

The Power Behind Performance®

DOT DRILL MAT™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Dot Drill Mat™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Dot Drill Mat™ on a level surface free from obstructions.
- Avoid prolonged exposure to sunlight or water.
- Dot Drill Mat™ is not a toy! Adult supervision is required at all times.
- Power Systems, Inc. assumes no liability for accidents, injuries or damages that may occur with the use of the Dot Drill Mat™.

For more information on Dot Drill Mat™
and other training products contact:

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www.power-systems.com
1-800-321-6975

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DOT DRILL MAT™

The Dot Drill Mat™ is a portable footwork training tool designed to enhance quickness and agility. The mat contains 5 dots that can be utilized in a variety of training patterns. The thickness of the mat provides a stable and secure surface that helps to reduce the force of impact on the user.

This guide offers several drills for use with the Dot Drill Mat™. Its uses, however, are as broad as your imagination. For best results, use drills that are specific to your particular sport and position.

PREPARATION FOR USE

1. Place the Dot Drill Mat™ on a level surface free from any obstructions. Ideal surfaces include but are not limited to gymnasium floors, running tracks and practice fields.
2. Perform a thorough warm-up that includes stretching and light exercise before exerting maximal effort. The Dot Drill Mat™ can be used as a warm-up by performing the drills at half to three-quarters speed.

