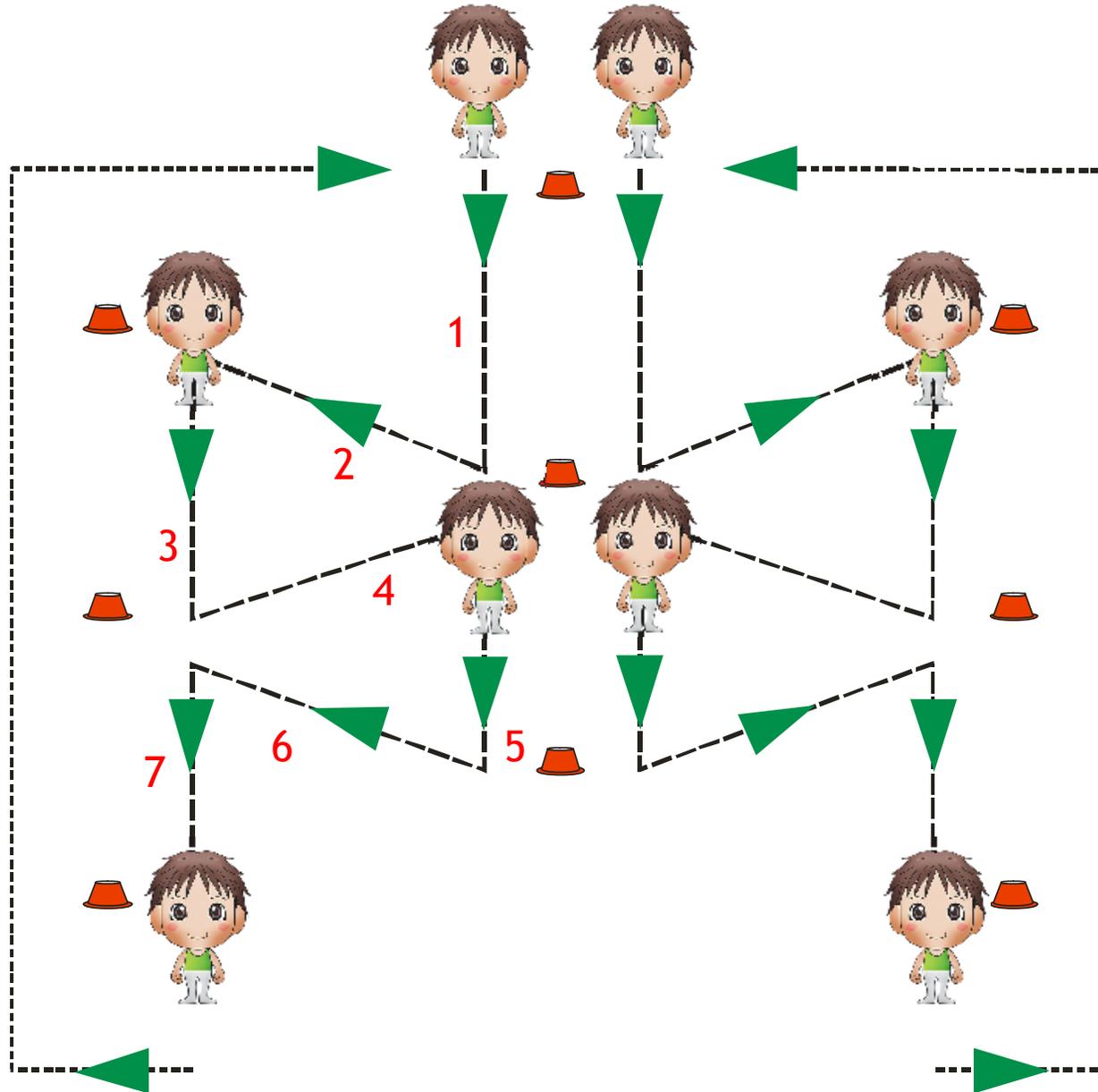


**Agility**

**Balance**

**Coordination**

# Agility Run

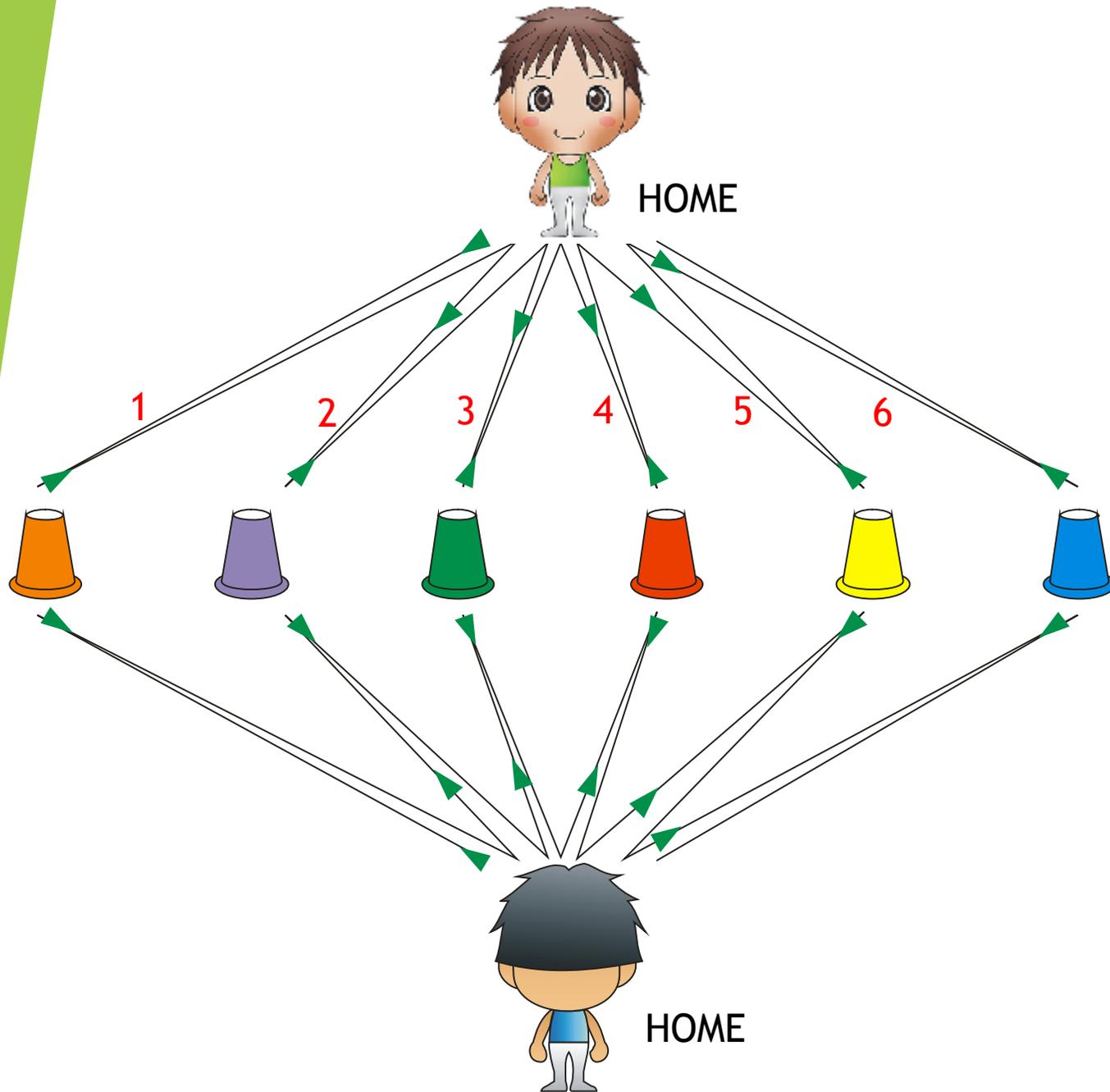


Set up two lanes of cones as shown.

Two players line up side by side, they run forward then diagonal backward then forward again as shown.

Try and beat the other player.

Recover slowly back to start.



# The sequence

Line up a set of coloured cones.

Two players line up centrally facing each other, equally from the cones. (first home wins).

A third person calls a sequence of colours, the players must run to a colour, and back to the start position every time.

Change the sequence each time.

