



Curriculum Sports Programme

Agility - Warm Ups

Agility - Warm Up (Knee Tag) #1

To develop reaction time

To develop evasion skills in response to an opponent



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into pairs.

Rules

In partners, try and touch the other person's knee for 1 point.

Development

Use non-dominant hand only.

Coaching Points

Encourage participants to keep their heads up. When reaching for partner's knees, children should bend knees and reach forward with their arms, keeping their head back to avoid clashing heads.

Players should stay on the balls of their feet and keep their feet moving quickly. Make players aware of other partners working in the same area to avoid collisions.

Agility - Warm Up (Jungle Run) #2

To develop movement patterns (lateral, backwards, hopping, skipping, running)
To develop the ability to efficiently and effectively change direction



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Participants find their own personal space in the hall.

Rules

On coaches command each child must perform the movement of an animal in the jungle.

Development

- Reduce the size of the grid and decrease the space
- Add cones/gates as obstacles for the 'animals' to jump over or through
- Provide the participants with different scenarios they may come across within the jungle e.g. quick sand, rope bridge, stepping stones

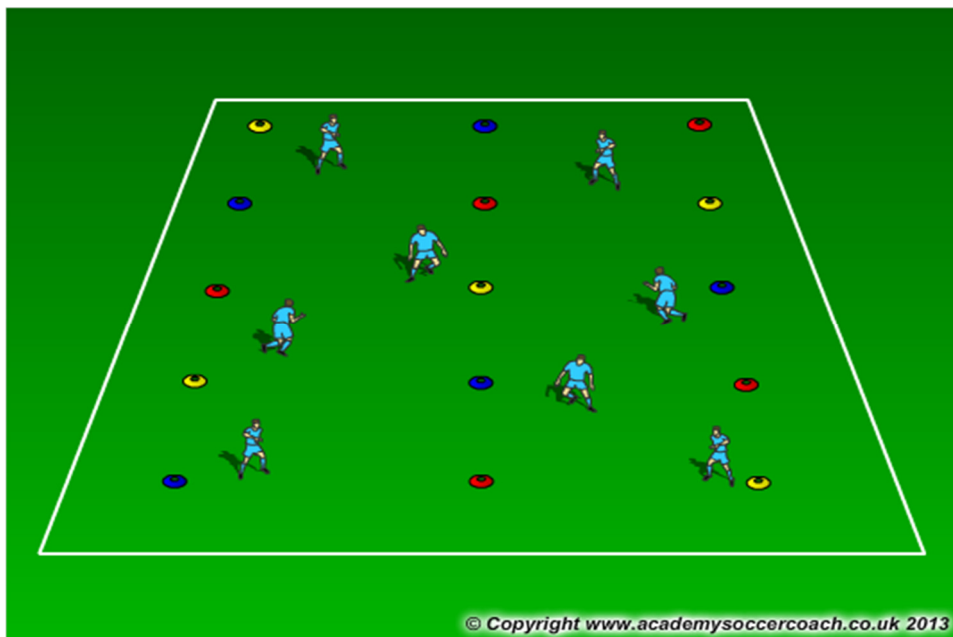
Coaching Points

Encourage children to move feet quickly, using all of the different movement patterns; lateral, backwards, hopping, skipping, running. Ensure participants look for space and move with their head up Make participants aware of others in the playing area.

Agility - Warm Up (Twister) #3



To develop the ability to coordinate body action to meet various commands
To explore the centre base & develop balance when a body part moves away from centre



Area

30 yards x 30 yards or large circle.

Numbers

This activity can accommodate numbers ranging from 10 to 20.

Layout

Coloured cones are scattered around the playing area. The coach will give a command/activity for each colour. Participants are encouraged to move through the marked out area remaining in space as much as possible.

Rules

Participants move around the marked area, the coach calls out a colour i.e.

- Yellow / Left Hand
- Blue / Right Hand
- Red / Jump & Head

Development

The practice can be developed so that the colours mean more than one command. A ball can also be introduced and players can dribble while moving.

Coaching Points

Focus on the positions in which the participants balance, highlight good practice and correct those who are not staying in a balanced position. Pay attention to body alignment and question participants to reinforce good practice. Ensure all participants move with their head up and are aware of others in the playing area.

Agility - Warm Up (Road Trip) #4

To develop the ability to coordinate body action to meet various commands
To develop the ability to efficiently and effectively change direction



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Participants find their own personal space in the hall.

Rules

Each child is given a steering wheel (cone) to drive to different places on a road trip.

Development

- Roundabout = going in a circle
- Motorway = going fast
- Garage = getting petrol, stand on one leg
- Car chase = changing direction

Coaching Points

Encourage children to move on the balls of their feet and to move feet quickly, using all of the different movement patterns; lateral, backwards, hopping, skipping, running. Ensure participants look for space and move with their head up. Make participants aware of others in the playing area.

Agility - Warm Up (Follow the Leader) #5

To develop the ability to efficiently and effectively change direction with and without a ball
To develop the ability to coordinate body action to meet various commands



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate numbers ranging from 8 to 20.

Layout

Players are organised into pairs and each pair has a ball. The pairs should be spread evenly throughout the playing area.

Rules

The blue players dribble around the area and the yellows follow their movement. When the coach calls change the blue passes to the yellow and the roles are reversed. The leading player should keep the ball close when they are surrounded by other pairs and when space opens up they can take strong touches and run with the ball.

Development

To add difficulty the following player can be asked to tap the leading player on the back as many times as possible in the time allowed. The leading player will therefore attempt to lose their partner and therefore limit the number of touches on their back. Difficulty can also be increased by giving the following player a ball.

Coaching Points

Players should be encouraged to keep their head up in order to assess the situation in front of them and capitalise on the opportunities when space opens up. In this practice players will have to execute the correct strength of touch on the ball according to the availability of space i.e. dribbling or running with the ball. Players should be encouraged to make contact with the ball with both feet and are given the opportunity to change direction through feints and turns to lose a close marker.

Agility - Warm Up (Cups & Saucers) #6

To develop the ability to efficiently and effectively change direction
Target the development of various locomotor skills



Area

Use whole hall or can split hall in half and have more teams.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

This activity can accommodate between 2 and 4 teams. The teams are organised into either a cup group or a saucer group. The cones are laid out either facing up (cups) or facing down (saucer). One team will turn all the cones over into 'cups' and the other will turn all the cones over to 'saucers'. The team with the most cones turned over within the allocated time wins.

Development

Spread cones out further or change locomotor skill. Only one participant from each team at a time – must come back and tag next player. Use non-dominant hand only.

Coaching Points

Bend knee and push off the ball of the foot when changing direction.

Spatial awareness – head up and look for next move.