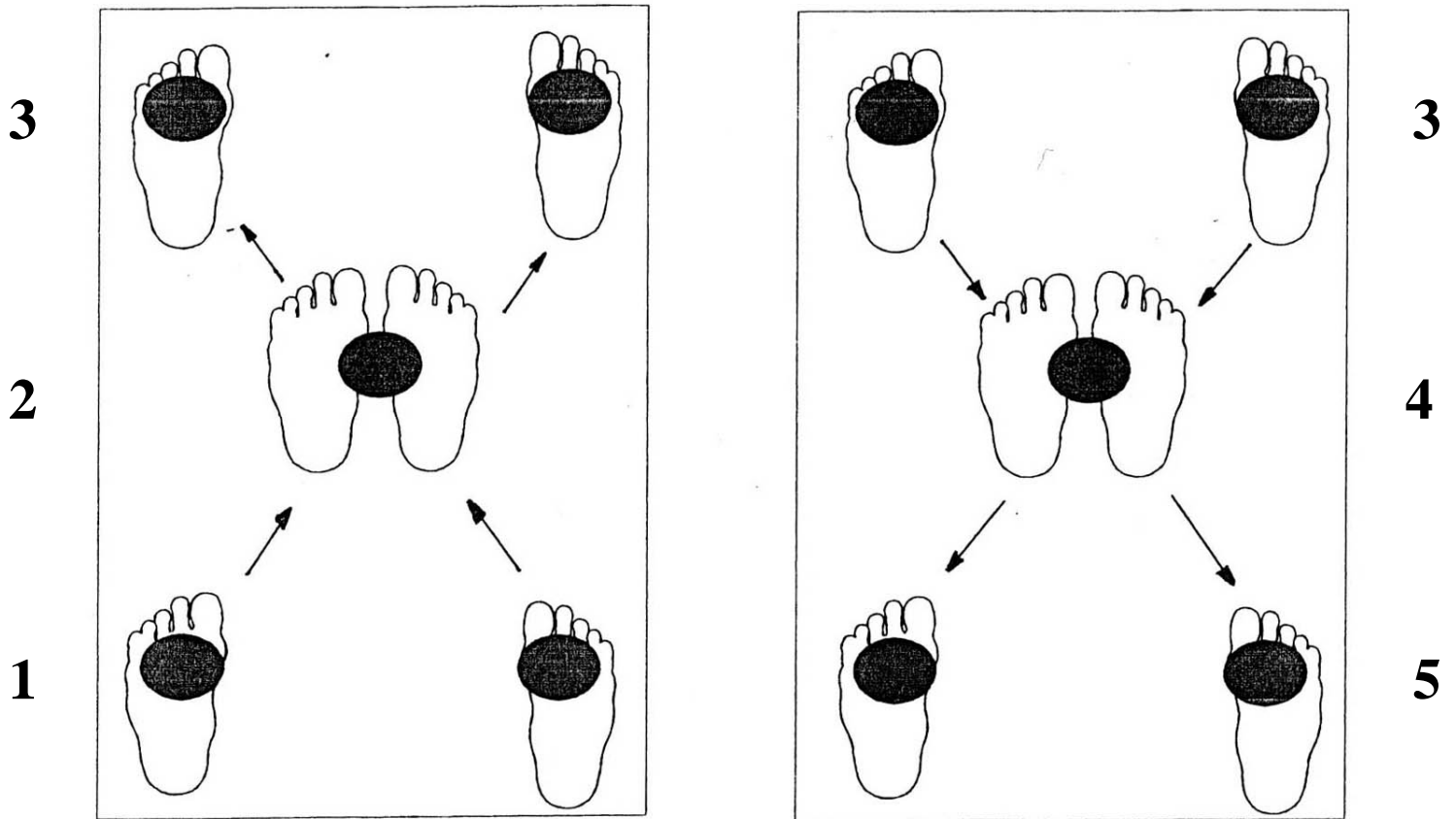
DRILLS

The following are some of the most common drills for the Dot Drill Mat™. Use these drills as a starting point to develop your own drills that focus on your specific sport(s).

1. 2-1-2 Drill: Focuses on change of direction from front to back.
2. 2-1-2 with 180° turn: Elevates the intensity of the 2-1-2 drill.
3. Figure 8 Drill: Develops lateral change of direction.
4. Single Foot Figure 8 Drill: Elevates the intensity of the Figure 8 drill.
5. Hammer Time: A favorite of athletes that places emphasis on quick feet and overall improvements in agility.

TRAINING TIP: Position multiple mats side by side and have the athletes compete against each other. The competitive nature will bring out an increased effort and better results.

