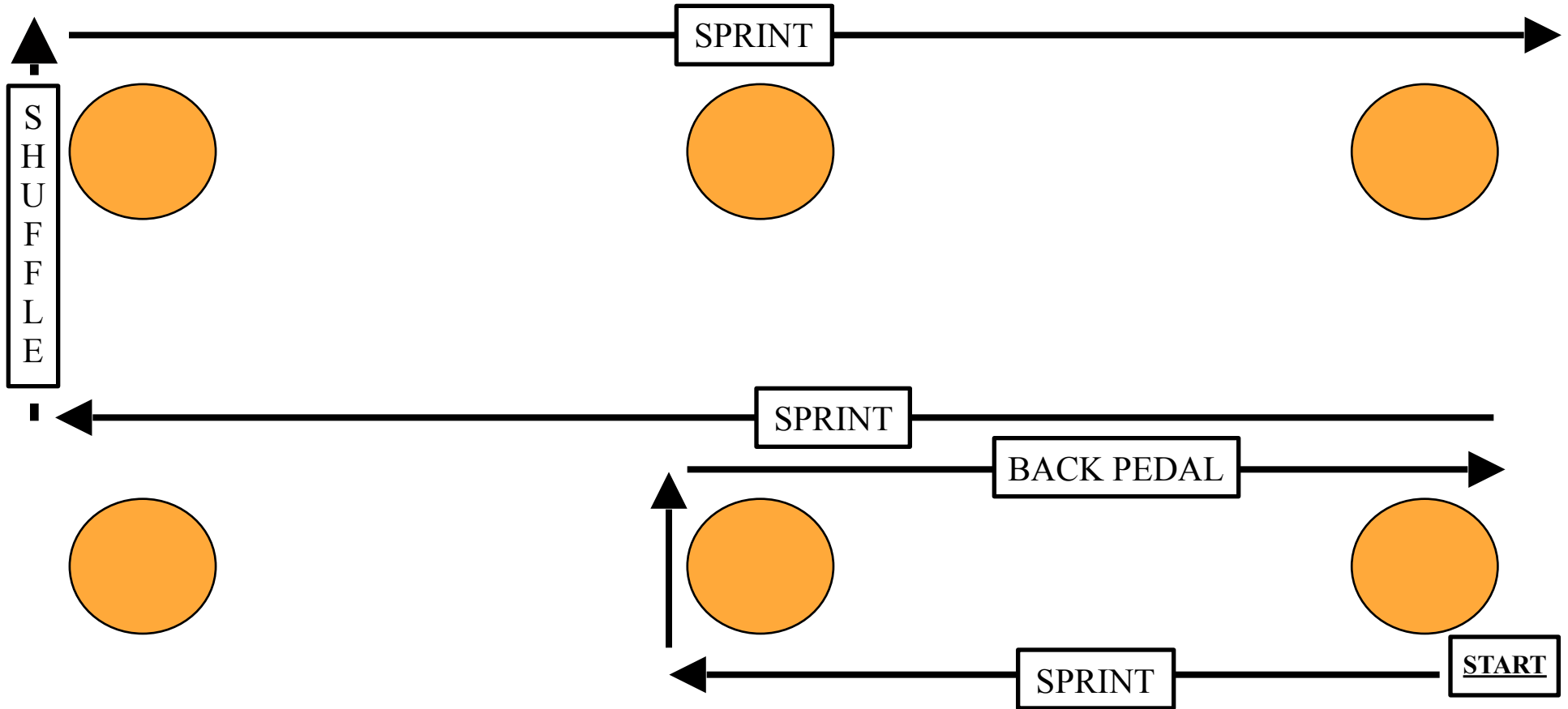
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #3 (6 Cones)



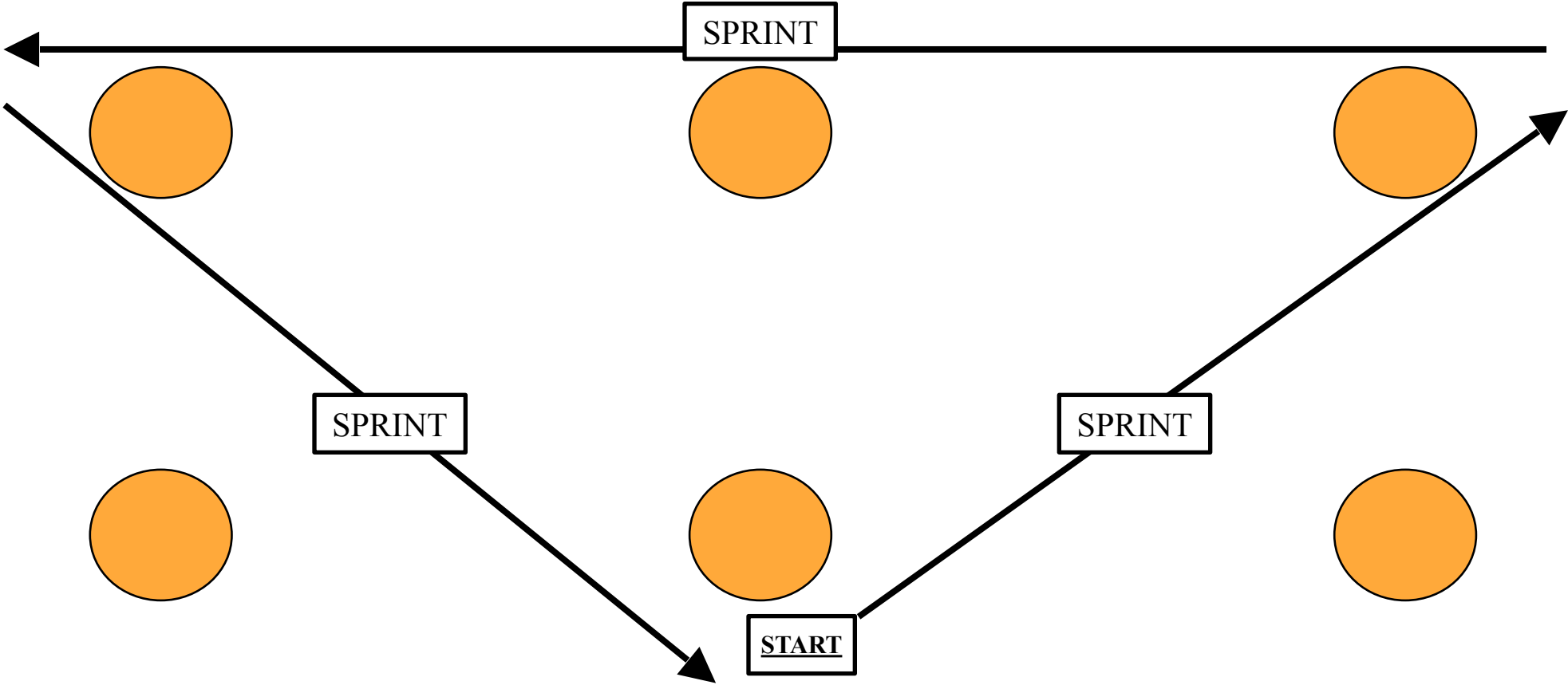
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #4 (6 Cones)



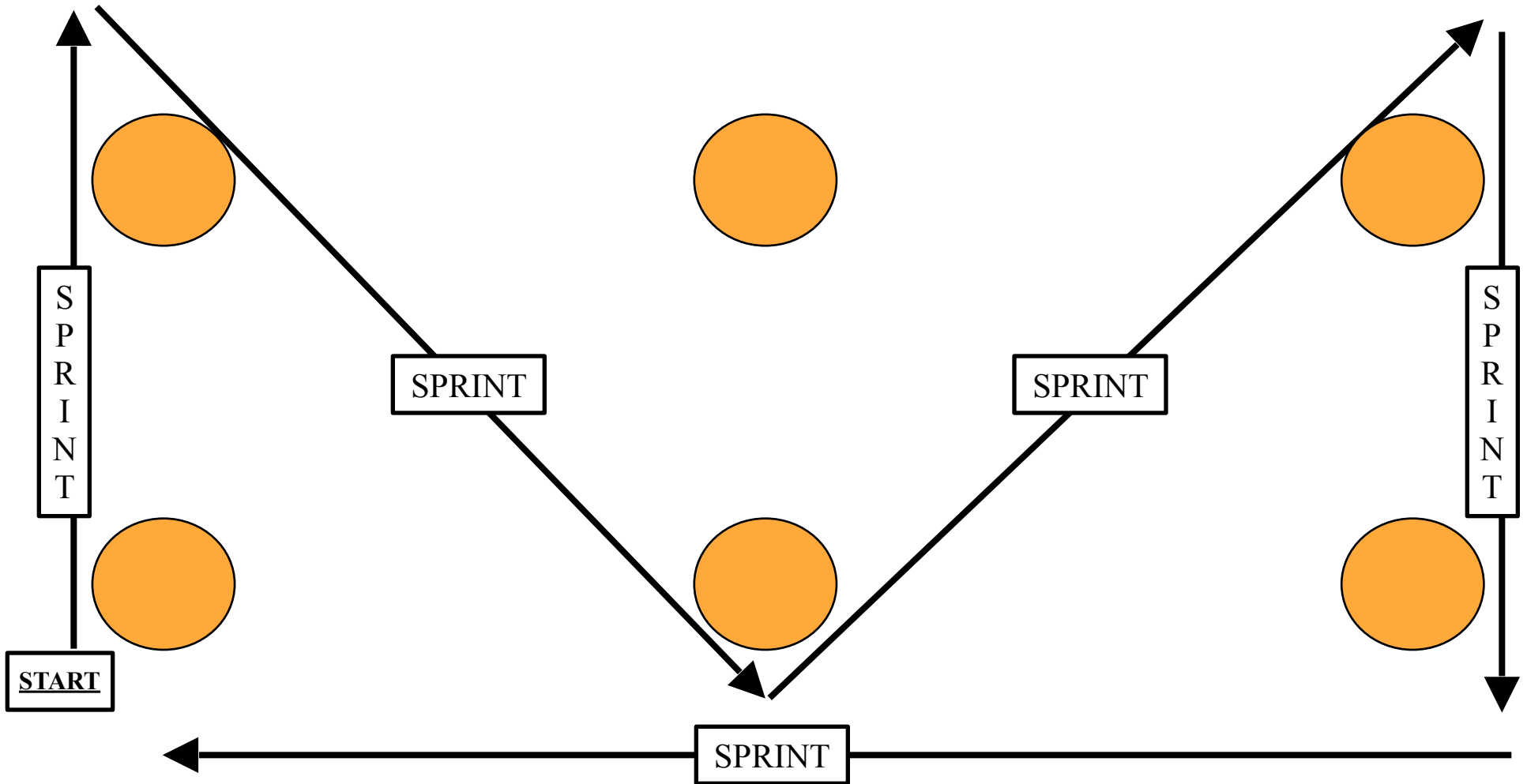
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #5 (6 Cones)