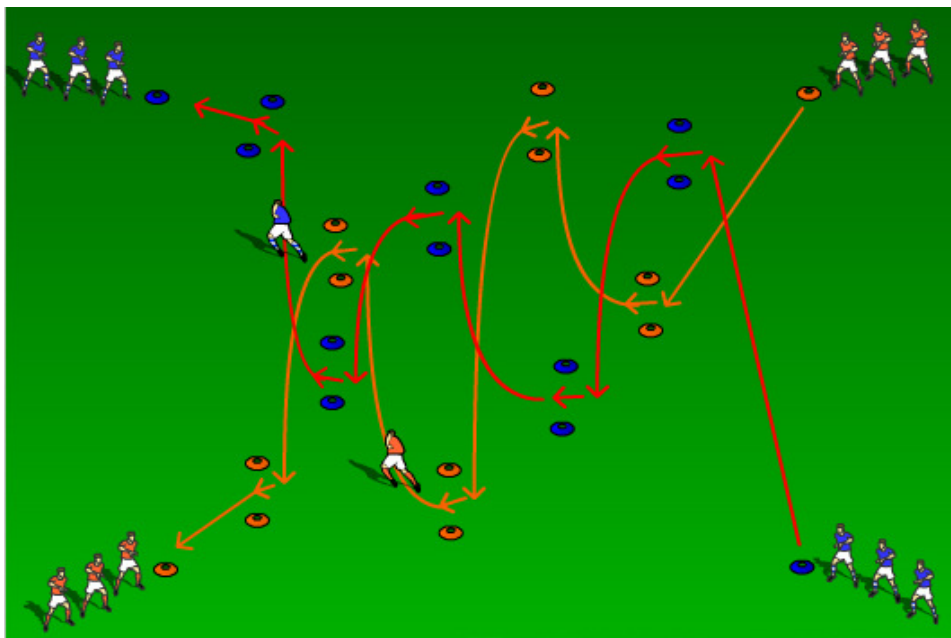
One or two handed turn – Which is quickest?

When final whistle blows players must walk off to their side.

Agility - Warm Up (Wacky Races) #7



To develop the ability to stop and start quickly, and change direction
To develop a range of movement patterns; forwards, backwards, lateral



Area

Hall or outdoor space.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

Split the group in 2 (blues and oranges). On the coaches call one member from the blues and oranges set off through the slalom with blue team making it across to the other blue teams line and the same for oranges.

Development

Different movement patterns can be used (forwards, backwards, laterally). The game can be turned into a team race with everybody having to go until they get back to where they started.

Coaching Points

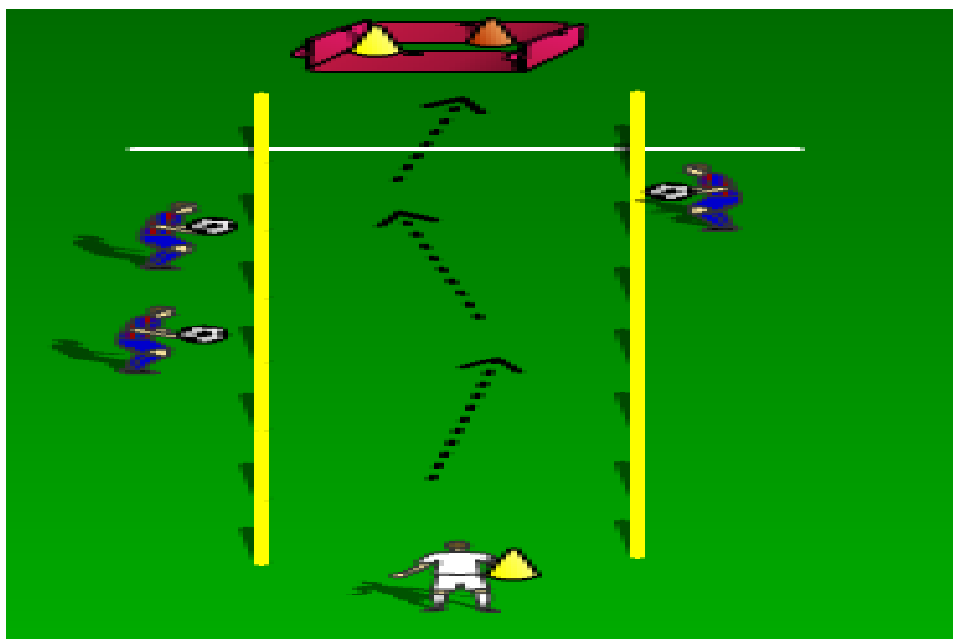
Emphasise to the children to keep their heads up and watch out for other team members as they will be crossing over at the same time.

Spatial awareness – head up.

Peoples body movement for where they might move next.

Agility - Warm Up (Pirate of the Caribbean) #8

To develop quick movements to dodge a moving object
To develop throwing skills



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

The object of the game is for the pirate team to get the treasure to the treasure chest (bucket).

One member of the pirate team starts to run through the area to deliver the treasure, while the Guardian team aims to hit the runner below the waist with the soft balls.

If the runner is hit, they must stand frozen on the spot. The next runner then tries to get the treasure through.

Development

- Reduce or add throwers
- Make ball smaller/bigger

Coaching Points

Pirates: What strategies will you use to get the treasure through? Encourage pirates to stay on the balls of their feet, moving feet quickly to change direction, to dodge and fake. Consider a disguise by going one way and then going the other Highlight good practice such as quick moves and fakes.

Guardians: How will you work as a team to stop the treasure from getting through?

Agility - Warm Up (Taggers & Dodgers) #9

To develop the ability to efficiently and effectively change direction
To develop quick reactions, body movement and foot movements



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This game can accommodate numbers ranging from 10 to 20.

Layout

Divide the participants into two groups, one will be the taggers and the other the dodgers. The taggers will be placed inside small areas made from hoops or cones. The dodgers will be spread as the area as shown in the diagram.

Rules

The taggers must keep both feet inside their area. The dodgers must attempt to cross the area without being touched by any of the taggers. When a dodger is touched, they pretend they are stung and lose the ability to use that body part. For example, if touched on the leg, the dodger tries to cross the area by hopping.

Development

The activity can be progressed by varying the locomotor skills of the dodging placers. They can be ask to walk, skip, gallop or leap. An additional challenge can be given to the taggers. Instead of tagging anywhere on the body, the taggers have to , for example, tag the left knee of the dodgers with their right hand.

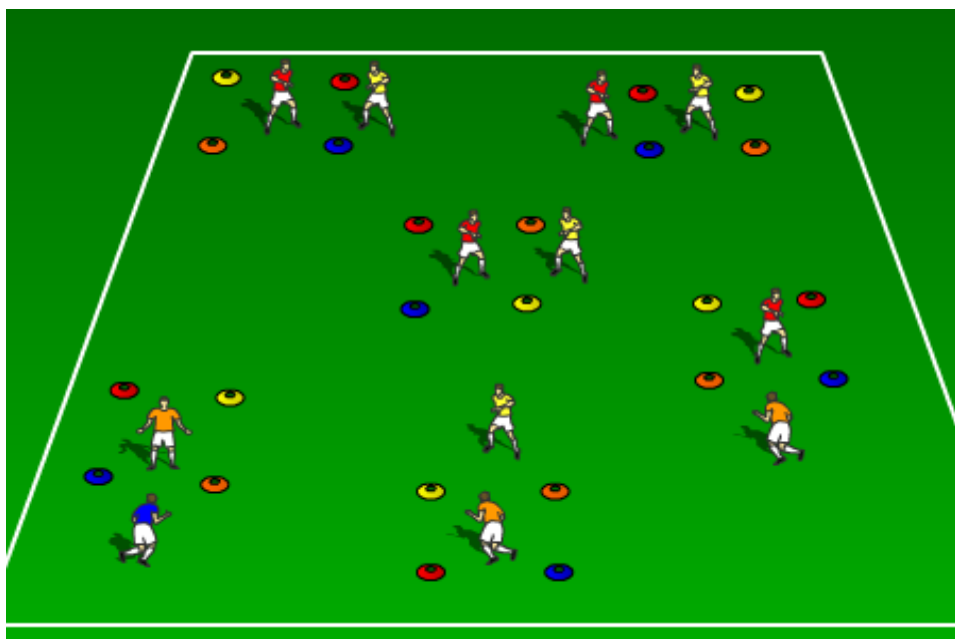
Coaching points

Focus on the positions in which the participants balance, highlight good practice and correct those who are not staying in a balanced position. Pay attention to body alignment and question participants to reinforce good practice. Ensure all participants move with their head up and are aware of others in the playing area.