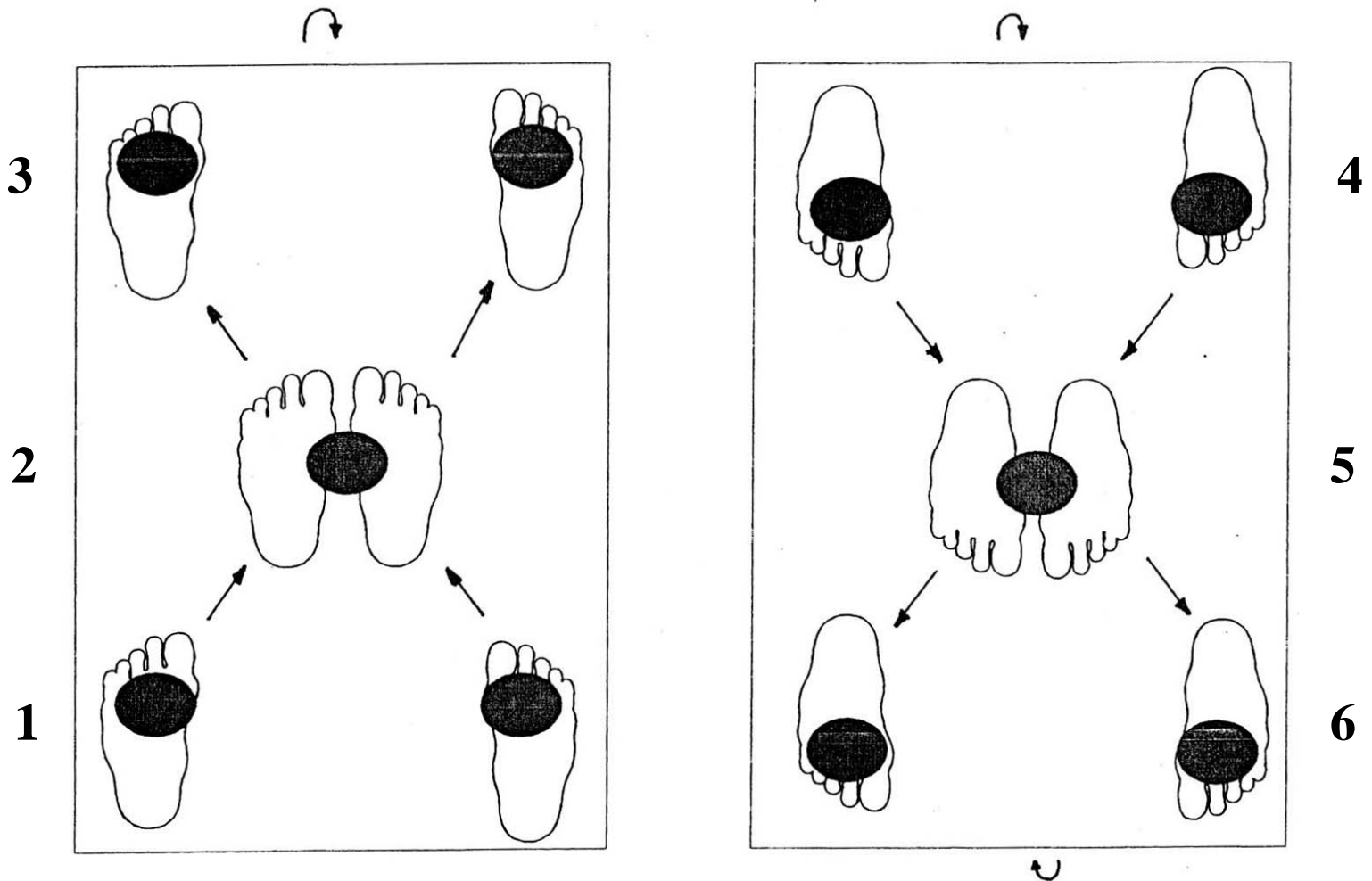
2-1-2 DRILL



PERFORMING THE 2-1-2 DRILL

1. Start with the feet spread apart on the two dots at one end.
2. Jump forward putting both feet on the center dot.
3. Jump forward again spreading the feet apart on the two farthest dots.
4. Jump backward putting both feet on the center dot.
5. Jump backward again spreading the feet apart on the two starting dots.
6. This completes one pattern. Repeat the steps for the duration of the drill.

2-1-2 DRILL w/ TURN



PERFORMING THE 2-1-2 DRILL

1. Start with the feet spread apart on the two dots at one end.
2. Jump forward putting both feet on the center dot.
3. Jump forward again spreading the feet apart on the two farthest dots.
4. Jump 180° back onto the same two dots. The athlete should now be facing the opposite direction they started.
5. Jump forward putting both feet on the center dot.
6. Jump forward spreading the feet apart on the two starting dots.

