

AGILITY MARKER SPOTS

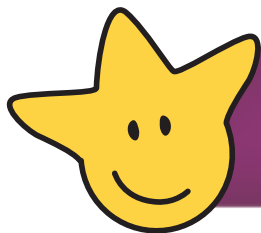
# balance challenge

1



## INSTRUCTIONS:

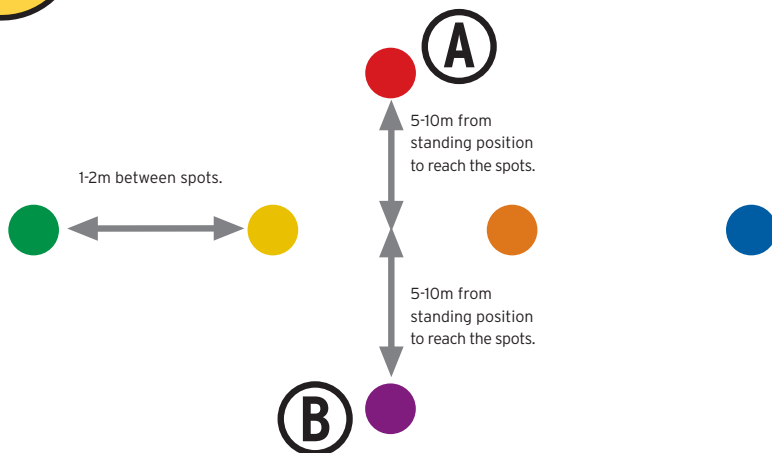
- ▶ More and more we see 'active' stretches used during our warm ups. Balance activities are great for waking up the body and providing a chance for people to challenge themselves in group dynamics.
- ▶ Attempt to balance as many people as possible supported only by a single spot. As a given, we must assume that at least the 'ball' of the foot is on the spot and any body part that is not on the spot, is off the ground.
- ▶ Alternatively each has their own spot and balance against the clock on a set number of points. e.g. 1 foot, 2 hands etc.



# AGILITY MARKER SPOTS

## colours sprint

# 2



### INSTRUCTIONS:

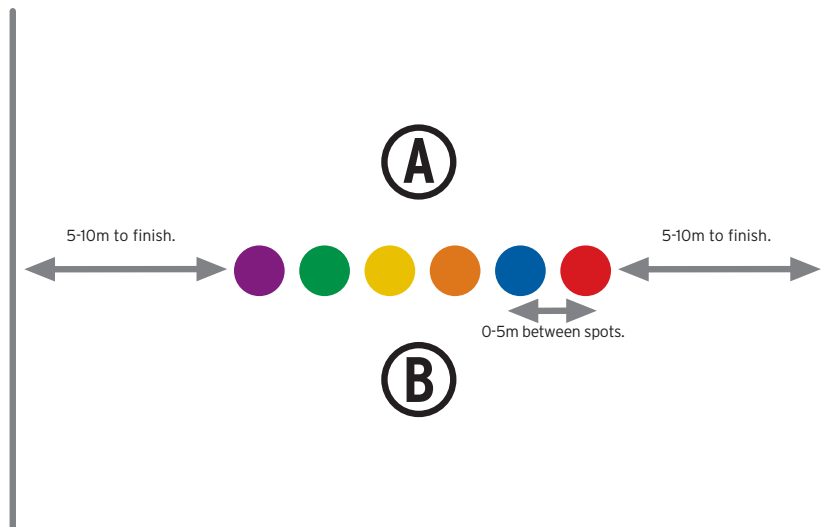
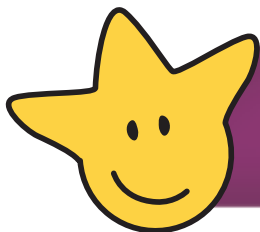
This simple cone set up can be used for any number of relay fitness and agility patterns.

- ▶ Set up 6 spots 3-10 metres apart in a cross formation.
- ▶ Home cone for top group (A) is red, for bottom group purple (B). Set pattern will include colour and home commands.
- ▶ Teacher verbally instructs the running pattern at the start of each relay. eg. green-yellow-orange-home-orange-finish.
- ▶ Complete as a team relay with one runner from each team sprinting through the pattern until all runners have completed the circuit.