Agility - Warm Up (Reaction Boxes) #10



To develop the ability to coordinate body action to meet various instructions
To develop the ability to move quickly and efficiently to touch objects



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into pairs and the area will be laid out as shown in the diagram.

Rules

The worker will stand in the middle of the square; the coach/pupil standing outside the square will call out a colour. The worker has to quickly react to the colour and move his/her feet towards the correct colour. Reach with your nearest hand to touch the cone and move quickly back to the middle for the next colour. You can call out more than one colour to make it harder.

Development

Instead of calling out the colour of the cones you can get children to think of words that are associated with the colour i.e. red= strawberry yellow= banana.

Coaching Points

- Stay on the balls of your feet
- React quickly to the colour called out
- Move feet quickly across
- Reach with arm closest to the cone
 - Do not reach across your body to touch the cone
- Bend knees to lower body and hand closer to the cone



Curriculum Sports Programme

Agility - Skill Practice

Agility - Skill Practice (Rats & Rabbits) #1



To develop control of the body in a dynamic environment (move quickly & efficiently, start, & stop maintaining stability)
To develop combination of movements by using good balance, co-ordination, ROM, strength & speed



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This game can accommodate numbers ranging from 10 to 20.

Layout

Divide the participants into two groups and form parallel straight lines. Ask the participants to stand one metre apart from the person on each side of them and have the two lines stand about a metre apart. Ensure the two lines are the same distance from the end line on their side of the playing area.

Rules

The participants from one team are called rabbits and the other team rats. On the call "rabbits" the players with that name run to their end line before being tagged by their "rat", on the call "rats" the reverse applies.

Development

Award points for players who catch another player and for players who get to their safe zone. Introduce the names "rhinos" and "racoons" to the teams and continue the game. The coach can develop this game by introducing positions of readiness/balances and a football to increase the difficulty.

Coaching Points

Look at reactions - ability to react to commands, consider a range of balanced positions, introduce sideways movement and movement from the ready position.

Agility - Skill Practice (Footballer & Coach) #2



To develop the ability to change direction at speed while listening for commands
To develop reaction time in response to a command



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into pairs and organised around the area as shown in the diagram.

Rules

One person is the coach the other is the footballer. 3 different coloured cones set up in a line 5 m apart. On the coaches command the footballer must run to the cone.

Development

- Call 2 or 3 colours at a time
- Change the cones to numbers
- Add a ball

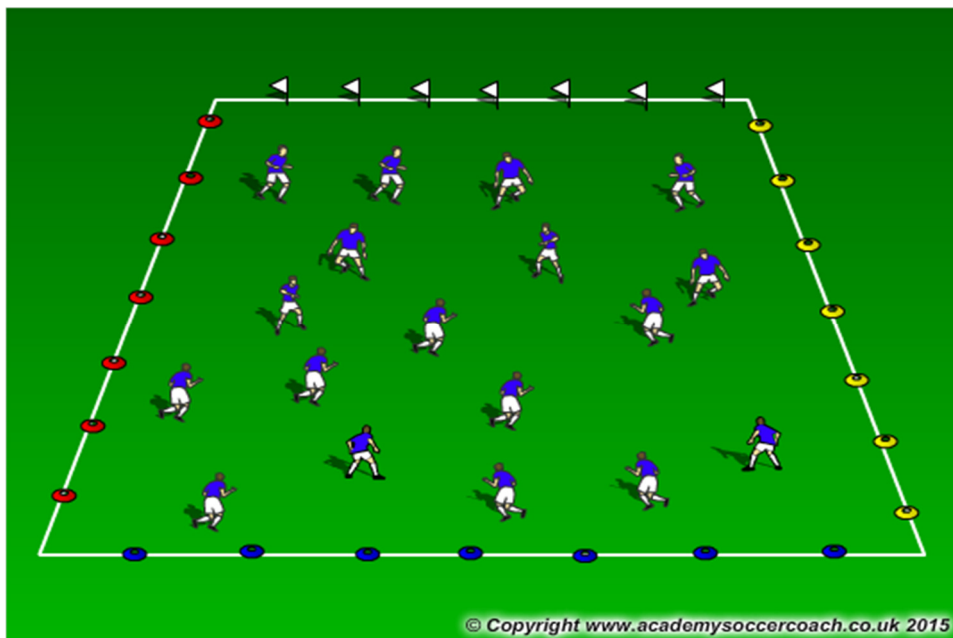
Coaching Points

Feet in ready position; shoulder-width apart and on balls of their feet. Change direction quickly, moving feet quickly. Make sure participants change direction using both their dominant and non-dominant foot. Encourage players to bend knees and get low in the turn to change direction with greater speed.

Agility - Skill Practice (Countries) #3



To develop the ability to change direction at speed in response to specific commands
To develop awareness of others while changing direction



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Hall is lined with 4 different coloured cones.

Rules

The perimeter of hall is lined with 4 different coloured cones e.g.. Blue= France, Red=Spain, White= Japan, Green= N.Ireland. On command coach calls out the country. Questions about football players and culture will be asked at each country.

Development

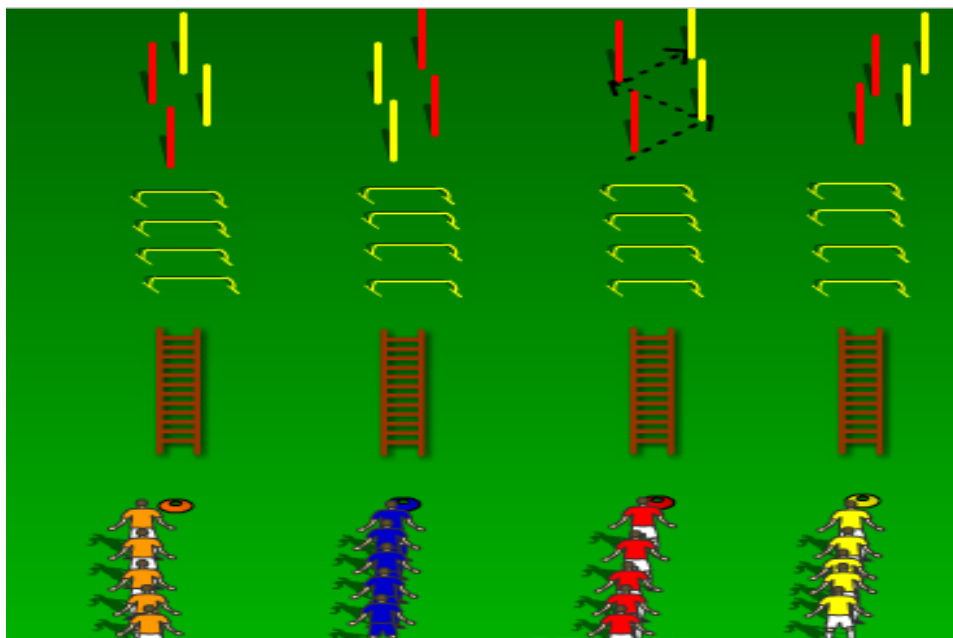
Add a ball.