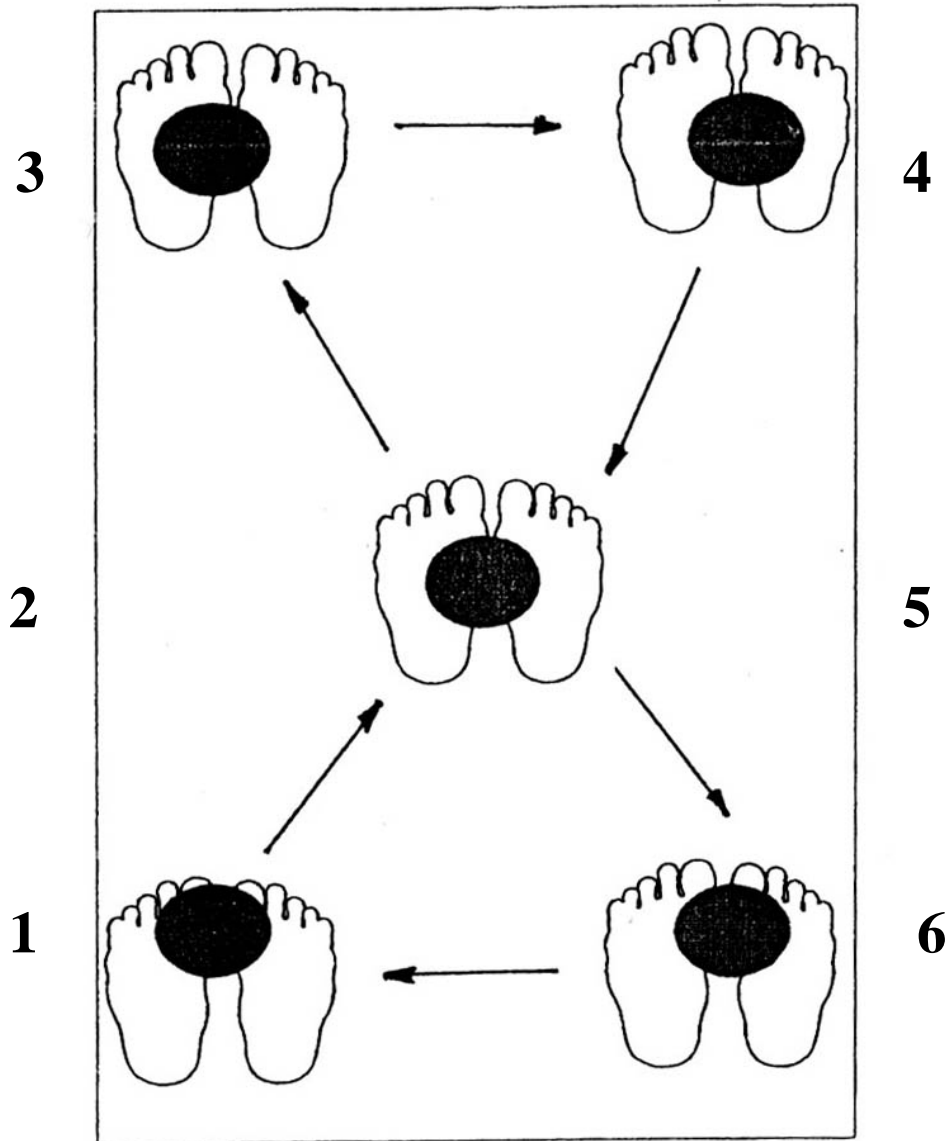
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7. Once again, do a 180° jump to change direction.
8. This completes one pattern. Repeat the steps for the duration of the drill.

FIGURE 8 DRILL



PERFORMING THE FIGURE 8 DRILL

1. Begin standing on the left hand dot closest to you.
2. Using both feet, jump to the center dot.
3. Complete the remaining dots using both feet. Top left dot.
4. Top right dot.
5. Center dot.

