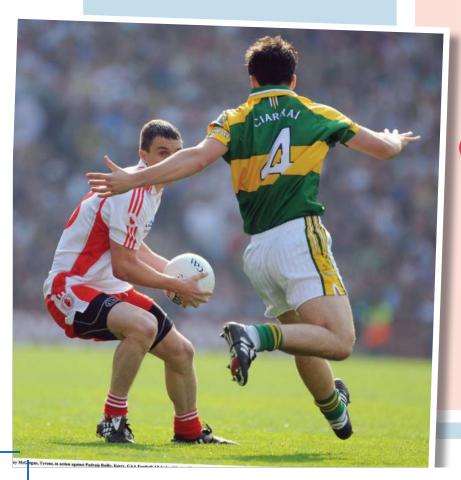
AGILITY



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



BACK TO BACK

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



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

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

LEVEL 2 EXERCISES



FREEZING

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



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.



MIRROR MIRROR

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

LEVEL 3 EXERCISES



MINEFIELD WITH BALL

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



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.

- 5 pace 7 ask 6 quipment 1 layers
- vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- 🚺 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
- increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.