Coaching Points

Feet in ready position; shoulder-width apart and on balls of their feet. Change direction quickly, moving feet quickly. Make sure participants change direction using both their dominant and non-dominant foot. Encourage players to bend knees and get low in the turn to change direction with greater speed.

Agility - Skill Practice (Agility Course) #4

To design your own agility course with the equipment provided
To encourage creativity within all participants



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Each pair has their own equipment to make their own agility course.

Rules

In pairs. Each child takes it in turns to design an agility course with various equipment for their partner.

Development

- Add footballs
- Add the courses together

Coaching Points

Give clear instructions. Ensure players are using equipment safely. Ask participants to demonstrate their course. Following the demonstration, give participants the opportunity to change their course encouraging them to identify any necessary changes that need to be made. For example, young players will often put equipment too close together and will recognise the need to space it out once they have done a demonstration.

Agility - Skill Practice (Gates) #5



To develop different movement patterns (lateral, backwards, hopping, skipping, running)
To develop the ability to efficiently and effectively change direction



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Various scattered gates.

Rules

Children must enter gates performing various movements.

Development

Without ball

Red cones= forwards

Blue cones= sideward

Yellow cones= figure 8

White cones= hop or skip

With ball

Red cones= use right foot

Blue cones= use left foot

Yellow cones= dribble figure 8

White cones= sole roll

Coaching Points

Encourage children to move off the balls of their feet and to move feet quickly, using all of the different movement patterns; laterally, backwards, hopping, skipping, running. Ensure participants look for space and move with their head up. Make participants aware of others in the playing area. When players are using a ball, encourage them to take soft touches, keep their head up, and to keep the ball close to their body.

Agility - Skill Practice (Balloons / Hot Lava) #6



Individually use different body parts to keep up a balloon
Improve hand-eye co-ordination, footwork and body movement



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

Children must keep the balloons up of the lava. Keep the balloon up with one hand/two hands Weak/strong hand, knees, feet, head and walk with the balloon.

Development

Sequence the movements (using different body parts). Work with a partner to keep balloons off the lava using different body parts. Spread cones all over the floor and have the children walk from one end of the hall to the other, without stepping on a (cone).

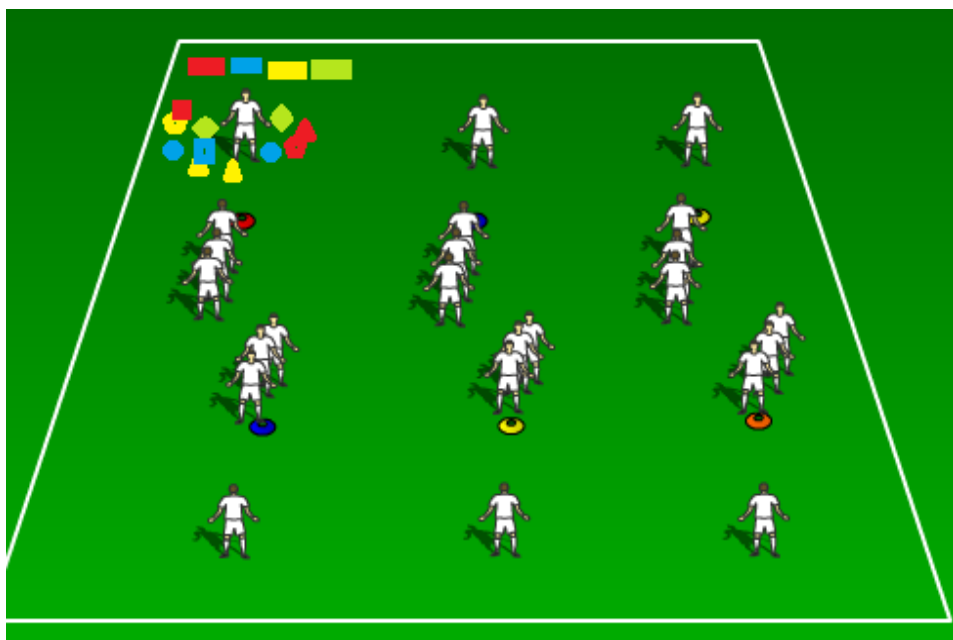
Coaching Points

- Hit the balloon high, and not too far forward
- Eyes forward and plan a route
- Tap the balloons, rather than hit them
- Keep balloon under control
- Move feet
- Focus eyes on the balloon
- Move across the ground using different body parts

Agility - Skill Practice (Shapes) #9



To develop the ability to identify shapes and colours in response to commands
To develop the ability to coordinate body action to meet various instructions.



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Please see diagram. The top left corner should be carried out for each group.

Rules

Four coloured boxes are set 20 yards in front of each team who are standing behind a cone which is the same colour. i.e. red team behind a red cone.

Between the teams and the boxes there are different coloured shapes spread all around the area.

The first pupil in line will call out a colour and the shape i.e. A Red Square, the worker in the middle has to pick it up and put it into the red box.

Development

Easier - Get each member to pick up any shape as long as it is the same colour.

Turn the shapes upside down so they can't see the colour.

Call out the number of sides and not the shape.

Call out 3D shapes.

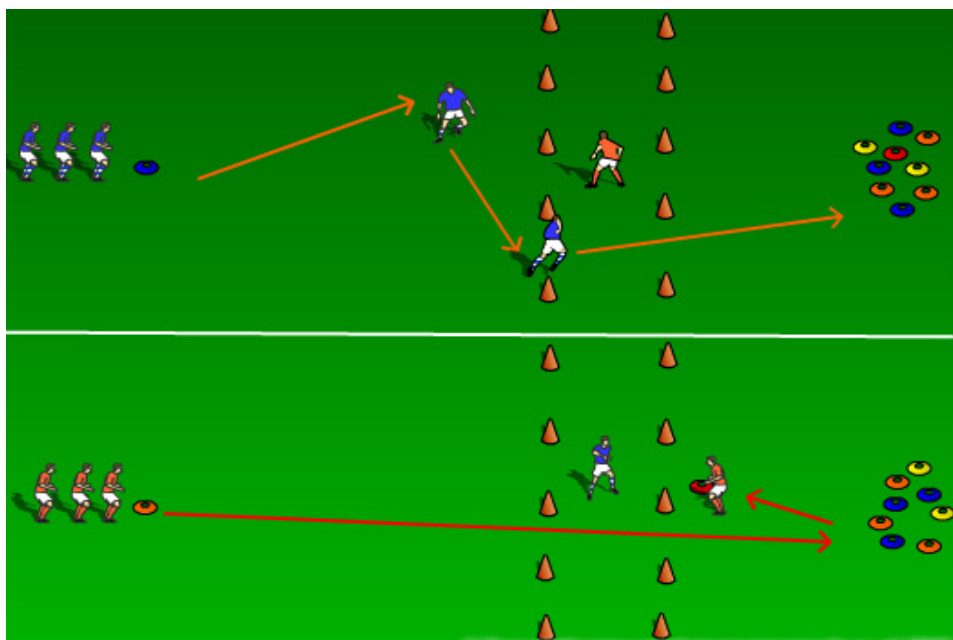
Coaching Points

- Head up
- Eyes forward
- Bend your knees as you pick up the shapes
- Push off the balls of their feet and move feet quickly

Agility - Skill Practice (The Gauntlet) #7



To develop ability to change direction to beat opponent
To develop awareness of body movements to outwit opponent



Area

Sports hall or outside.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

One team will play against defender from the other team. Everyone will take turn attacking the defender. The aim is to get past the defender without getting tagged and retrieve a cone and bring it back. The defender cannot leave the gauntlet (remember to rotate defender).