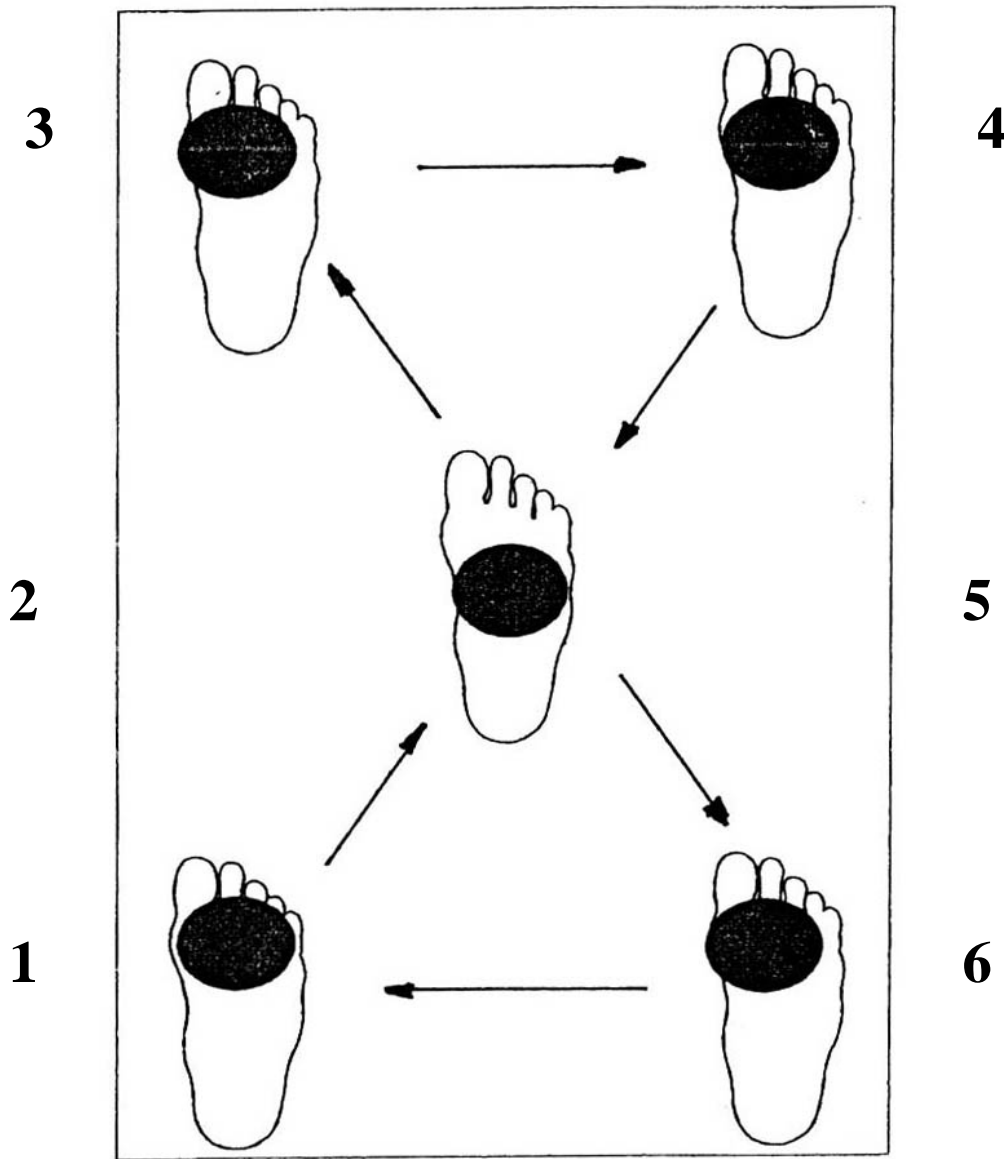
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6. Bottom right dot.
7. Bottom left dot to complete the pattern.
8. Repeat these steps for the duration of drill.