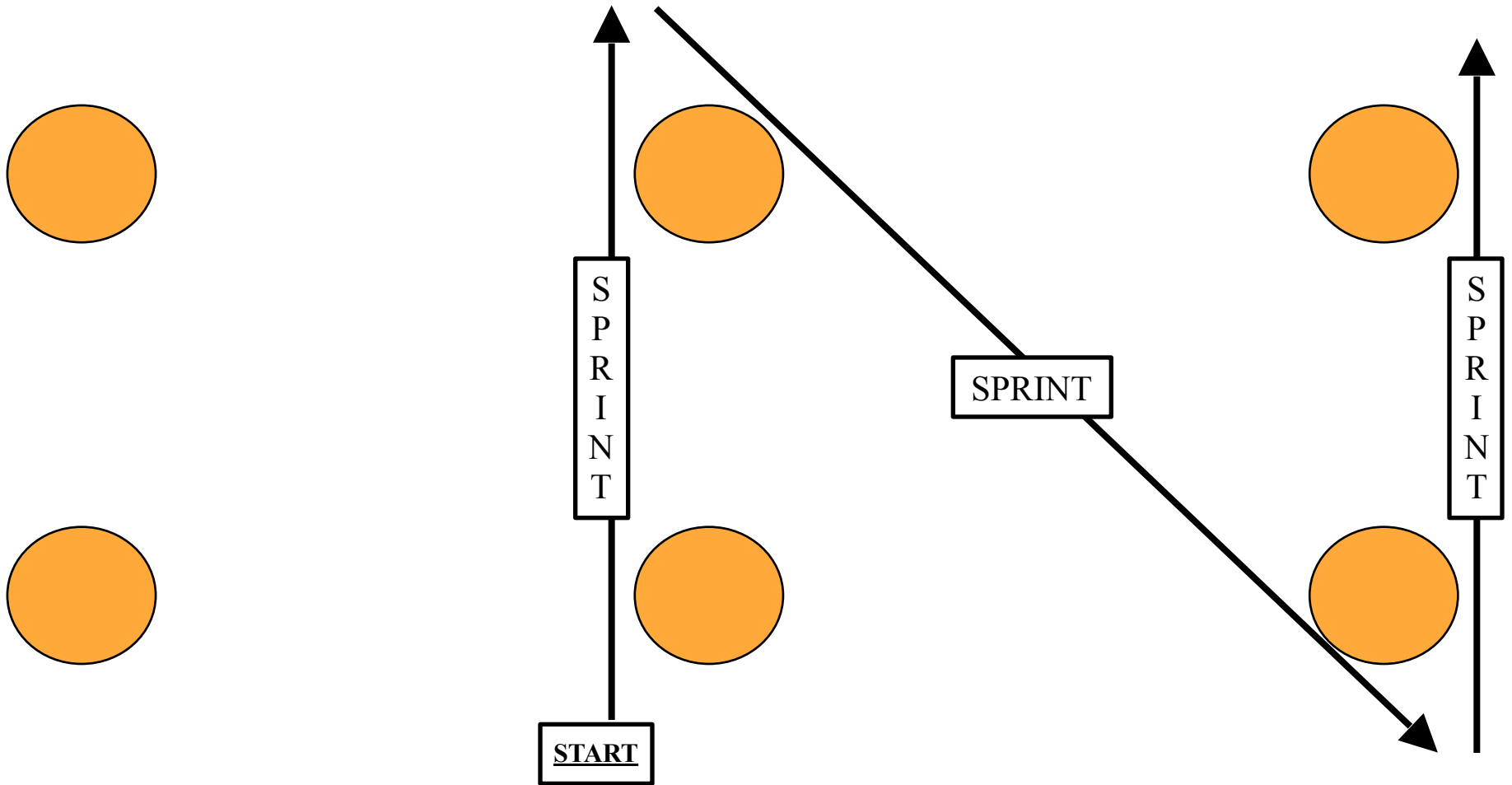
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #6 (6 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

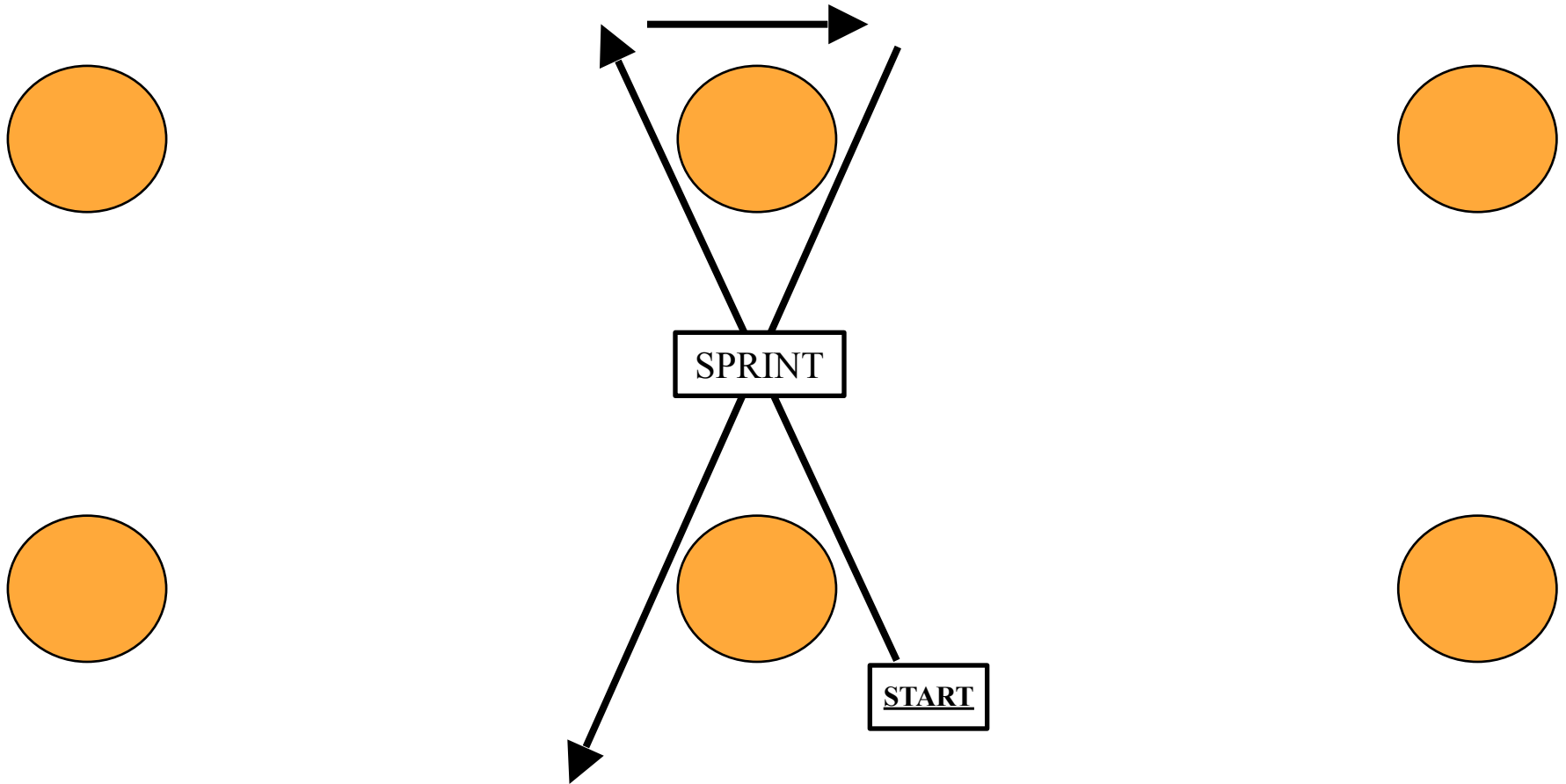
# Agility Drill #7 (6 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