Development

Defender can only move (sideways, forwards or backwards).
Cones can be replaced with letters – at the end see what word you can make.
Increase/decrease number of defenders.

Coaching Points

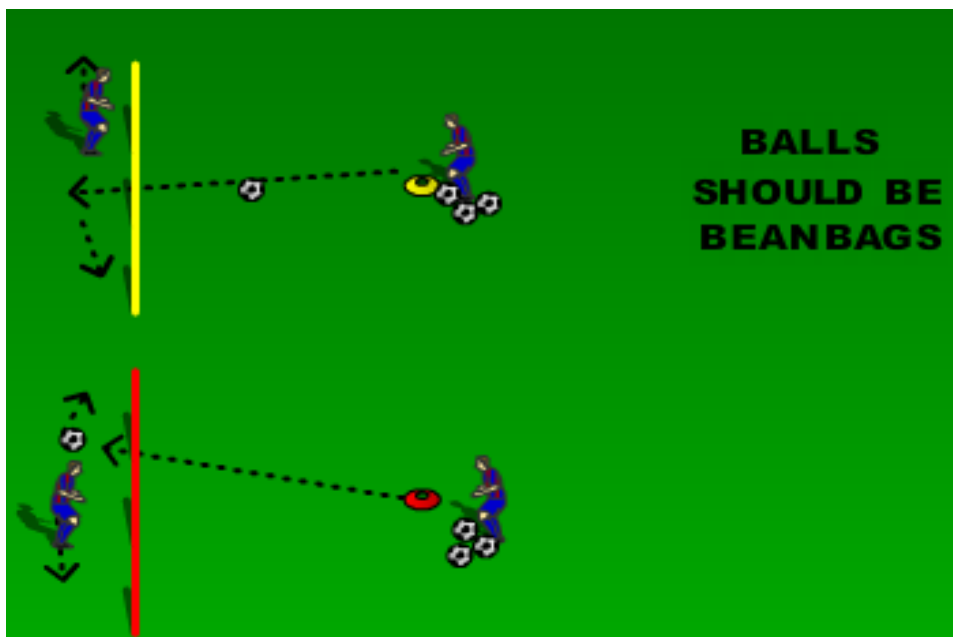
- Approach with speed
- Consider a disguise by going one way and then going the other
- Watch the defenders movement
- Be thinking of words whilst you wait

Agility - Skill Practice (Dodge the Bean Bag) #8



To develop the ability to move quickly to dodge an object

To develop the ability to move dynamically, quickly and efficiently



Area

Sports hall or outside. Best played with a wall behind the player

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

One player (worker) stands against a wall behind a line, the coach or pupil stands at the cone with a handful of beanbags.

The coach or pupil will toss/throw the beanbag different directions forcing the worker to move their feet quickly to get out of the way of the object.

Development

Using the same principles as above pupils will have to catch the beanbag, remembering that the beanbag will not be thrown in a certain sequence.

Coaching Points

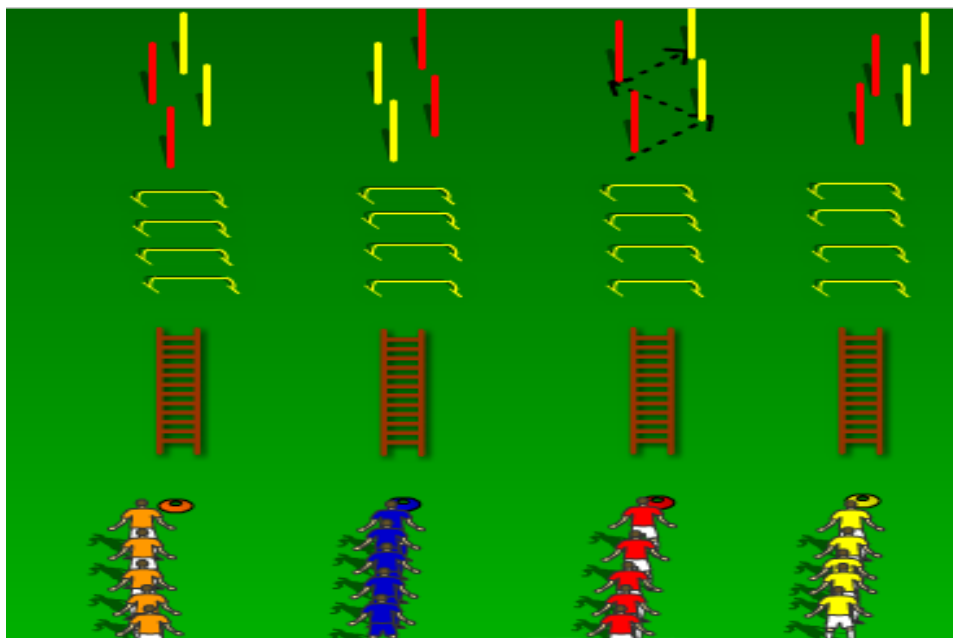
- Start off in the ready position (ready to push off the balls of your feet)
- Keep your eye on the oncoming object
- Follow the object & move your feet quickly to avoid being hit
- Use a variety of movements to avoid the object

Agility - Skill Practice (Obstacle Course) #10



To develop the ability to move quickly through SAQ equipment

To develop creativity and decision-making through the use of SAQ equipment



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into even groups and organised as shown in the diagram.

Rules

Organise pupils into teams. Demonstrate to pupils what you expect them to do through each piece of equipment. E.g. one foot through the ladder, two footed jump over the hurdles, slalom through the poles.

Development

Single leg hop through ladders, hop over hurdles, move backwards through the slalom poles

Allow pupils to come up with their own sequence through equipment. Pick two or three good ideas and let them show the class.

Coaching Points

- Give clear instructions
- Ensure players are using equipment safely
- Head up and eyes looking forward at equipment
- Avoid touching the equipment as you move through
- Move feet quickly with controlled movement.

Give participants the opportunity to change their course encouraging them to identify any necessary changes that need to be made.