SINGLE FOOT FIGURE 8 DRILL



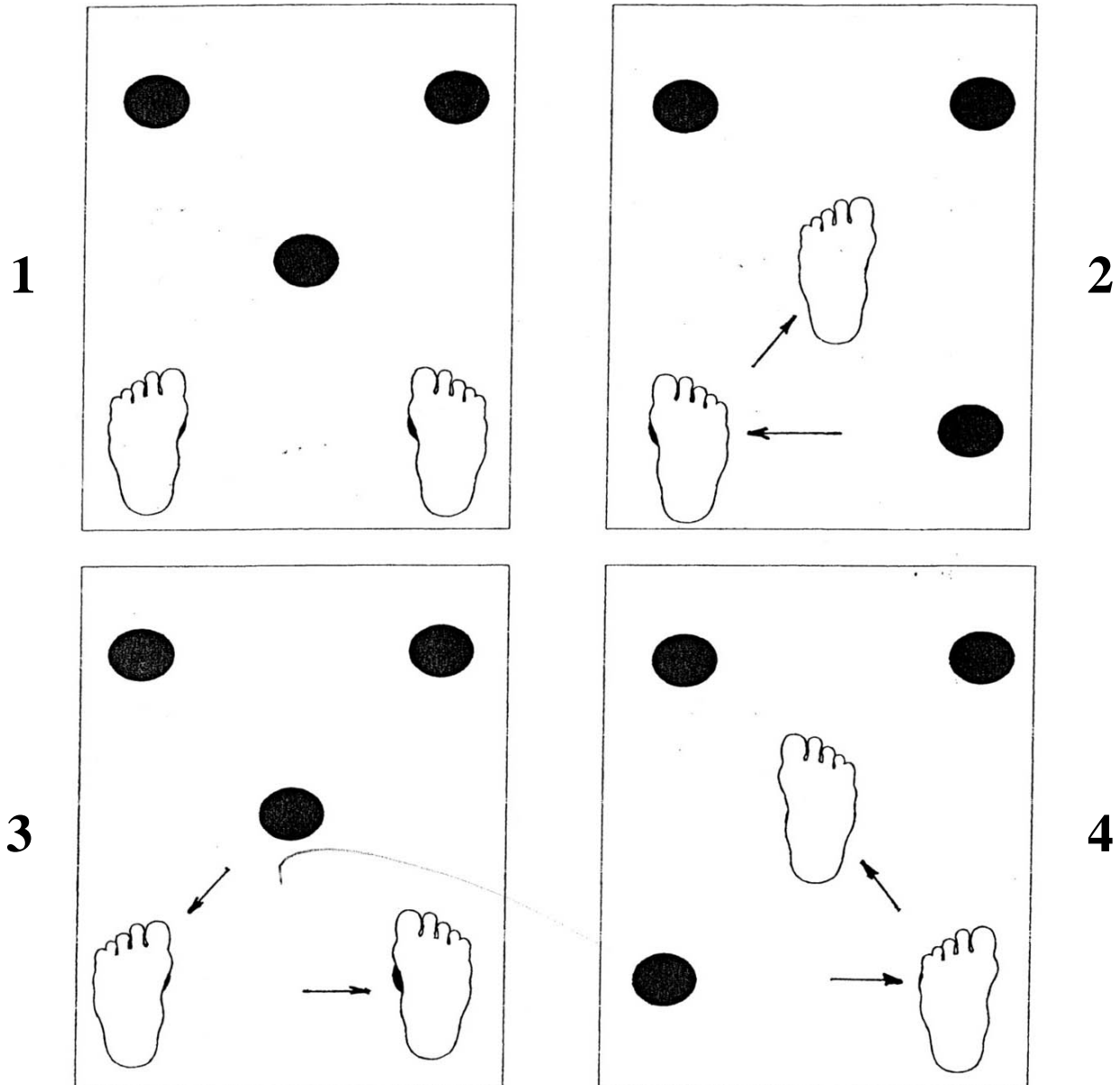
PERFORMING THE SINGLE FOOT FIGURE 8 DRILL

1. Begin standing on the left hand dot closest to you.
2. Using the right foot only, jump to the center dot.
3. Complete the remaining dots using the right foot only. Top left dot.
4. Top right dot.
5. Center dot.
6. Bottom right dot.

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7. Bottom left dot to complete the pattern.
8. Repeat these steps for the duration of drill. Repeat pattern with the opposite foot.

HAMMER TIME



PERFORMING THE HAMMER TIME DRILL

1. Begin with the feet on the two closest dots.
2. At the same time, step with the left foot onto the center dot and the right foot onto the lower right dot.
3. Return to the starting position with the feet on the two closest dots.
4. Step with the right foot on to the center dot and the left foot onto the lower right dot. Make these two steps at the same time.

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5. Return to the starting position with the feet on the two closest dots.
6. This completes one pattern. Repeat these steps for the duration of the drill.

TRAINING RECOMMENDATIONS

Use the Dot Drill Mat™ on days when you normally do footwork and agility drills. Also, use the Dot Drill Mat™ before strength training if both are to be done on the same day. It is best to perform agility and speed drills first while the athlete has peak concentration and more energy.

FREQUENCY: Perform 2-3 Dot Drill Mat™ workouts per week. Allow 48-72 hours between workouts.

NUMBER OF DRILLS: Select 4-6 drills / patterns per workout.

NUMBER OF SETS: Perform 1-3 sets of each drill / pattern.

Note: Keep the total number of sets performed during any one session under 12.
Beginner 4-6 sets. Intermediate 7-9 sets. Advanced 10-12 sets.

DURATION: Each drill requires maximum effort if improvements in quickness and agility are desired. Therefore, keep each drill short in duration, 10-20 seconds or 6-10 complete pattern cycles.

REST / RECOVERY: Allow sufficient time between sets so that maximum effort can be given to each drill. 1-3 minutes should be adequate.

Consult your coach or other qualified individual when designing your training program.