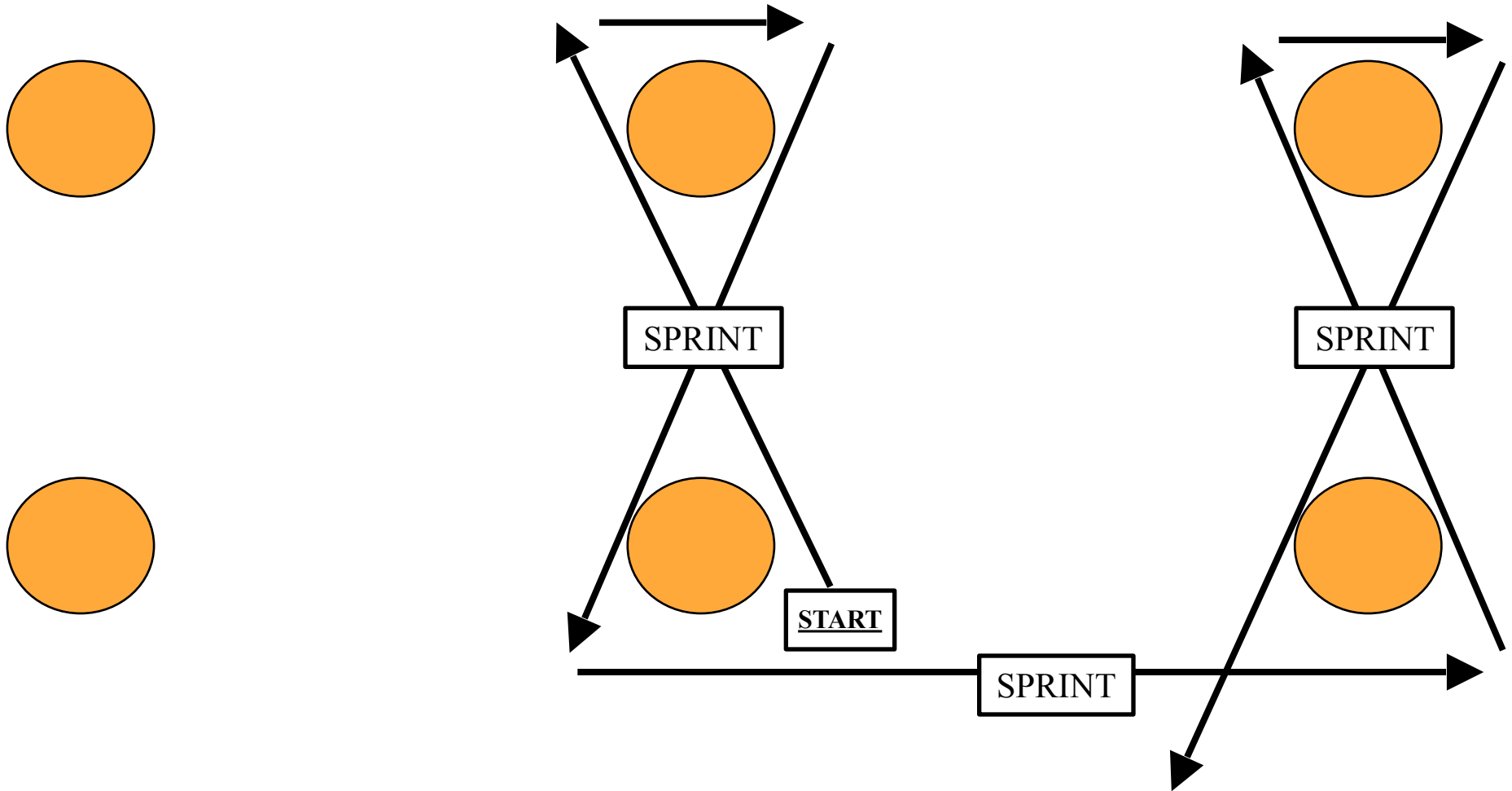


# Agility Drill #8 (6 Cones)



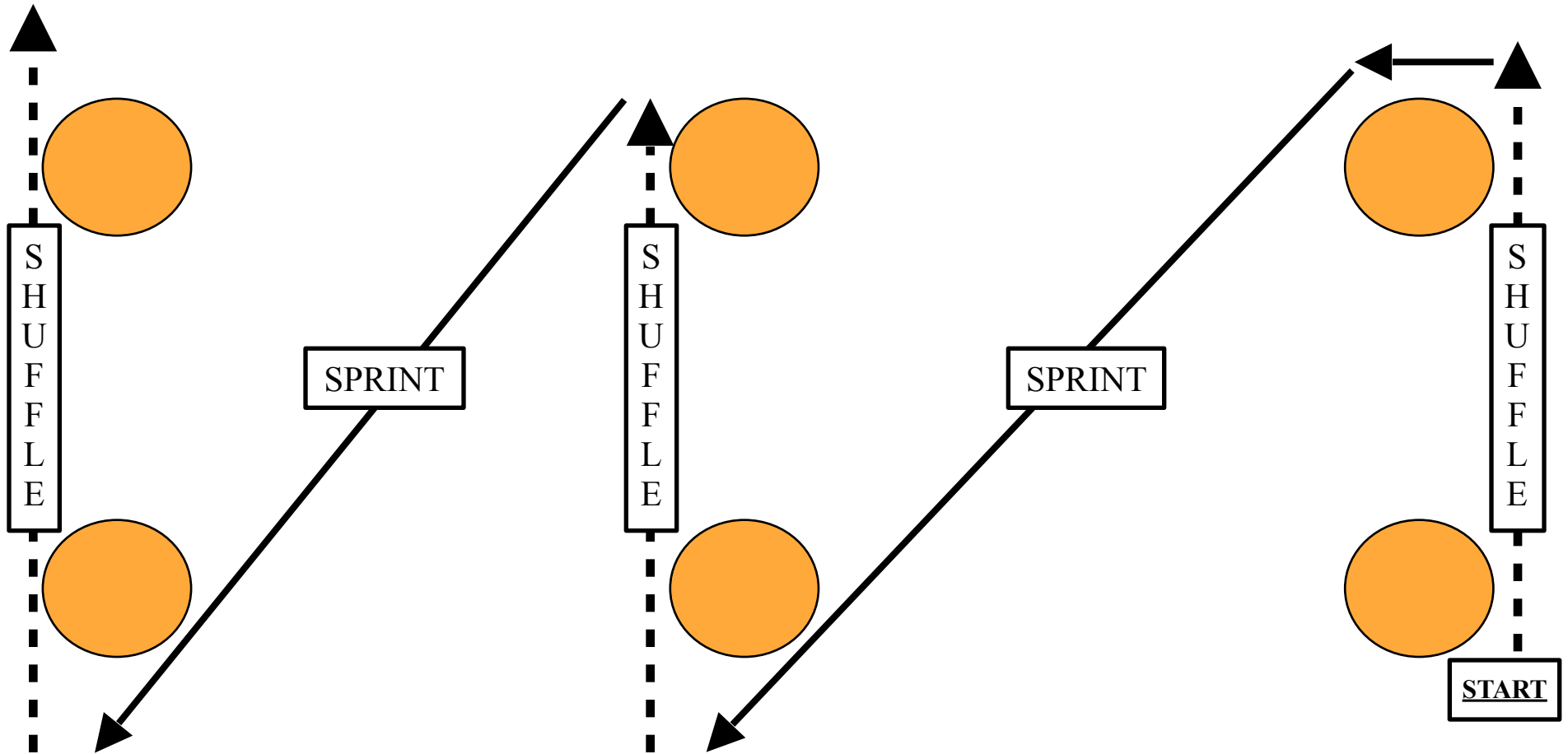
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #9 (6 Cones)



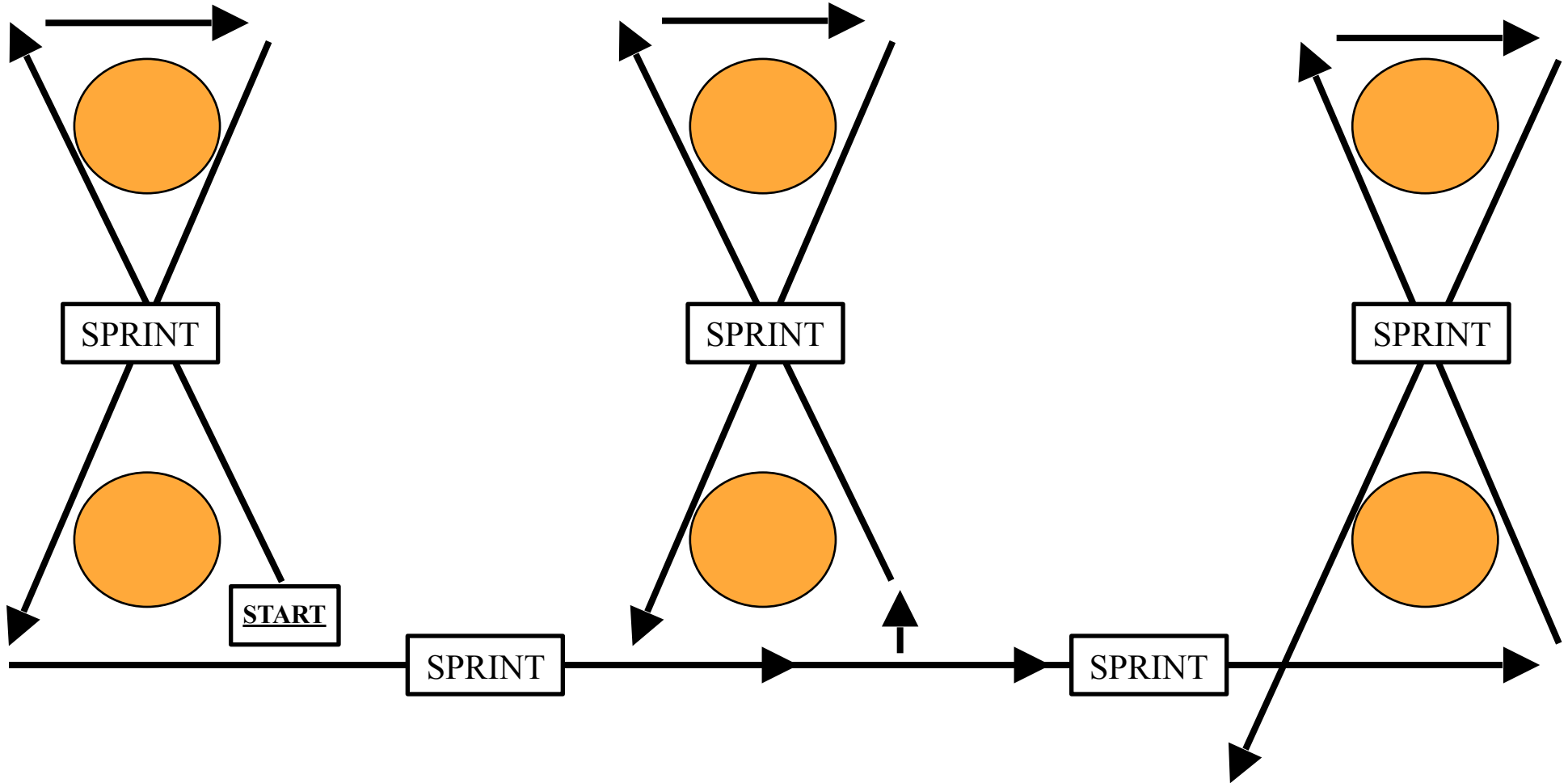
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #10 (6 Cones)



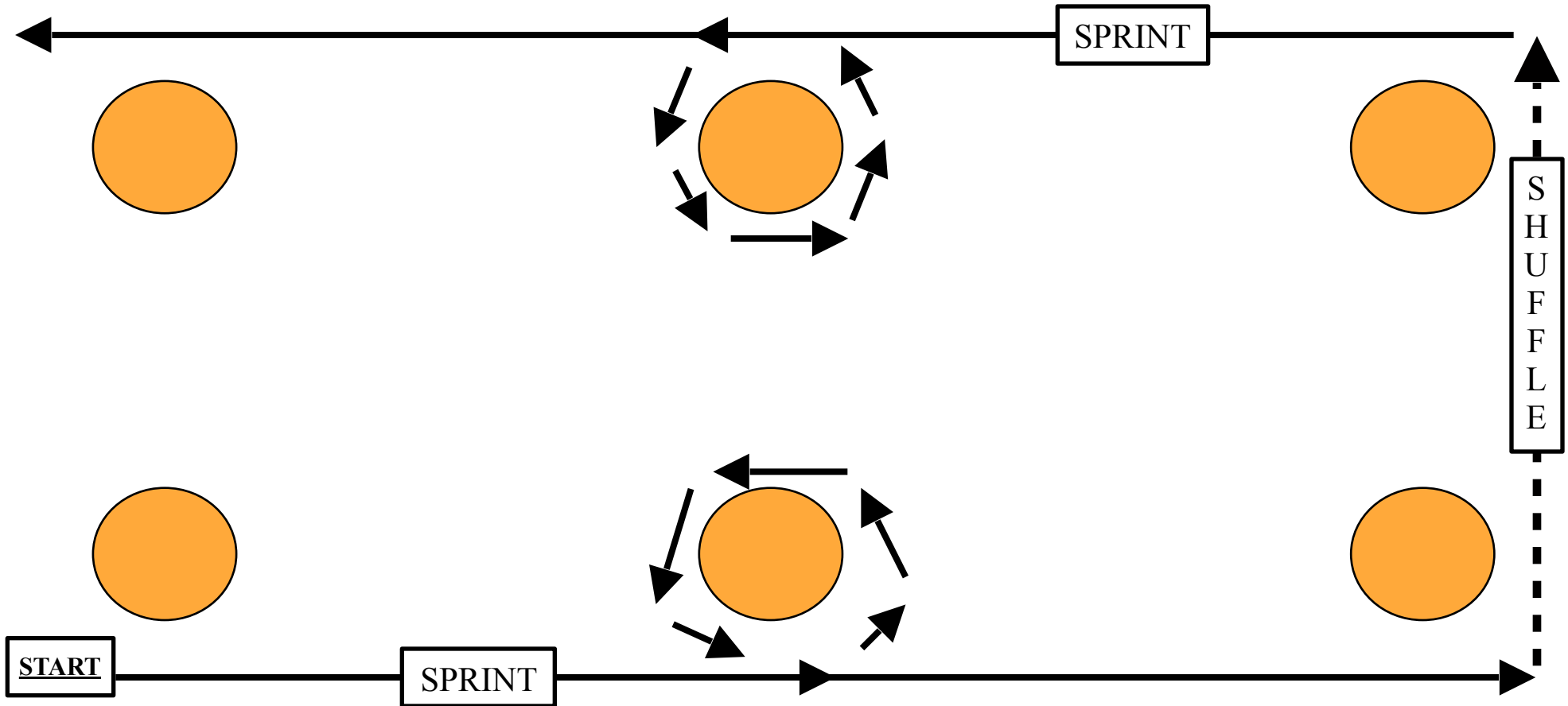
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #11 (6 Cones)