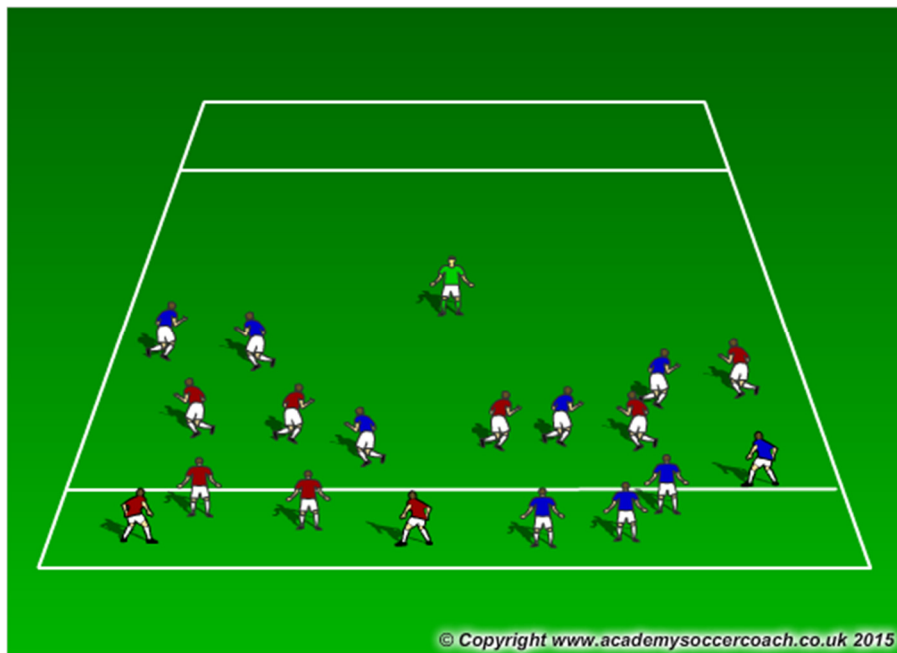
Curriculum Sports Programme

Agility - Game Practice

Agility - Game Practice (Bulldogs) #1



To develop the ability to change direction at speed to beat an opponent
To develop an awareness of body movements to outwit opponent



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into two even groups.

Rules

2 end zones with one bulldog in the middle. Everyone tries to get to the other end zone without the bulldog catching them. If caught you join the bulldog's team.

Development

Add a ball. Each player must dribble from one end zone to the other without getting caught by the bulldog or without losing their ball to the bulldog who can kick it out of bounds.

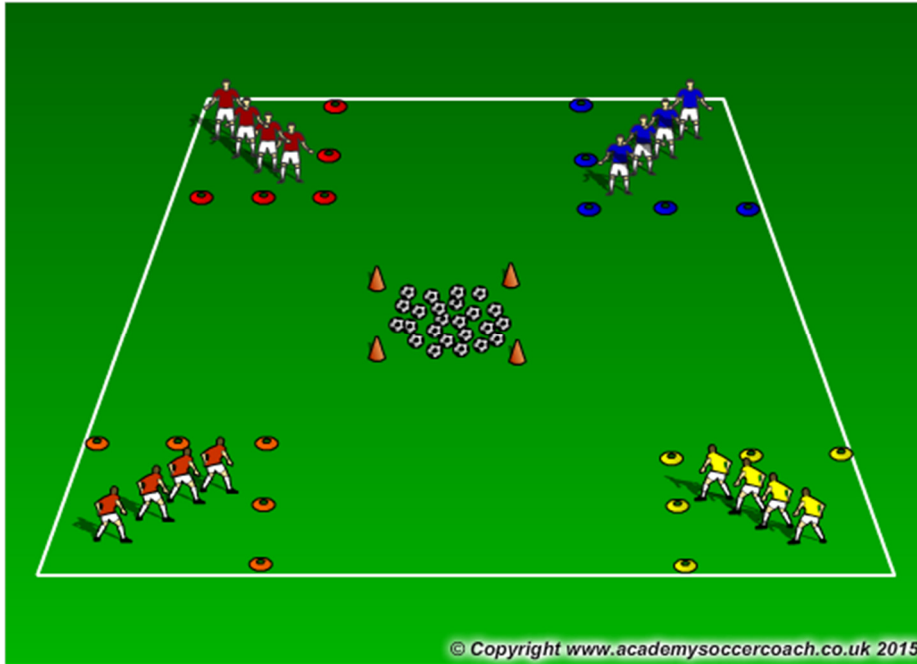
Coaching Points

- Approach the area with speed
- Change direction with speed
- Consider a disguise by going one way and then going the other
- Watch the defenders movement
- Look for space
- Stay on the balls of your feet
- Encourage players to think of a strategy to get to the opposite end zone

Agility - Game Practice (Treasure Island) #2



To develop the ability to efficiently and effectively change direction at speed with and without an object or a ball



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

4 teams in 4 corners of the hall. Balls in the middle of the playing area.

Rules

Children are divided into even groups of about four or five and line up in straight lines. There are a number of objects placed in the middle which the children need to collect. Only one team member can collect an object at a time. When all the objects have been collected the children should count them to see who wins the game.

Development

During Treasure Island the objects of different colours can be given varying values.

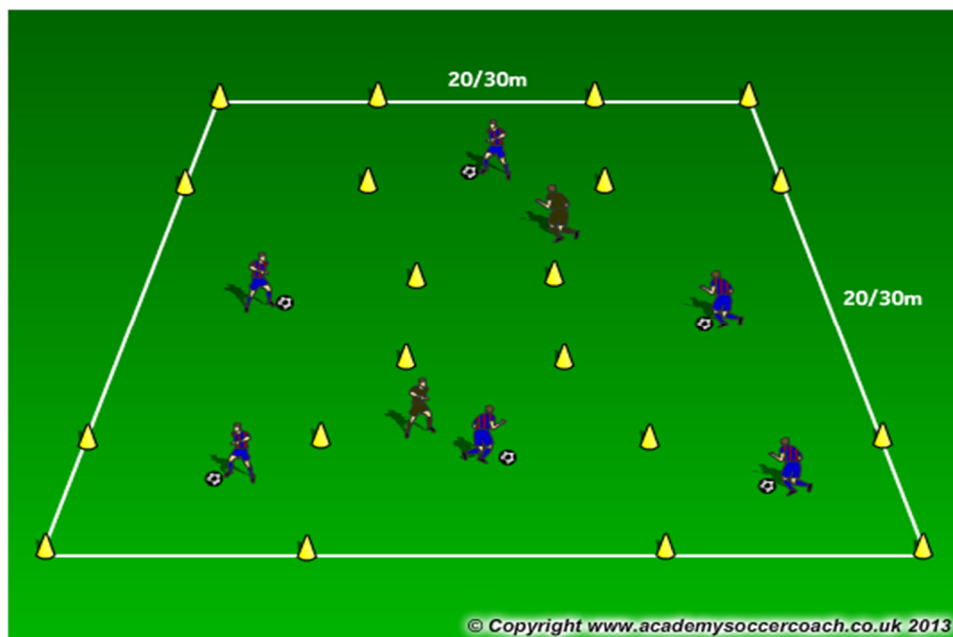
Bounce and catch the footballs back/ throw and catch dribble.

Coaching Points

- Stay on the balls of your feet
- React quickly when it is your turn to go
- Move feet quickly
- Reach with arm closest to the object
 - Do not reach across your body to collect an object
- Bend knees to lower body
- Encourage a fast, efficient turn

Agility - Game Practice (Castles) #3

To develop the ability to change direction at speed
To develop the ability to work together as part of a team



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

4 teams in 4 corners of the hall in a box as their castle. One box in the middle acts as a jail.

Rules

There are 4 teams in 4 castles with one team in the middle as jailers. On command you must move to another castle without being caught by the jailer.

Development

If in jail your team can rescue you by touching your hand (high 5) Or you could add in a ball then you must dribble to another box without losing your ball.

