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)

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.
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.
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
Combine your clinics and save! Call 800-628-9737 to learn about bringing BFS to your school

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