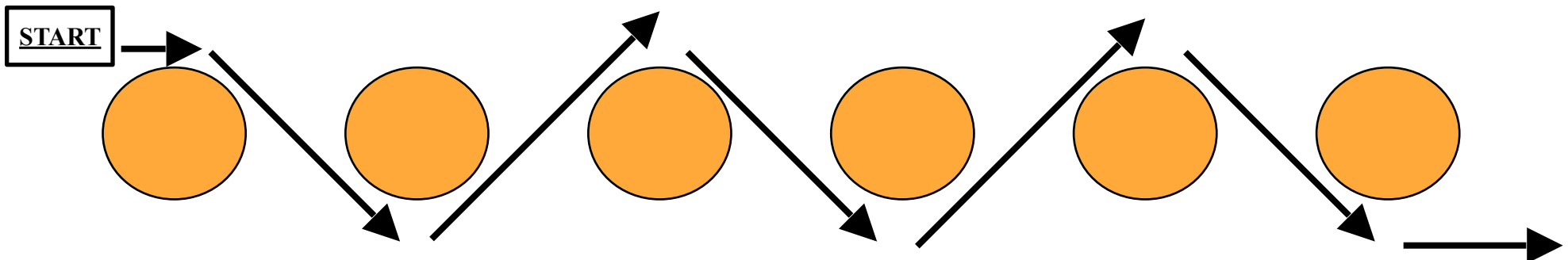
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #12 (6 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

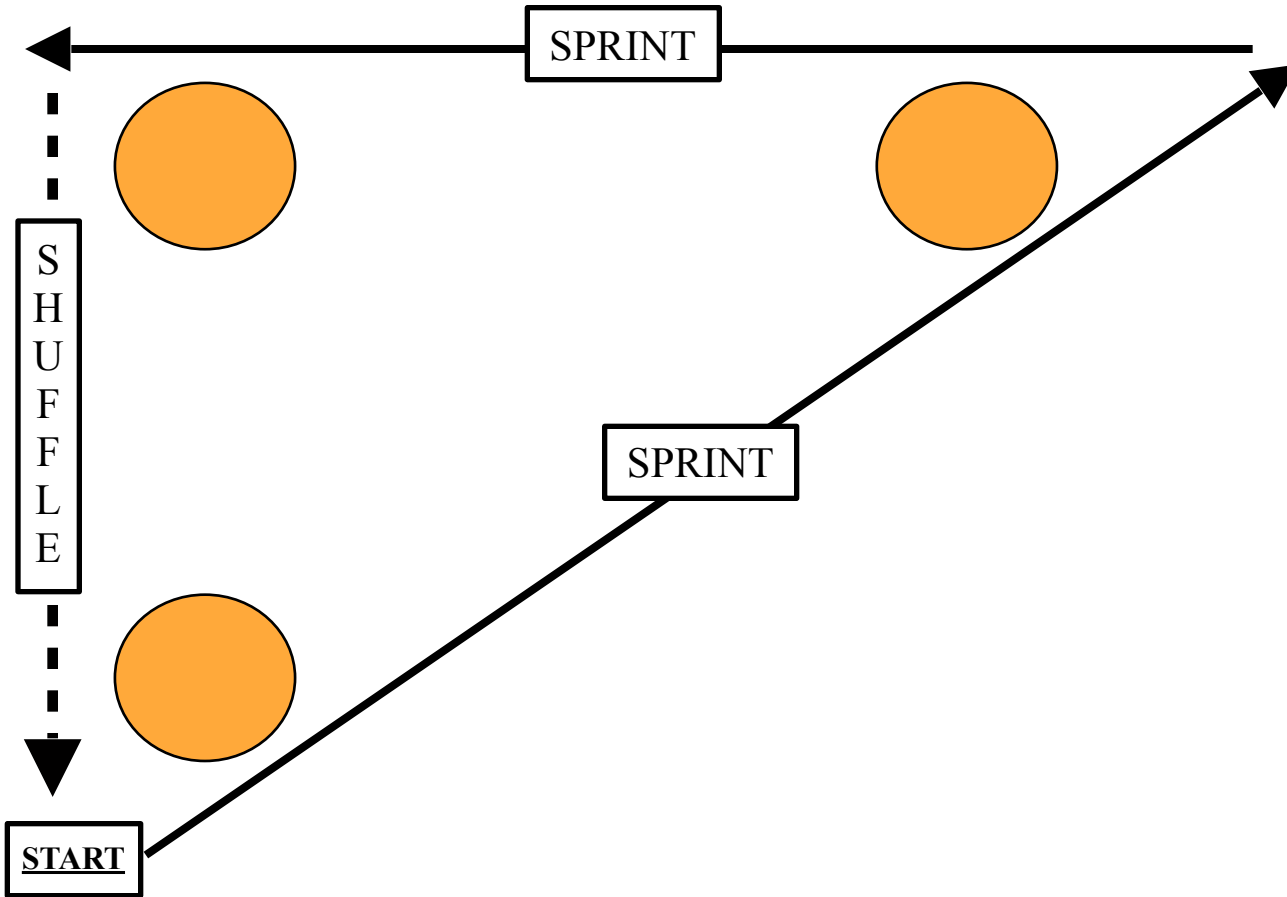
# Agility Drill #12A (6 Cones)



ALL SPRINT

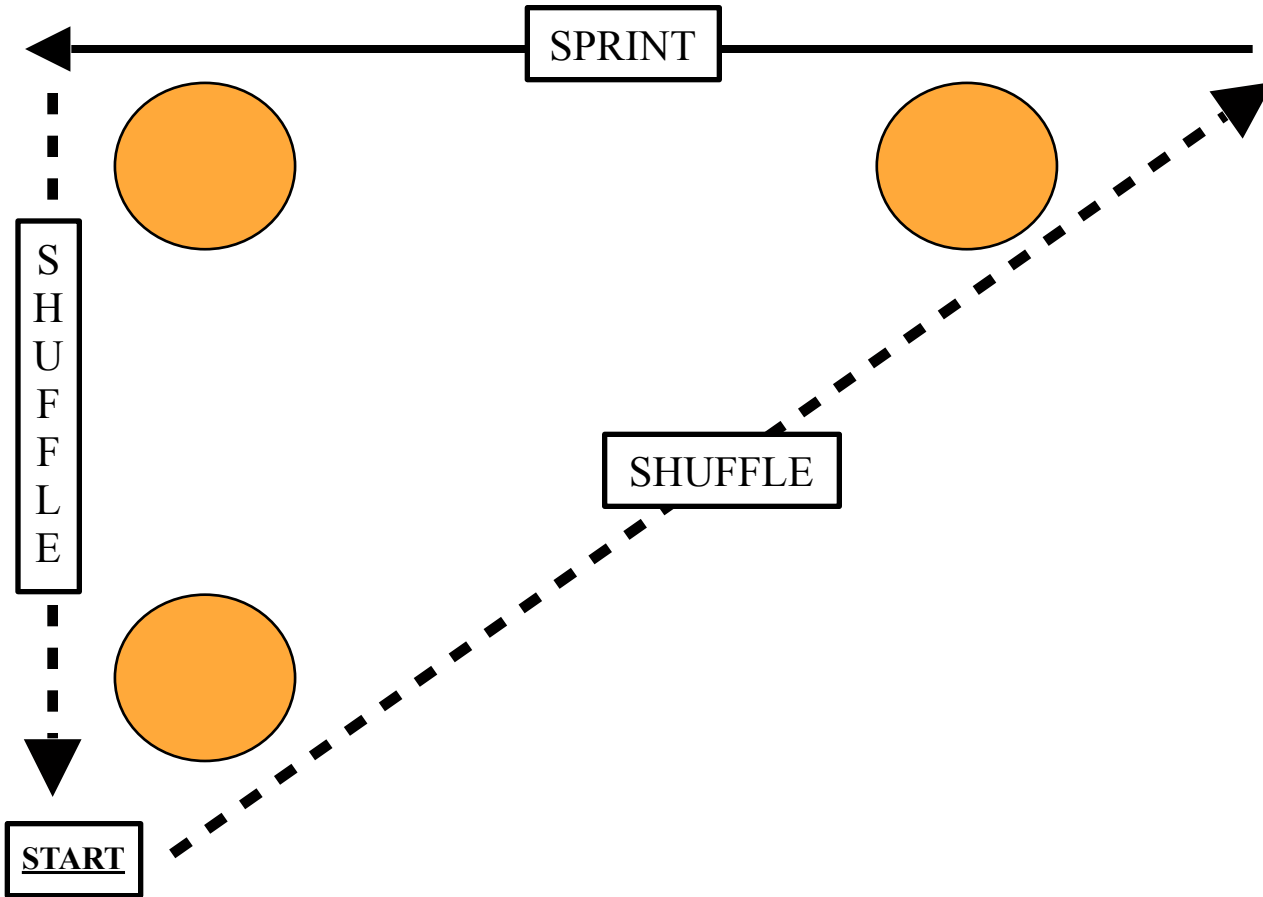
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #13 (3 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

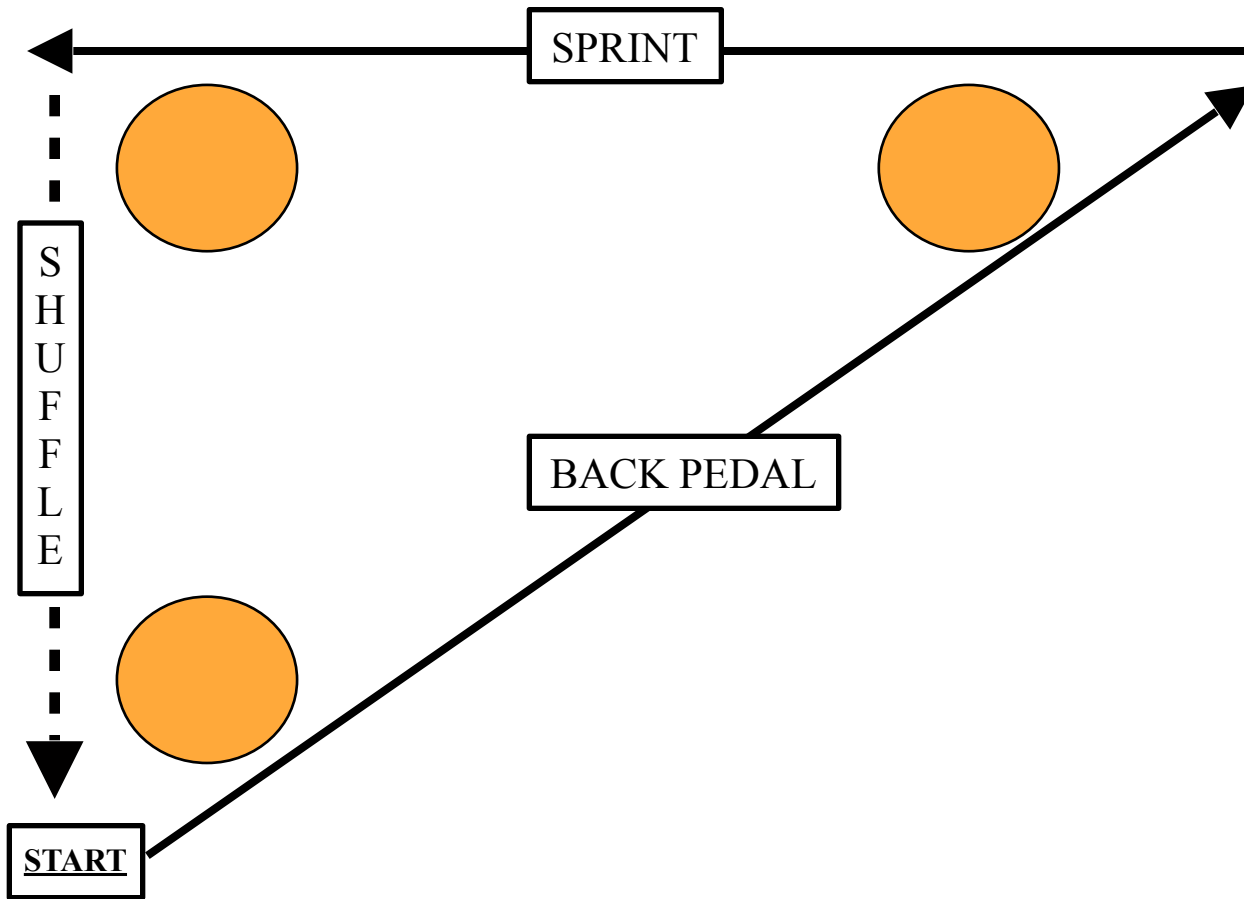
# Agility Drill #14 (3 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

