

AGILITY



Agility is the ability to change direction quickly and control the movement of the whole body. It is important that players develop the ability to move in a variety of directions, leading off both the left and right feet.



LEVEL 1 EXERCISES



1

BACK TO BACK

Players move around the playing area avoiding other players. On signal from Coach players pair off and stand back to back.



2

CLOSING THE SPACE

Players move around the playing area avoiding other players. Coach reduces the playing area by acting as a perimeter.

To Coach this Skill use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback

LEVEL 2 EXERCISES



1

FREEZING

Players move around the playing area avoiding other players. On signal from Coach players freeze and hold their position.



2

TAIL TAG

Place a Velcro tag or bib from the back of a players shorts. Chasers attempt to grab the tails of the other players.



3

MIRROR MIRROR

Players in pairs. Nominate one as leader. The second player must copy the movements of the leader.

LEVEL 3 EXERCISES



1

MINEFIELD WITH BALL

Place obstacles throughout the playing area. Players must dodge the minefields while moving, bouncing the ball.



2

ZIG ZAG SLALOM

Place cones or poles 3m apart in a zig zag formation. Players dodge around each of the poles, leading with the outside foot.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.