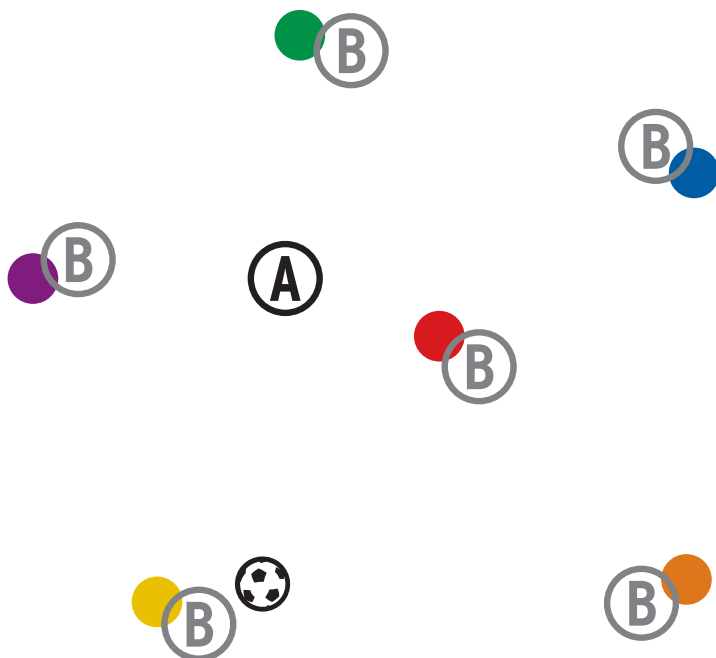
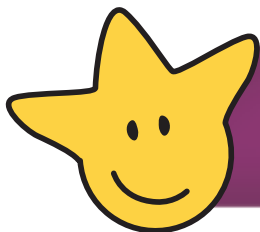
### OPTIONS:

- ▶ Vary the running pattern for every repetition to develop well rounded agility and a challenging training environment.
- ▶ Control the movement pattern by also dictating how runner starts and turns at each colour. For example:
  - a) Touching the colour with the left foot, right foot, right hand, left hand, both feet, jump on the spot once and pivot in the air.
  - b) Starting side on, facing backwards, on one knee etc.
- ▶ Key is to vary every sprint so the runner must complete a different agility skill and focus on verbal and visual cues to complete the colour based drill.

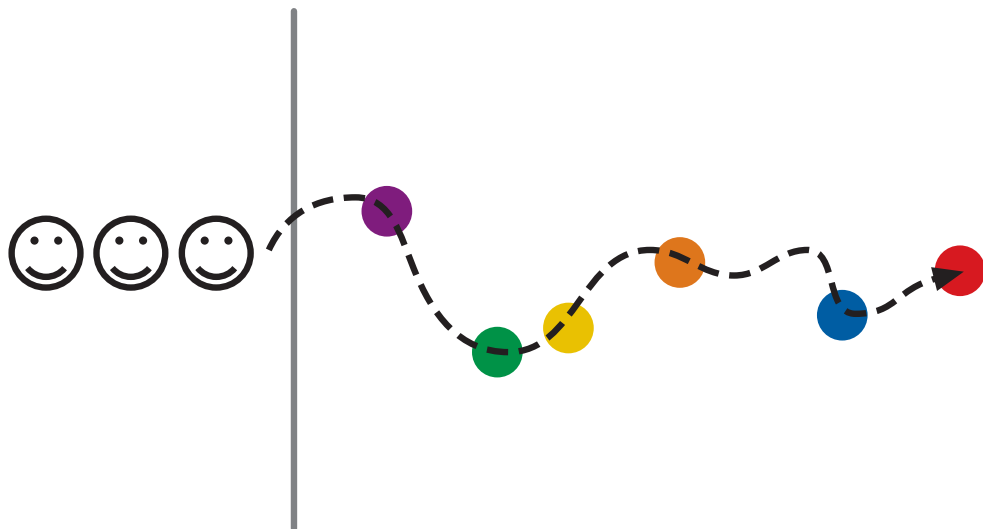
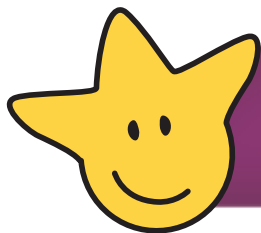
Manipulate the distances run, number of sprints and rest periods to suit fitness levels.