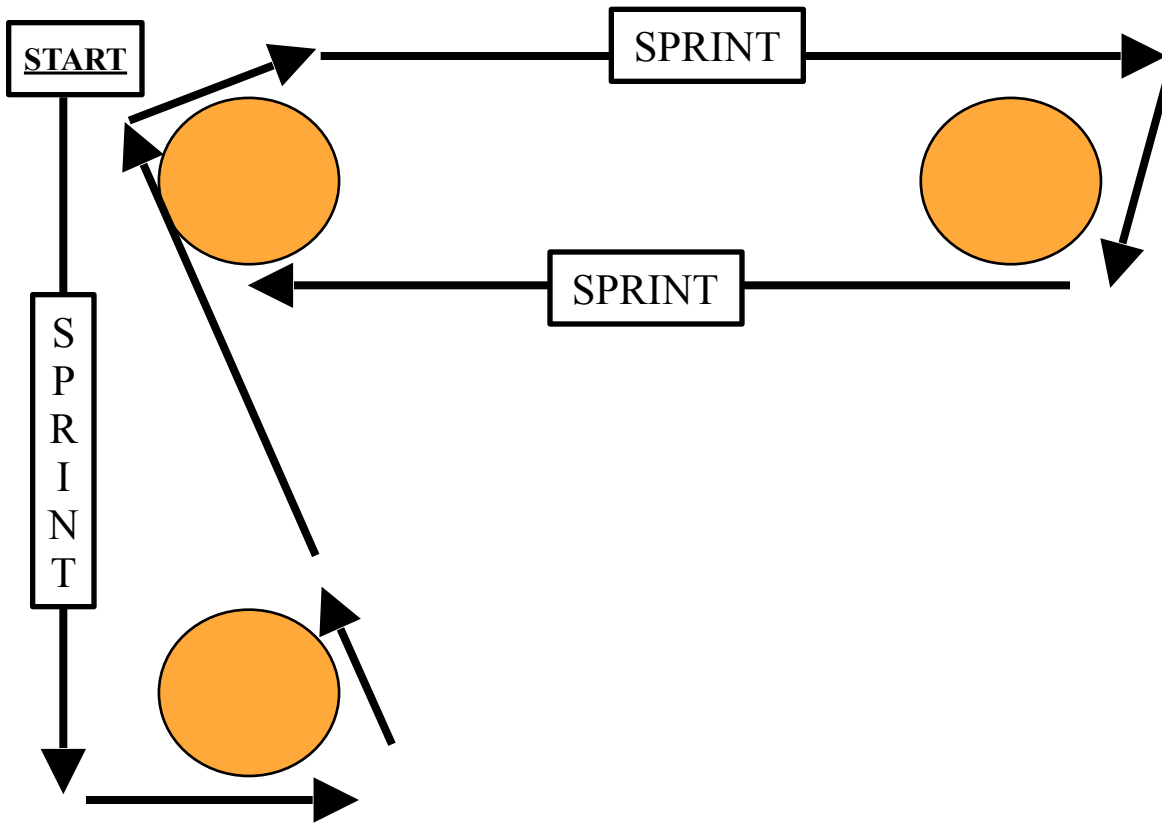


# Agility Drill #15 (3 Cones)



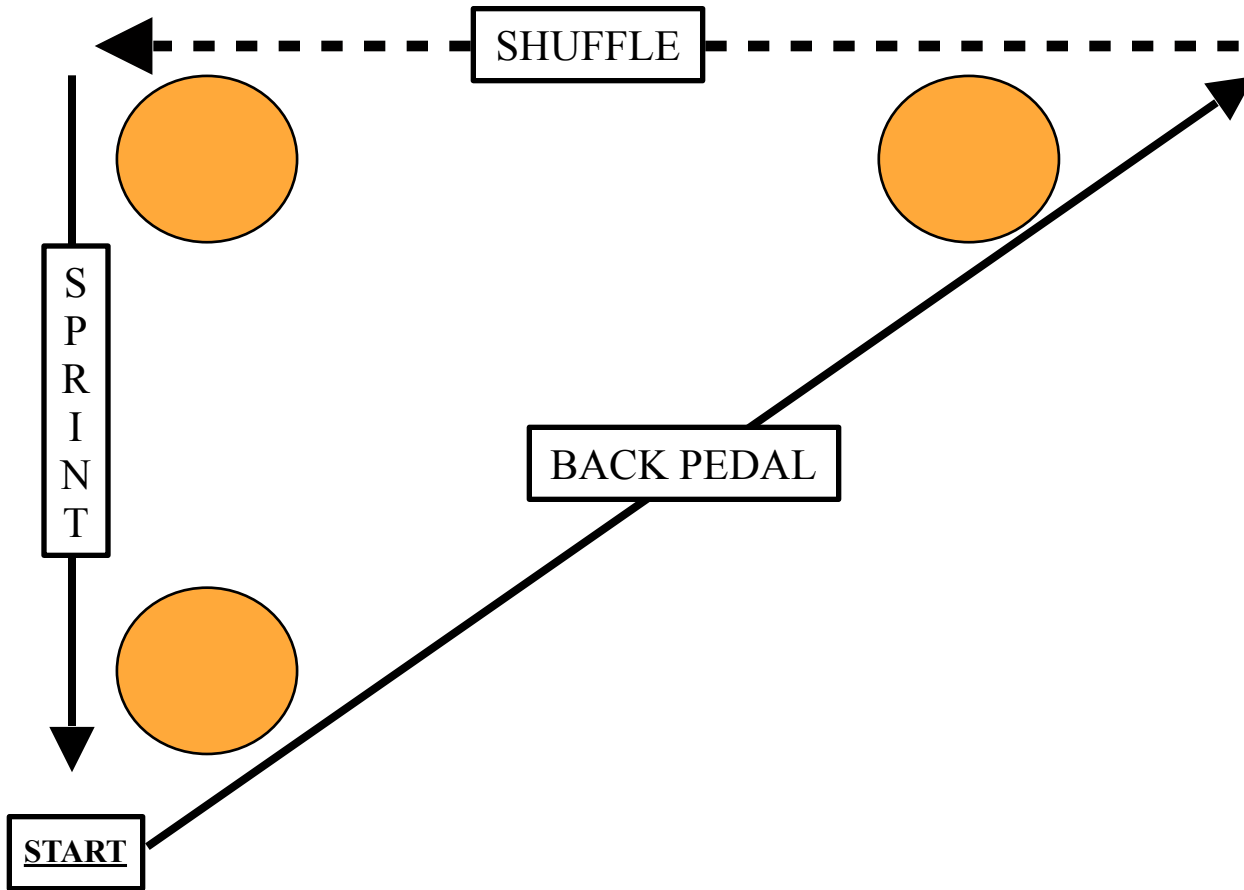
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #16 (3 Cones)



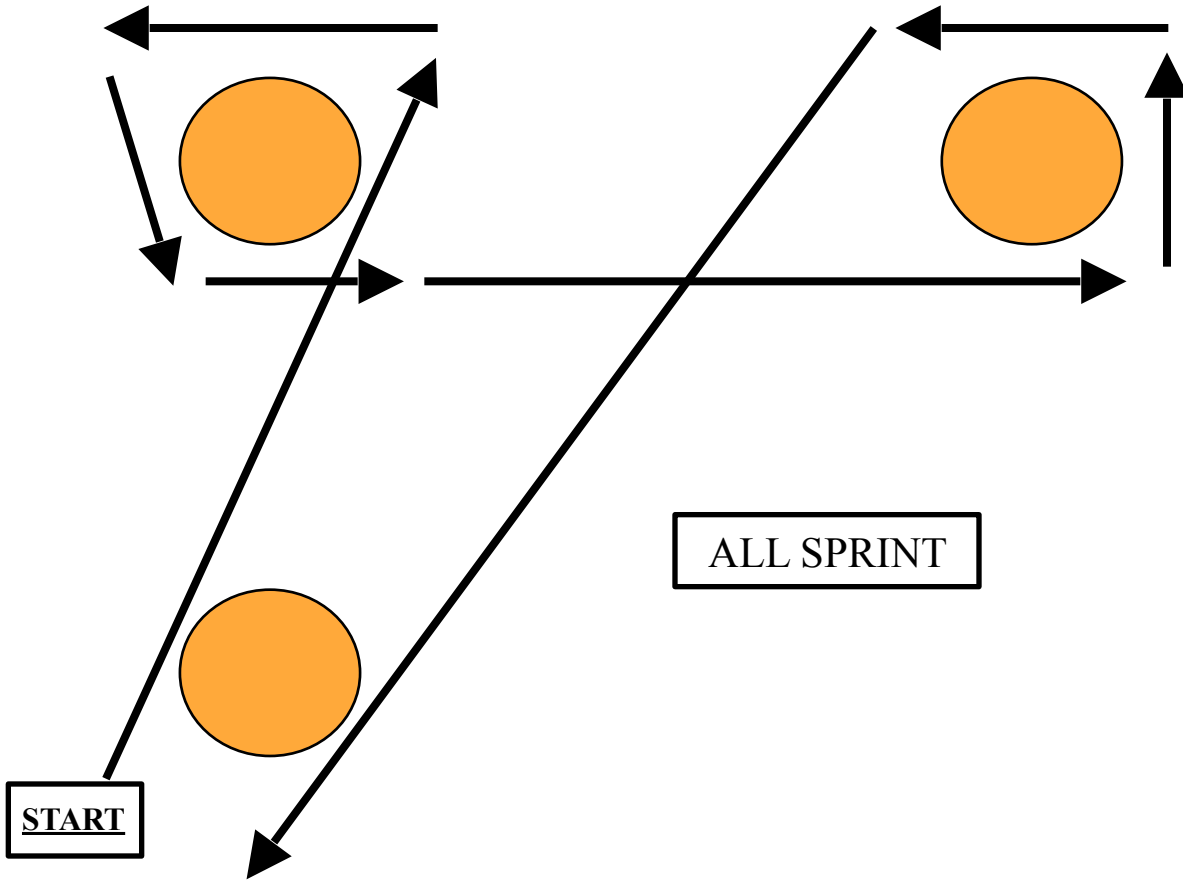
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #17 (3 Cones)