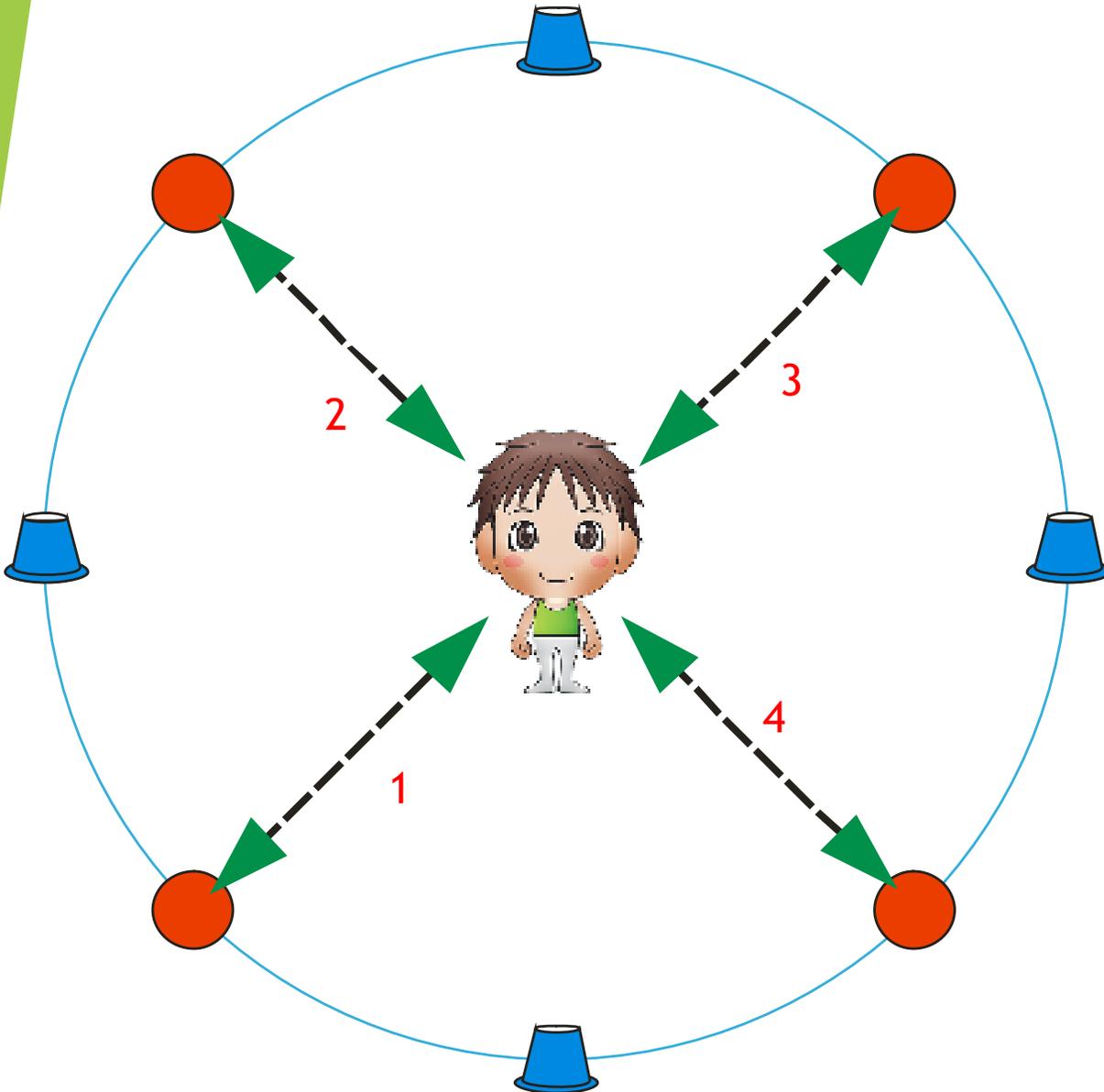
5 Reps.

