

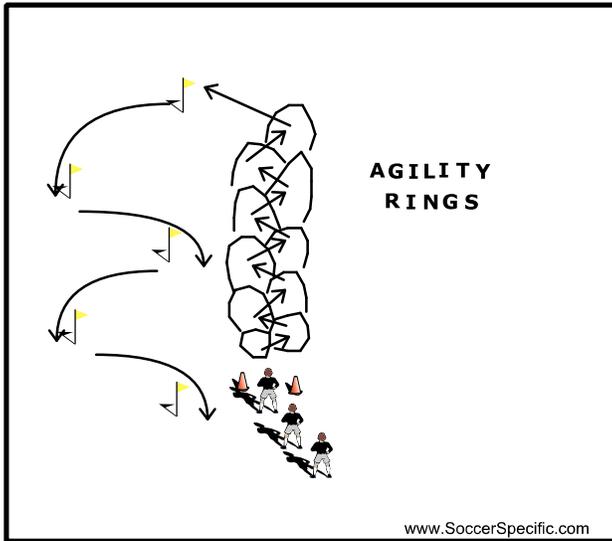
**ACTIVITY #1**

**Set up:** Agility Rings- Lateral Push

Place 2 cones as a starting gate followed by rings staggered in a line.

**Instructions:** Players take single steps into each of the rings. Upon exiting the rings players turn and run through the slalom poles back to the start

**Coaching Points:** Emphasize bending the knees and getting a good lateral push into the next ring and around the poles



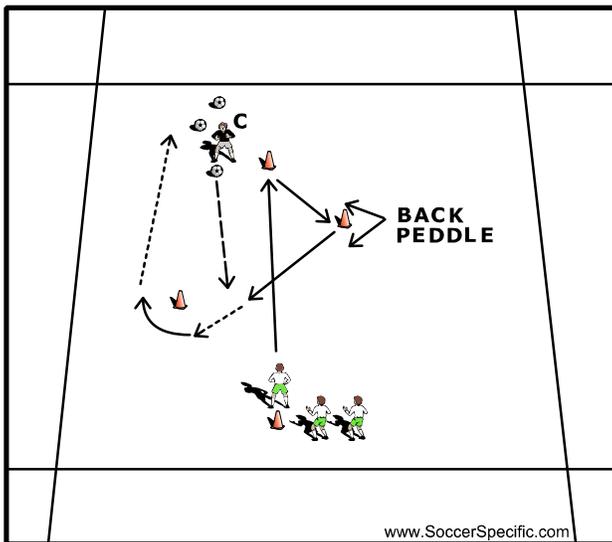
**ACTIVITY #2**

**Set up:** Defensive Back Peddle

Place 4 cones as shown above and several balls beside the coach

**Instructions:** Players run towards the cone beside the coach to close down space. Facing to the right players back peddle to the cone. Player pivots and back peddle in the opposite direction. Prior to arriving at cone coach plays a pass. Player receives pass and turns upfield dribbling the ball back to the coach then returns to line

**Coaching Points:** emphasise closing down space quickly and under control. Back peddle on a 45 and do not cross feet. When pivot open up hips and long first step to start back peddle. Younger players eliminate the pivot just close down space and back peddle



**ACTIVITY #3**

**Set up:** Agility Ladder ( hopping )

Place 2 ladders seperated by a few hurdles in front of line of players. Place 3 cones at the exit of the second ladder followed by a ball.

**Instructions:** Players complete the circuit by going through the ladders and hurdles then running around the 3 cones and pick up a ball placed by a coach. player dribbles the ball back to the starting line. A second coach passes the ball back to the top

**Coaching Points:** Ladder sequence--- Bunny hop, 2 feet at same time

hop scotch, 2 feet out, 2 feet in, 2 feet out ,

2 feet in.....

Older Players

out.....

Single step- in, in ,out ,out, in, in, out,