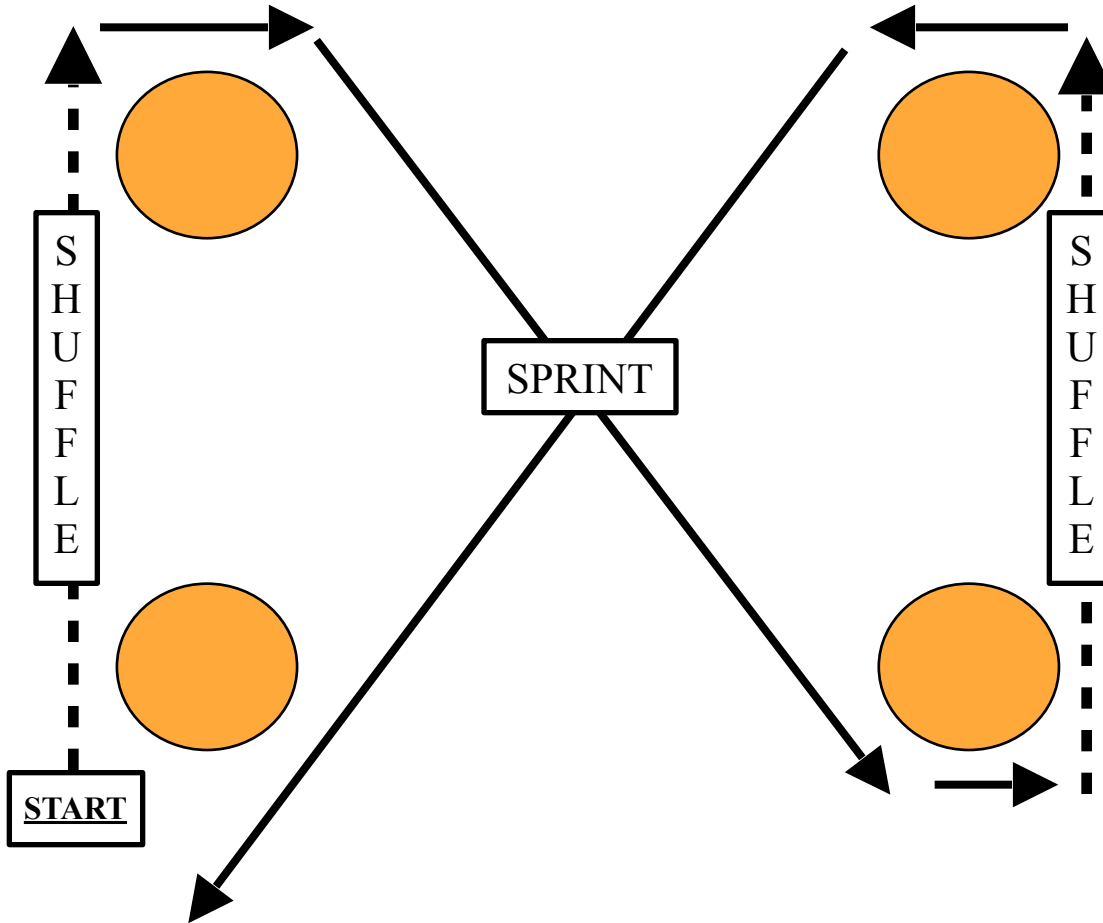
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #18 (3 Cones)



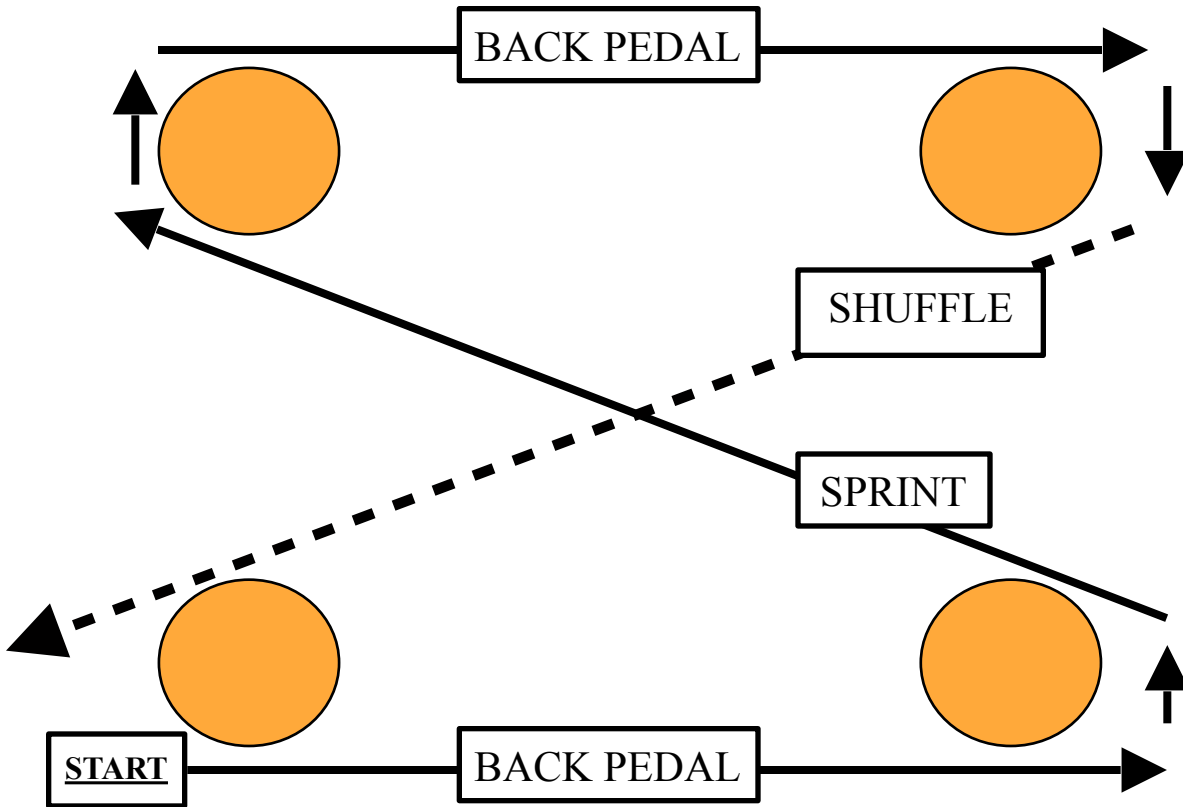
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #19 (4 Cones)



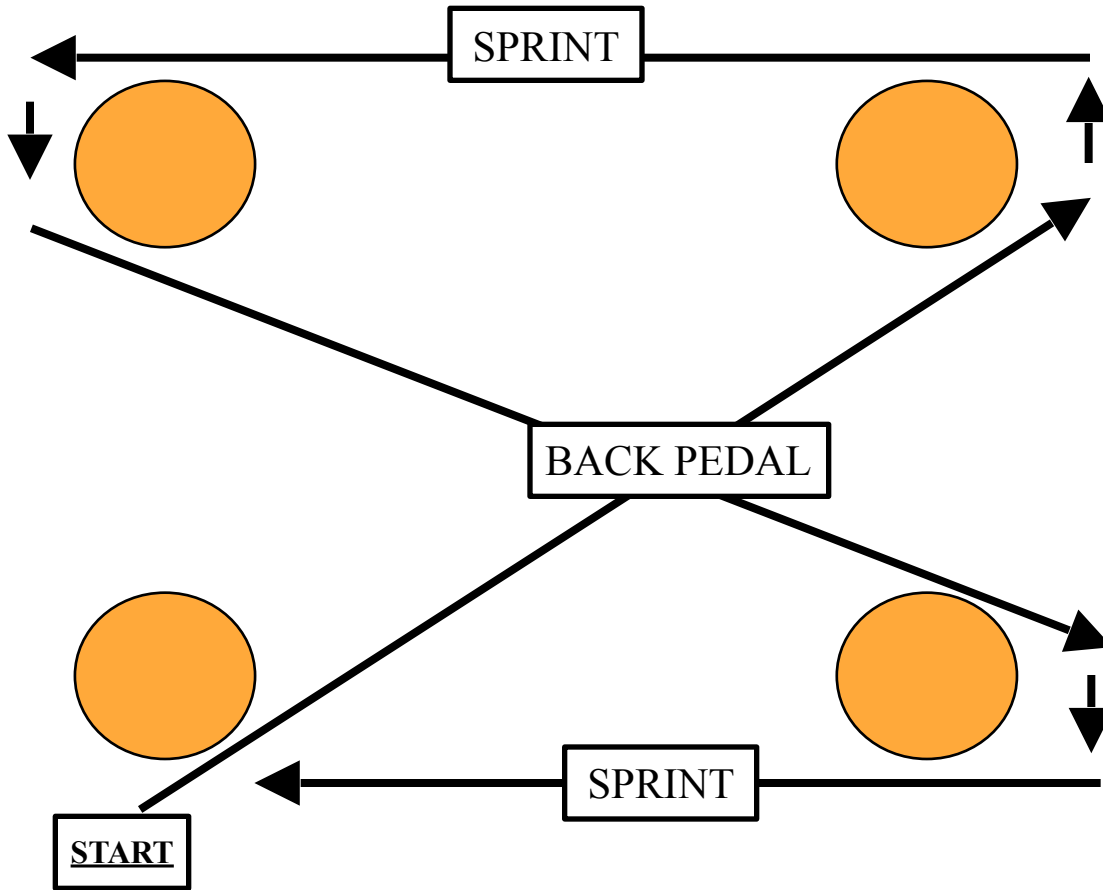
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #20 (4 Cones)