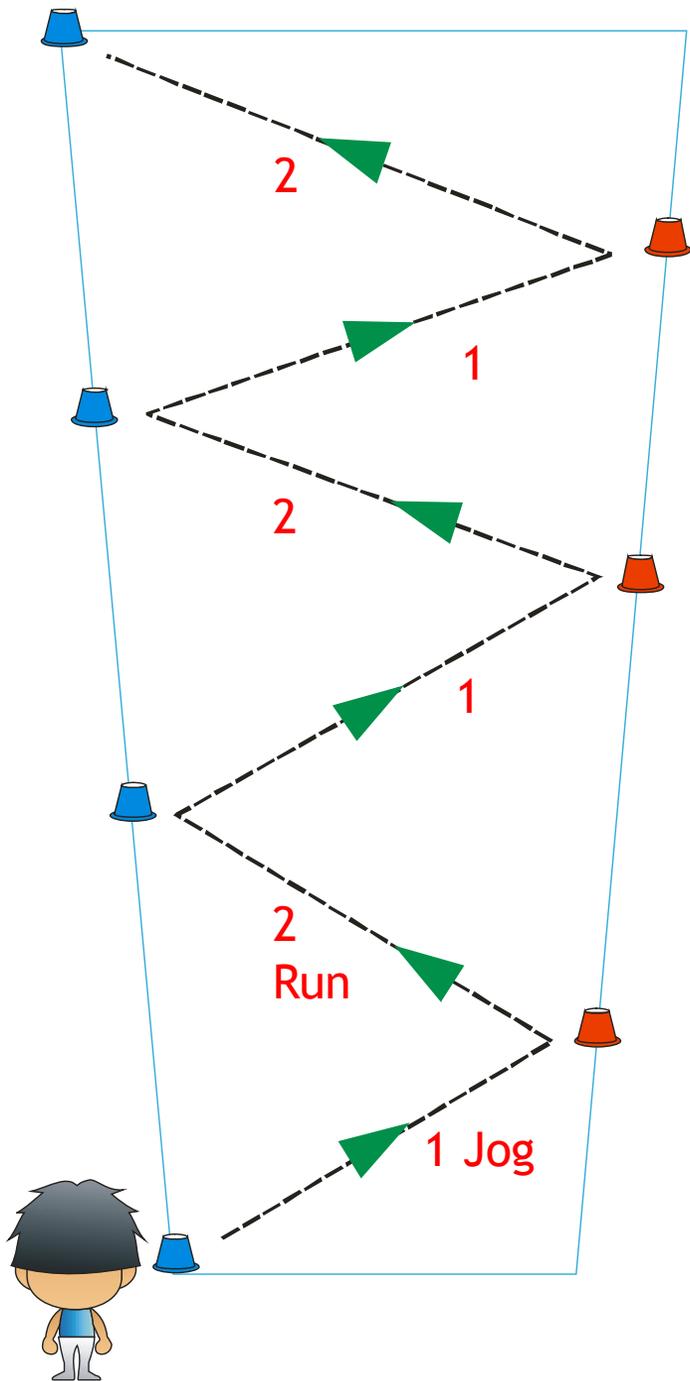
# Speed jumps

Position a set of 4 cones and 4 spots as shown.

The player must start on a central spot, move around the circle by jumping sideways with two feet from the middle to each spot and back to the middle.

Work for 30 seconds, then 1 minute.



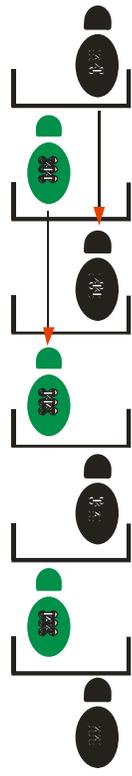


# Change of pace

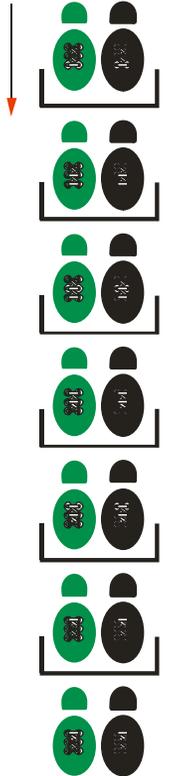
Line up a set of cones in a diagonal formation so that they get wider apart at the far end.

1<sup>st</sup> run is a jog then 2<sup>nd</sup> run is a change pace, run as fast as you can, then jog again. Repeat.

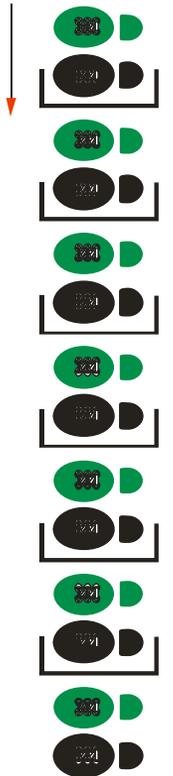
Work for 1 minute then, 2 minutes.



1



2



3

# Hurdle jumps

Using a set of low hurdles or alternative, complete 3 sets of jumps:

1. Forward single steps with high knees.
2. Forward two footed jumps.
3. Side ways two footed jumps.

5 Reps.

# The Yo Yo

Line up a set of coloured cones as shown.

Players start in the middle and run forward to the first set of cones then turn and run the other way to the same colour (1-1 etc). They then turn again and run back and forward to the next colour.

Once all sets of coloured cones have been completed they finish back in the middle.

5 Reps