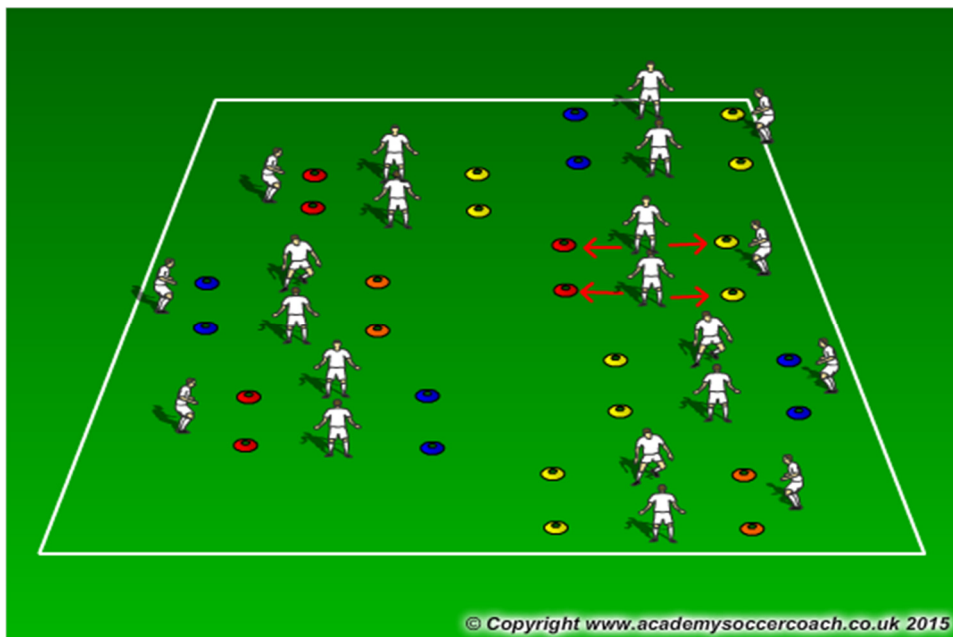
Coaching Points

- Approach the area with speed
- Change direction with speed
- Consider a disguise by going one way and then going the other
- Watch the jailers' movement
- Look for space
- Stay on the balls of your feet
- Encourage players to think of a strategy to avoid getting caught by the jailers
- Speed dribbling
- Keep head up

Agility - Game Practice (Mirror Dodge) #4



To develop the ability to efficiently and effectively change direction (laterally)
To develop the ability to disguise changes of direction to deceive an opponent



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Participants get into groups of 3 or 4. Each group needs 4 cones of 2 different colours and lays them out as seen in the diagram.

Rules

2 players play against each other at a time while the other player(s) rest. One player will be the leader and the other will be the follower. The leader must move laterally to touch one of their cones and the follower must mirror this movement but touching their cone of the same colour. Each time a cone is touched the leader should return to the middle before moving to touch another. The leader should disguise their movements in attempt to cause their follower to move to the wrong colour. After 15 seconds swap roles and then change the resting players.

Development

Move cones so that colours are on opposite sides. Allow one of the resting players to call the colours for the players to react and see who touches the correct colour first. Specify the hand each player must use to touch the cones. Change the movement used. Add equipment e.g. dribble a football, basketball

Coaching Points

Promote a good starting position:

- Knees bent
- Heels off the floor
- Quick, decisive changes of direction

Agility - Game Practice (Zone Ball) #5



To improve ability to change direction and speed whilst dribbling a ball.

To improve confidence and composure on the ball when faced with an opponent/catcher.



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

Participants find their own personal space in the area and wait for the coaches command.

Rules

There is one catcher in the middle. On the command 'dribble' everyone dribbles their ball. The catcher tries to knock their ball out of the grid. If they get into the end zone they are safe for 5 seconds. If their ball is knocked out of the grid they are out. Game lasts for 2 minutes.

Development

- Increase or decrease number of catchers
- Increase or decrease the grid size
- Change the time limit

Coaching Points

Encourage children to move off the balls of their feet and to move feet quickly. Ensure participants look for space and move with their head up. Make participants aware of others in the playing area to avoid collisions. When dribbling the ball, encourage players to take soft touches, keep their head up, and to keep the ball close to their body. Encourage players not to panic when confronted with the catcher but to instead change direction and to use their body to shield the ball.

Agility - Game Practice (Balloon Juggle) #6



To develop reaction time
To develop teamwork skills



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

Each pair will have 3 to 5 balloons. Each player takes it in turns to be the worker. The worker needs to keep 1 balloon, then 2 balloons etc. in the air at the same time – partner throws the balloons in for the worker.

Development

- Increase number of balloons
- Use different shaped balloons
- Teams and competition
 - who can keep the most balloons in the air for the longest

Coaching Points

- Stay on the balls of your feet and remain agile throughout
- Consider which balloon is likely to hit to floor first and hit it
- Keep balloons close to each other to make it easier

Agility - Game Practice (Dodge Ball) #7



To develop control of the body in a dynamic environment (move quickly & efficiently, start, stop & maintain stability)

To develop a combination of movements by using good balance, co-ordination, range of movement, strength and speed



Area

20 x 20 yards or 30x 30 yards depending on numbers.

Numbers

This game can accommodate numbers ranging from 10 to 20.

Layout

Divide the participants into two teams. Teams take up a position inside their half of the playing area.

Rules

The game starts with all the balls placed along the centre line. Both teams start at the back of their half. On the coaches call or whistle the teams can run forward and try to collect a ball to start the game.

Players from each team try to hit the players from the opposing teams below the knee. If hit a player must stand to the side of their half. The game is complete when all players are out from one team.

Development

The coach can add the rule that an 'out' player can re-enter the game if a ball is caught by one of their team. To increase the difficulty of the game, out players can be positioned behind the opponents back line and can try to hit the opposition below the knee from this position.

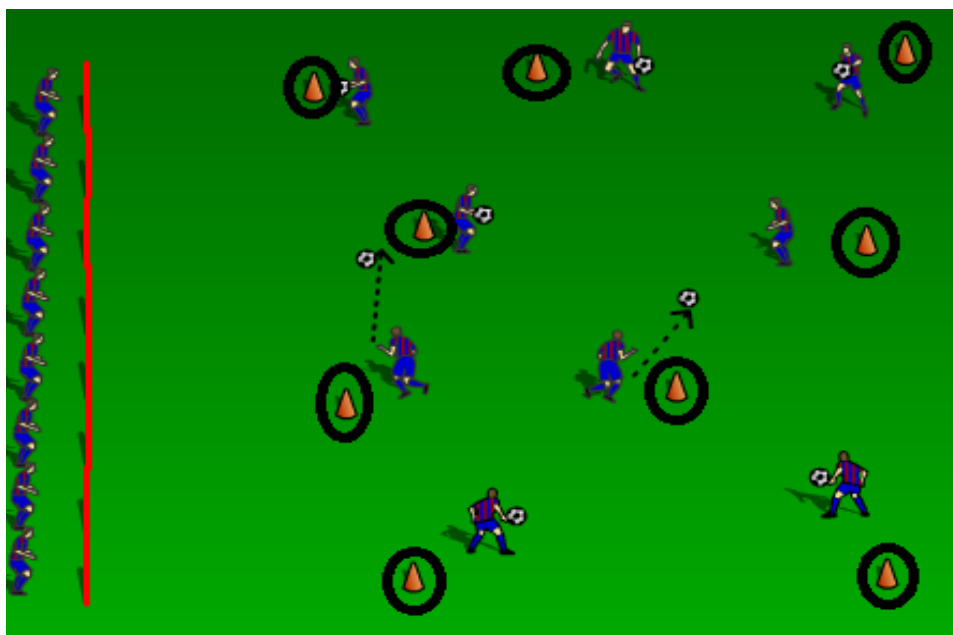
Coaching Points

Focus on changing direction - concentrate on reactions, ability to move forwards, backwards and laterally. Look at the throwing action of each player (over arm and under arm). Pay attention also to the participants head movement and ability to assess what is going on around them.