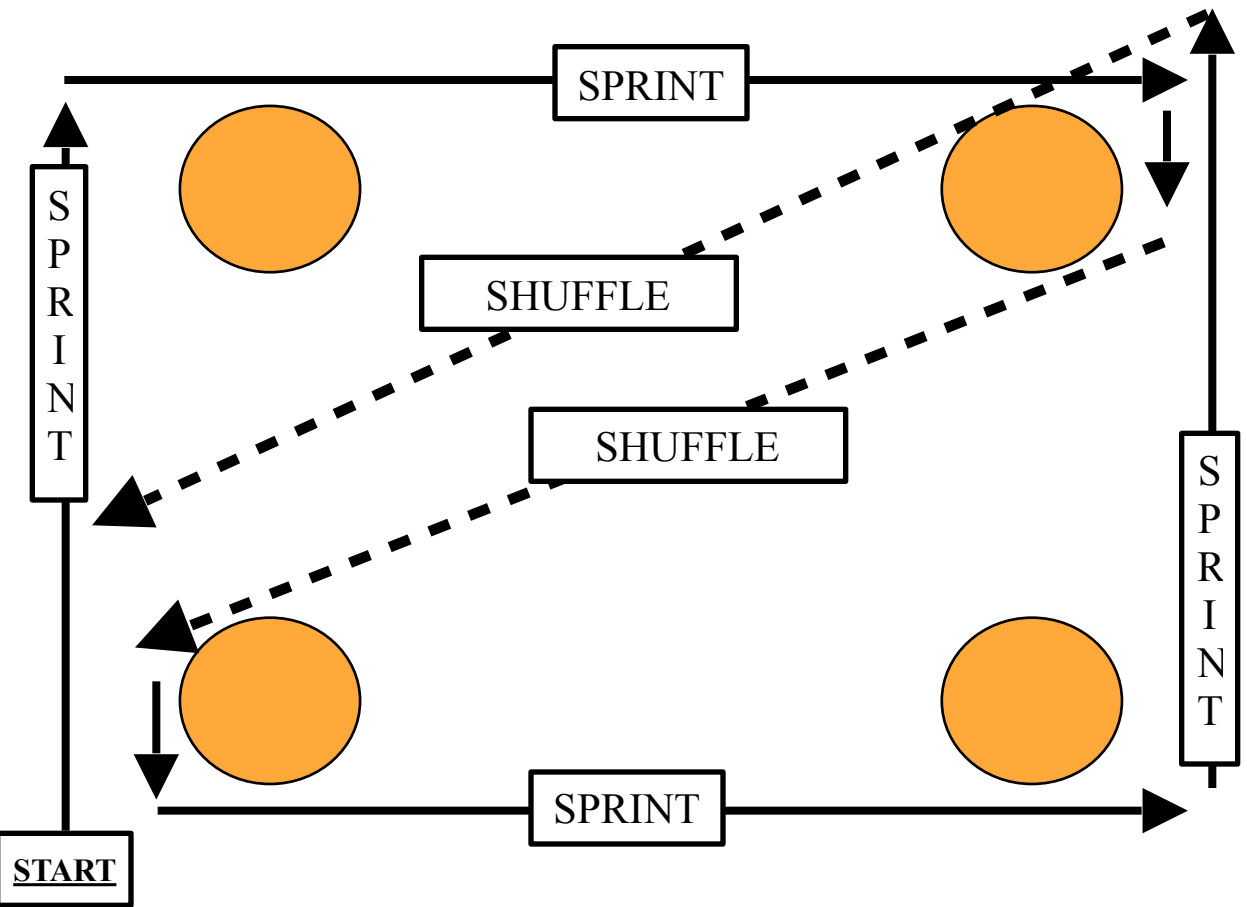
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #21 (4 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

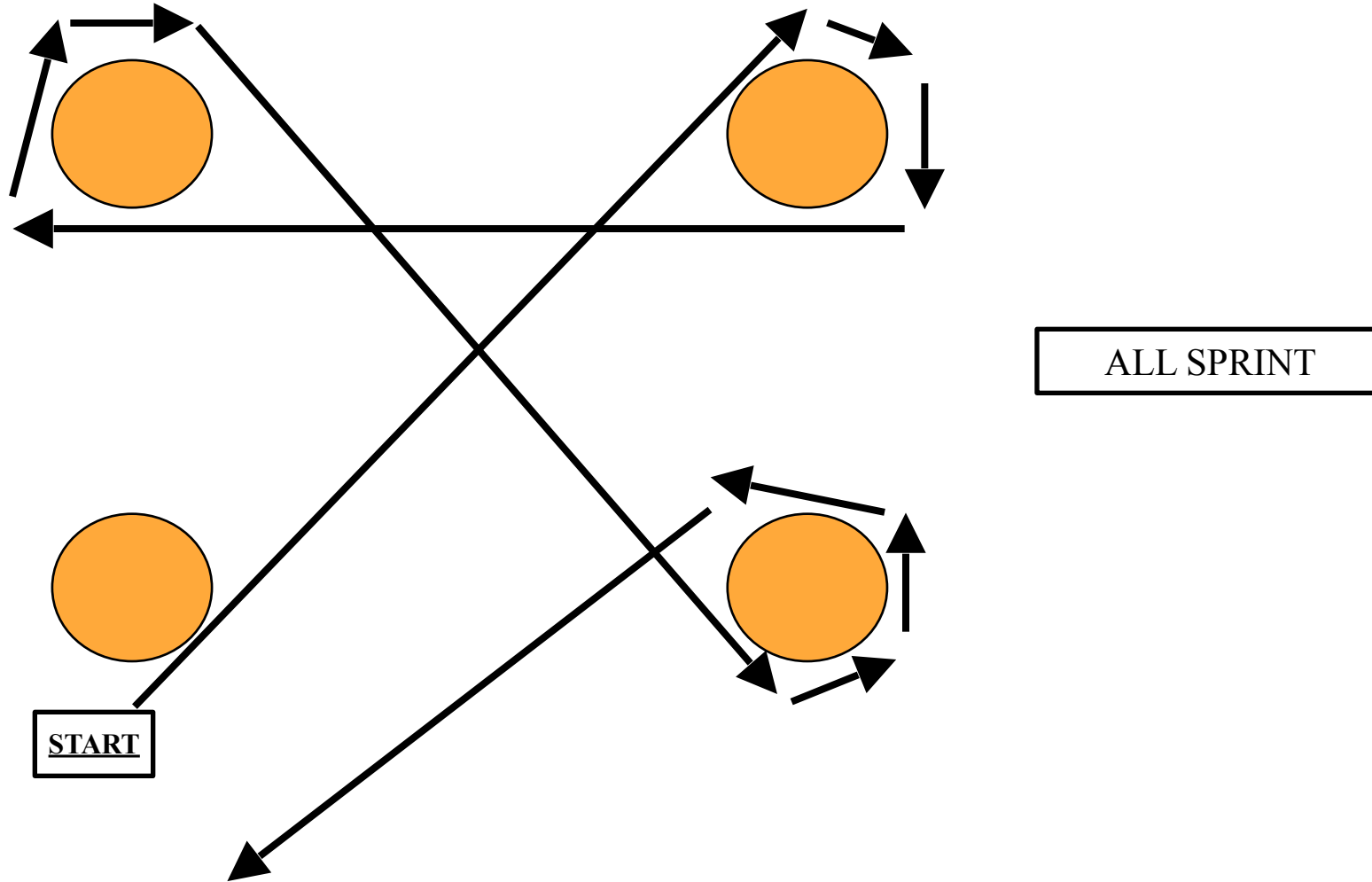
# Agility Drill #22 (4 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