**INSTRUCTIONS:**

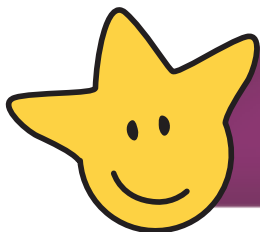
- ▶ On 'go' one player takes on the roll as the defender (B) and one as the attacker (A). The attacking player taps at random as many spots with their hand or foot as they wish.
- ▶ The defending player must mimic these actions. When the attacking player touches any spot with 2 hands or two feet, the defending player must do the same and it immediately initiates a race to a line set at either end of the grid, which again is determined by the attacker.

**INSTRUCTIONS:**

- ▶ Players stand on a spot and attempt to pass, kick, hit or throw the ball around the group that can be laid out in any formation, it doesn't need to be a circle. However once on the spot, they must remain to have one foot or hand on the spot at all times.
- ▶ If the 'piggy in the middle' (A) intercepts the ball, they then take the place of the player that touched the ball last. They may vertically jump to get the ball so long as they land back on the spot with at least one foot.

**INSTRUCTIONS:**

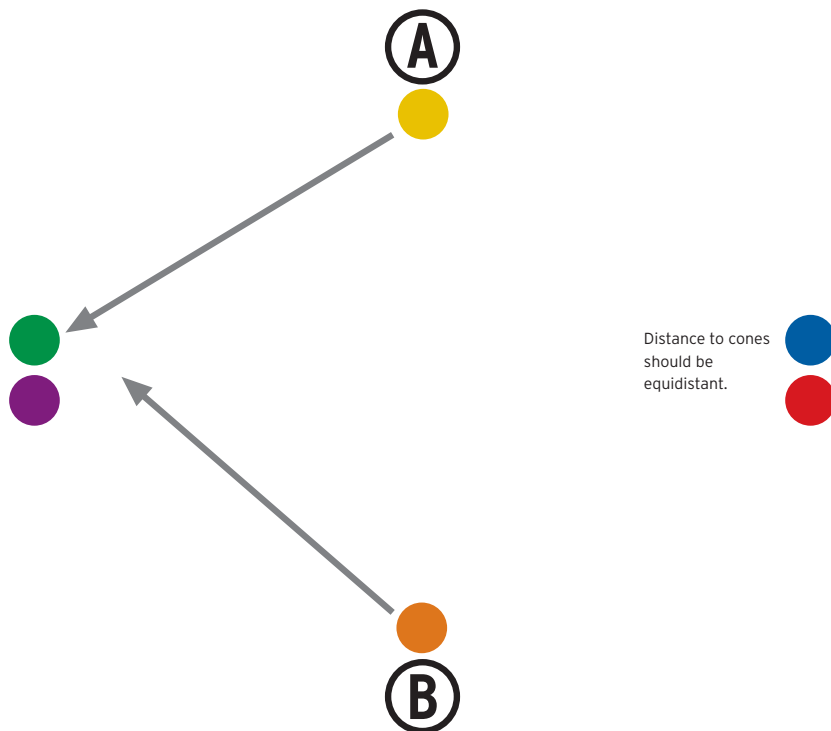
- ▶ Players take turns to run leaping (flying) from spot to spot, placing one foot on each spot. Any more than that and they lose one of their three lives. When a fly no longer has lives left they can assist the 'coach' moving the spots or the game can be deemed over and have multiple 'winners' for those who have the most lives left at this point.
- ▶ Each time the group goes through the set course, the coach moves the spots to random intervals to keep the challenge going and the interest high. It isn't always the long gaps that are the most difficult, but a combination of both, to slow the player down and then make them attempt a longer jump.