Agility - Game Practice (Pin Down) #8



To develop the ability to efficiently and effectively change direction
To develop quick reactions to block opponents throw



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The activity is laid out as shown in the diagram.

Rules

A hula hoop and a bowling pin/tall cone make up a player's home-base. The aim is to throw the ball to knock down someone's pin. The remaining players stand at the edge. Players try to knock down each other's pin, and players are allowed to leave their base but if someone's pin gets knocked down, players on outside shout pin down and is replaced by the first person in the line. Players are not allowed inside the hoop.

Development

If a player holds onto a ball for more than 5 seconds they must switch with an outside person. Move hoops and pins closer together. Can be played in team's (4v4) with the first team to knock out the other team winning.

Coaching Points

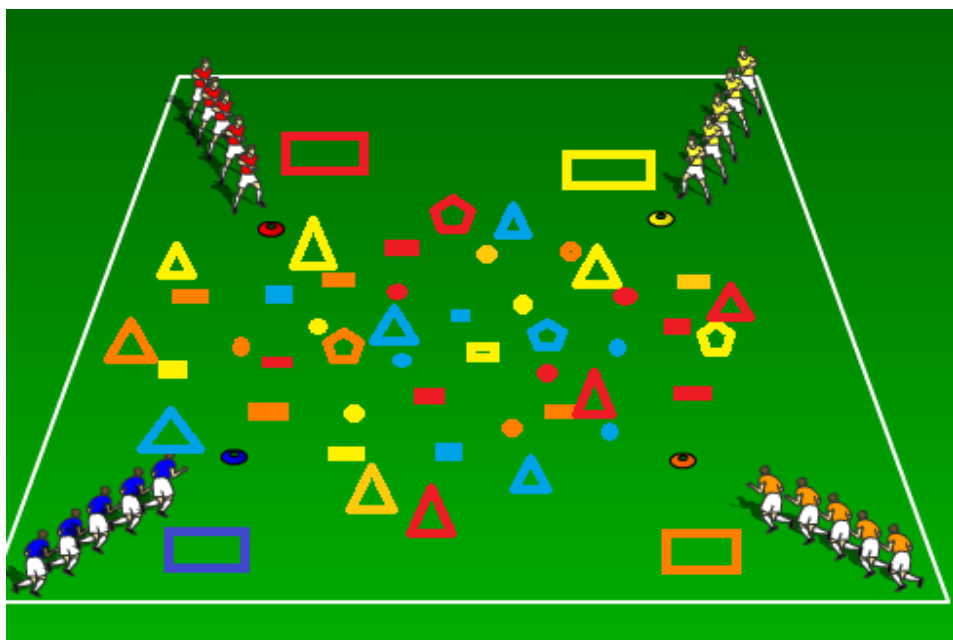
- Move feet quickly around the hoop to protect your pin
- Keep your eye on the oncoming object
- Can use arms/feet to hit the ball away
- Use a variety of movements to move around the pin
 - Forwards, backwards, sideways, or duck

Agility - Game Practice (Crazy Shapes) #9



To improve the ability to work as a group

To improve the ability to move quickly and efficiently and to improve hand-eye coordination



Area

20 yards x 20 yards or 30 yards x 30 yards depending on numbers.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.

Layout

The participants should be organised into four groups and the area laid out as shown in the diagram.

Rules

Working as a team the teacher will call out the shape and the first person in line has to run out and collect the item making sure it's the same colour as their team and place it into their box.

Continue until all shapes are away. Make sure you have the same amount of each shape laid out in each colour.

Development

Final round: see which team can pick up all their own colour and bring it back the quickest.

Coaching Points

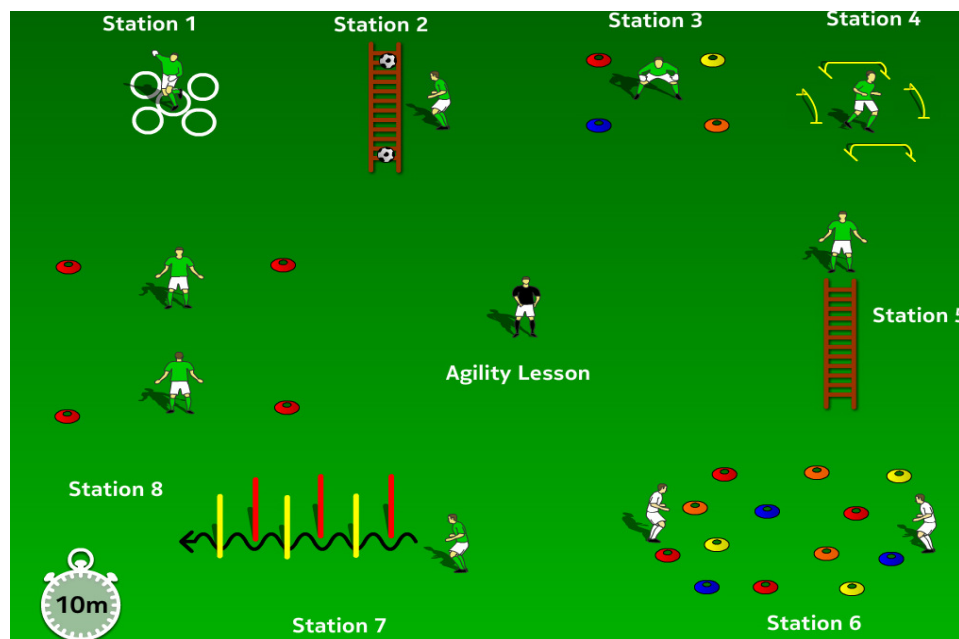
- Keep your head up eyes forward
- Stay on the balls of your feet
- React quickly when it is your turn to go
- Move feet quickly
- Reach with arm closest to the object i.e. do not reach across your body to collect an object
- Bend knees to lower your body
- Encourage a fast and efficient turn

Agility - Game Practice (Circuit) #10



To develop control of the body in a dynamic environment

To develop a range of movement patterns; forwards, backwards, laterally



Rules

Station 1: Single leg hop/jump always returning to the middle

Station 2: Place a tennis ball at either end of the ladder, moving one ball at a time up the ladder so that they eventually meet in the middle (lateral movement).

Station 3: One person call out the colour to the person in the middle, they must move quickly to touch the cone.

Station 4: Move forwards, backwards, sideways over the hurdles

Station 5: Move through the ladder placing both feet in each square.

Station 6: Volcanoes and craters against your partner.

Station 7: Weave in and out of the poles moving forwards sideways backwards.

Station 8: Knee tag – with your partner you have to try and touch your partners knees with your hand or if you have tag belts try to pull them off your partner's waist.

Development

Depending on class size will determine group sizes and length of time at each station.

Coaching Points

- Move through equipment safely
- Keep your head and eyes looking forwards
- Change direction quickly if needed
- Work together as a group

Area

Sports hall or outside.

Numbers

This activity can accommodate 20+ participants depending on the size of playing area.