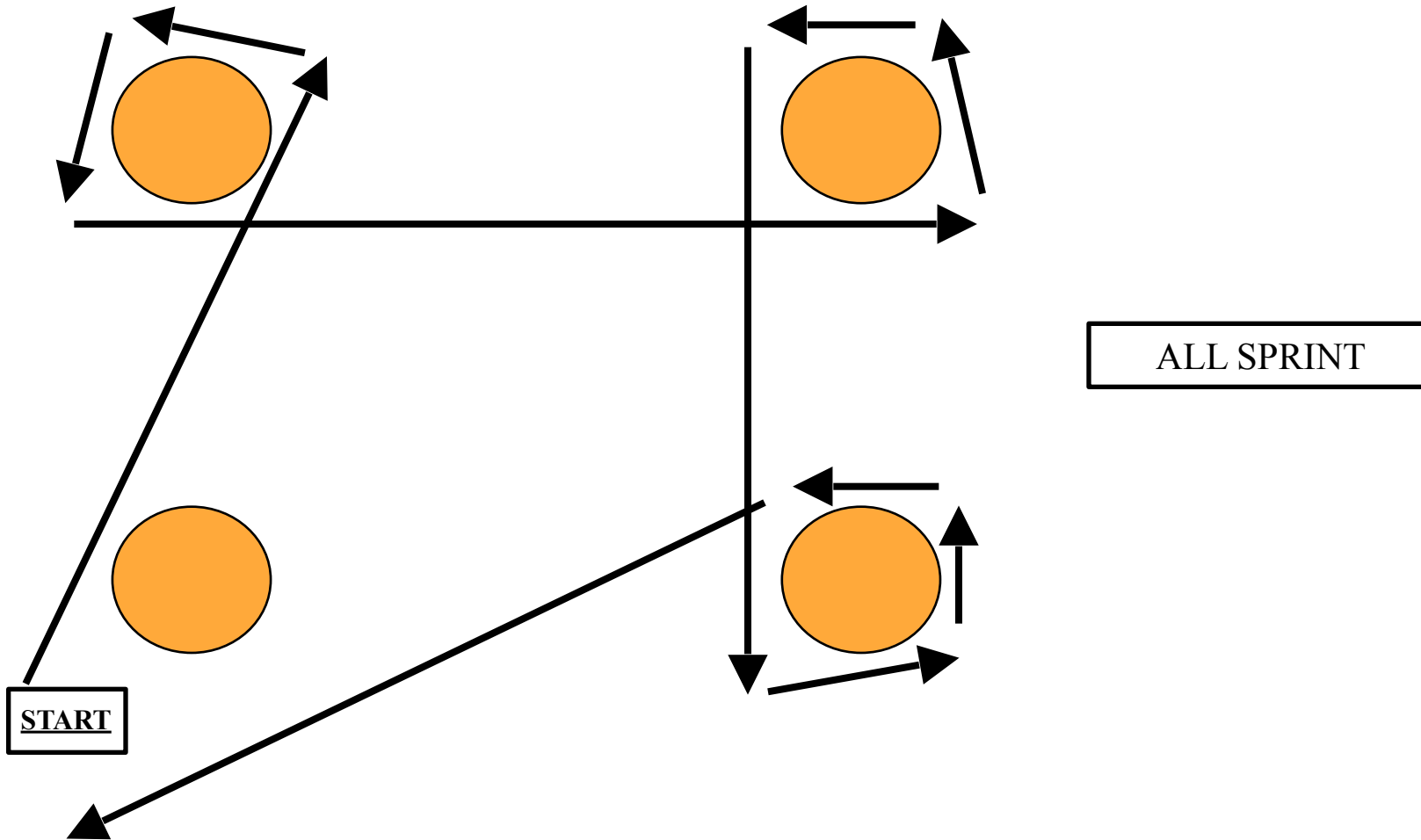


# Agility Drill #23 (4 Cones)



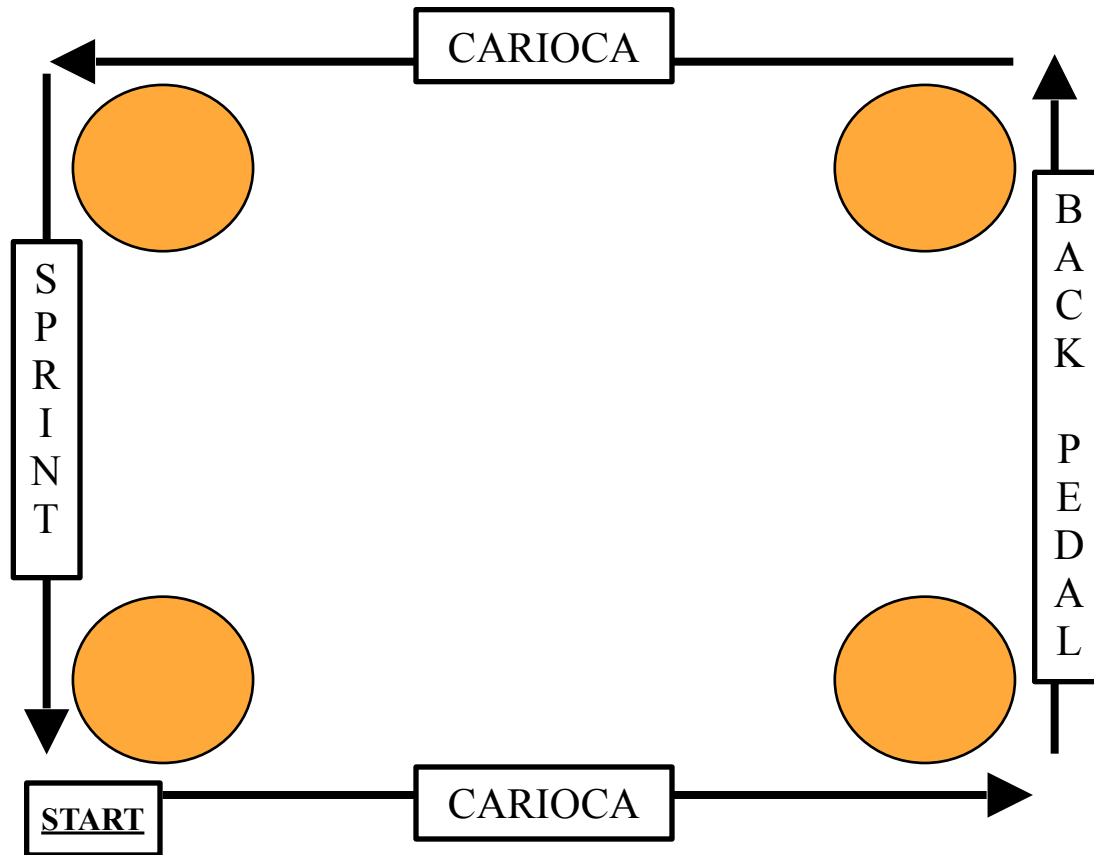
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #24 (4 Cones)



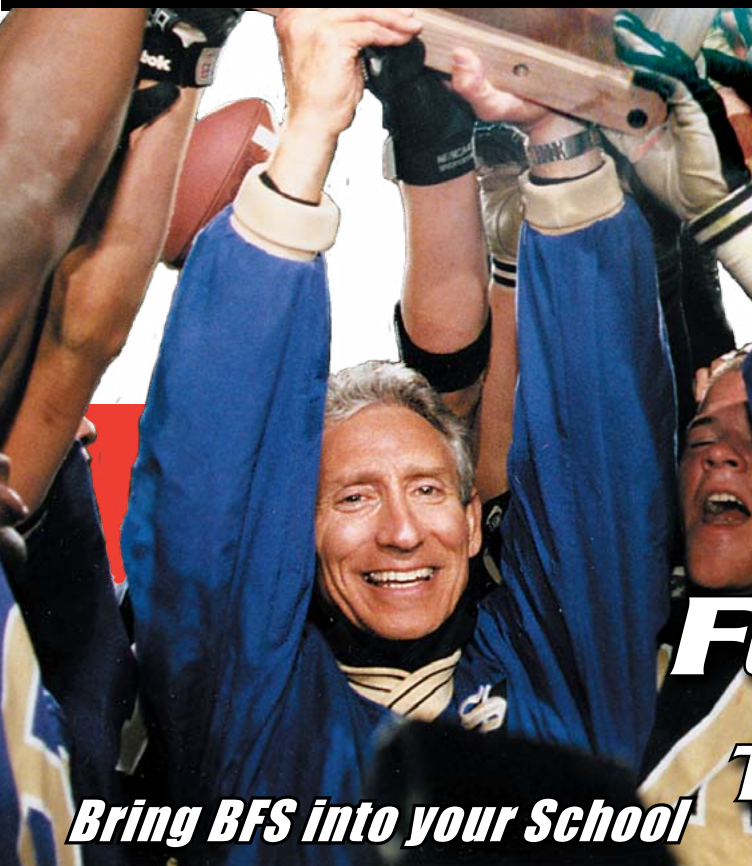
*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# Agility Drill #25 (4 Cones)



*Cones can be placed 5 to 15 yards apart, depending on the sport of the participants*

# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Exercise Instruction  
Character Education  
Coaches Sessions  
Weight Room Safety  
Weight Training,  
Weight Room  
Evaluation



## BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR 11 OPTIONS TO COVER YOUR UNIQUE SITUATION



*Bring BFS into your School*

**4 Building Blocks are the Foundation of the BFS Camps Clinics and Certification program.** With two flavors of the **Total Program Clinic**, the character education benefits of the **Be An 11 Seminar**, and the Strength, Conditioning and Safety instruction of the **WRSC** you can find the combination that your program needs!

**2 Day Total Program Clinic:** Up to 12 hours of hands on strength & conditioning training for athletes & coaches, core lifts, auxiliary lifts, speed, plyometrics, etc... Coaches only break out session starts off the clinic to ensure you are able to immediately put the total program in use for your team. A BFS instructor will come to your school and show you how to unify your athletic program so athletes can progress year-round. The 2-day clinic permits more hands-on instruction for every coach, teacher and student/athlete.

**1 Day Total Program Clinic:** Up to 6 hours of Hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic

**Be An 11:** Up to 3 hours of Character Education, Goal Setting, Team Building Activities, Championship Attitude Activities, Community Support, Unification, etc... See **page 24** of this magazine to learn how a Be An 11 seminar can inspire your teams and student body!

**WRSC: (In-Service or Regional Certifications Available)** A BFS Weight Room Safety Certification provides a minimum of 8 hours of Hands on Teaching Protocols, Program Implementation Details, Safety & Liability Details, Weight Room Evaluation, Core Lifts, Auxiliary Lifts, etc... WRSC includes one year of online video training support. See **page 48** to learn more!

## Explore your options

Find a complete list of available camps clinics and certifications on page 7



Learn More about the Total Program at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

## Start Your Championship Journey With BFS!



**A** BFS Championship Camp & Coaches WRSC  
2 Days, 50 Athletes & 5 Coaches: \$6980 Product # 800A  
Be an 11 Seminar · 2 Day Total Program Clinic · In-Service Weight Room Safety Certification

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 \$2990	\$1495
2 DAY TPC \$3990	\$3990
IN-SERVICE WRSC \$3195	\$1495
IMPLEMENTATION PACK-AGE \$3500	\$0
<b>TOTAL: \$13,675</b>	<b>\$6980</b>

### Save Over \$6695!

WRSC: \$299 per coach over 5  
Camp: \$40 per student over 50

### Implementation package

Valued at over \$3,500 the implementation package contains equipment, instructional materials and ongoing support to allow you to take charge of your program immediately after the conclusion of your Championship Camp!

Includes:  
Complete Weight Room Evaluation and 2D weight room layout design, Set Rep Logs, Youth Training Bar Package, Total Program DVDs, Be An 11 books, camp t-shirts, 4 month magazine subscription for all athletes and students attending, WRSC Support for certified coaches and much, much more!

### Experience, Tradition, and Value:

The BFS Championship Camp delivers a winning culture to your school - in athletics and in life!

**B** BFS Championship Camp  
2 Days, 50 Athletes \$5485  
Product # 800B  
Be an 11 Seminar · 2 Day Total Program Clinic

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
2 DAY TPC \$3990	\$3990
IMPLEMENTATION PACK-AGE \$2500	\$0
<b>TOTAL: \$9480</b>	<b>\$5485</b>

### Save Over \$3995!

Camp: \$40 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, Weight Room Evaluation, Total Program DVDs, Be An 11 books, camp t-shirts and much more!

**G** Be An 11, Coaches WRSC  
50 Athletes & 5 Coaches:  
\$4735 Product # 800G

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 SEMINAR \$2990	\$2990
IN-SERVICE WRSC \$3195	\$1745
IMPLEMENTATION PACKAGE \$2500	\$0
<b>TOTAL: \$8685</b>	<b>\$4735</b>

### Save Over \$3950!

Be An 11: \$30 Per student over 50  
WRSC: \$349 per coach over 5

**C** Be An 11, Coaches WRSC  
1 Day Total Program Clinic,  
50 Athletes & 5 Coaches:  
\$6480 Product # 800C

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1495
IMPLEMENTATION PACK-AGE \$3000	\$0
<b>TOTAL: \$12,675</b>	<b>\$6480</b>

### Save Over \$6195!

Be An 11: \$20 per student over 50  
1 Day Clinic: \$20 per student over 50  
WRSC: \$299 per coach over 5

Implementation package valued at over \$3,000. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, WRSC Support and much more!

**H** Coaches Weight Room Safety Certification  
10 Coaches Minimum  
\$5190 Product # 800H

### Pricing

INCLUDES TRAVEL, AIR FARE AND EXPENSES

10 COACHES
10 COACHES X \$399 - \$3990 + 1200 DEPOSIT
<b>Total: \$5190</b>

WRSC: \$399 per coach over 10  
Implementation package worth over \$2,300.

**D** Be An 11 Seminar,  
1 Day Total Program Clinic  
50 Athletes: \$4985  
Product # 800D

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IMPLEMENTATION PACK-AGE \$2500	\$0
<b>TOTAL \$8980</b>	<b>\$4985</b>

### Save Over \$3995

Be An 11: \$20 per student over 50  
1 Day Clinic: \$20 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, and much more!

**I** 2 Day Total Program Clinic,  
50 Athletes \$3990  
Product # 800I

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

2 Day Clinic: \$30 per student over 50  
Implementation package worth over \$1,500.

**E** 2 Day Total Program Clinic, Coaches WRSC  
50 Athletes & 5 Coaches:  
\$5735 Product # 800E

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
2 DAY TPC \$3990	\$3990
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACK-AGE \$2500	\$0
<b>TOTAL: \$9685</b>	<b>\$5735</b>

### Save Over \$3,950!

2 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 5

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

**J** 1 Day Total Program Clinic,  
50 Athletes \$3490  
Product # 800J

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

1 Day Clinic: \$30 per student over 50  
Implementation package worth over \$1,500.

**F** 1 Day Total Program Clinic, Coaches WRSC  
50 Athletes & 5 Coaches:  
\$5235 Product # 800F

### Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE	PACKAGE
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACK-AGE \$2500	\$0
<b>TOTAL: \$9185</b>	<b>\$5235</b>

### Save Over \$3,950!

1 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 5

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

**K** Be An 11 Seminar  
50 Athletes \$2,990  
Product # 800K

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

Be An 11: \$30 per student over 50  
Implementation package worth over \$1,000.

**Package Details and Information:** All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit [www.biggerfasterstronger.com/camps](http://www.biggerfasterstronger.com/camps). Here you will also find helpful hints and instructions on what you can do to prepare for your BFS clinics. **All** dates must be booked 30 days prior to clinic date.  
**Book early to lock in your preferred dates.**

## Combine your clinics and save!

Call 800-628-9737 to learn about bringing BFS to your school



Learn More about the Total Program at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)