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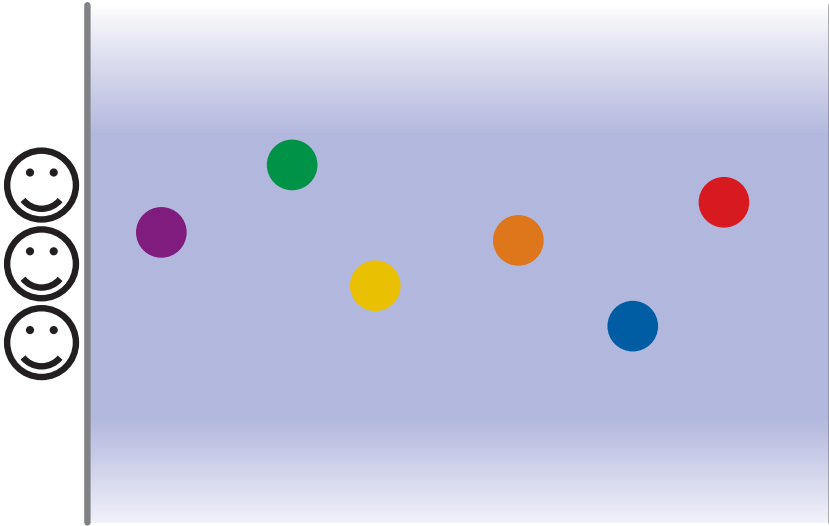
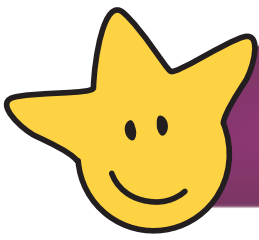
## train tracks

# 6



### INSTRUCTIONS:

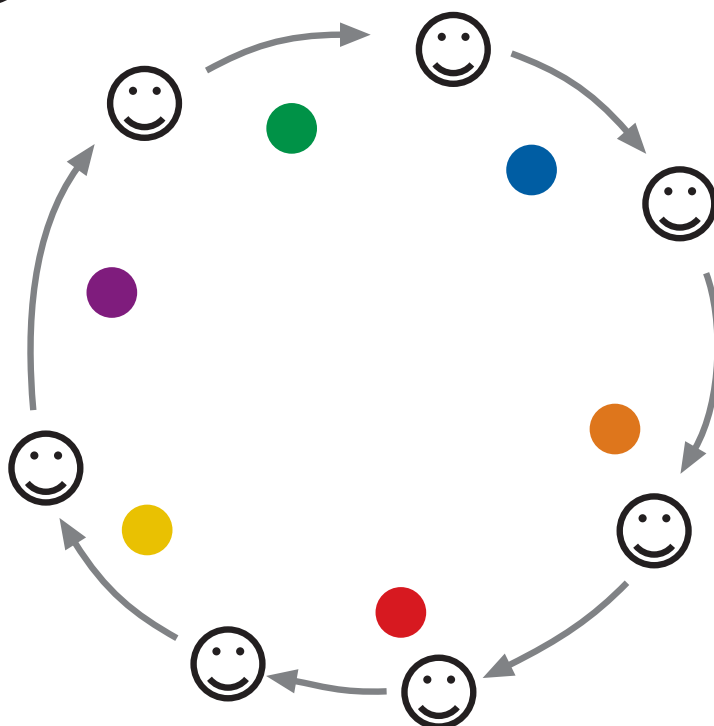
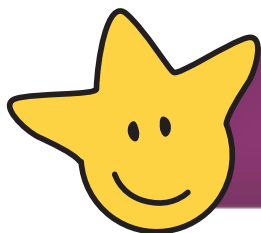
- ▶ Players line up at either end of the tracks. One train (A) is nominated to start and accelerates as quickly as possible through the station (marked out by two spots). They should have two options and once they make a decision they should stick to the track, so not to derail.
- ▶ Basically they must make a decision and stick to it. The second train (B) then powers towards the station to try and reach the station first and cut off the other train by tagging them with two hands. Swap around and repeat.



## INSTRUCTIONS:

▶ Use the dots to get your team across the marked out area. Create rules such as once a spot has been stepped on twice that it sinks or if someone falls off they

need to go back to the start but have to then hop rather than jump. The spots can either be placed out by the coach or thrown out by members of the team.



## INSTRUCTIONS:

- ▶ Add some dynamics to the warm ups and include some speed mechanics. Sometimes the most simply games can be the most fun! Take away the chairs and open up the available space to take an old classic out of the room and into the open spaces of the gym or field.
- ▶ Play a variety of music for people to move around the spots which can be laid out in

any given formation. The gaps between them do not need to be consistent.

- ▶ If the music is fast = they run, slow = butt kicks, loud music = jump, soft music = light feet etc. When the music stops find a spot and balance on it. Vary the balances from 1 foot, press up position, both feet and both hands etc.