



SESSION PLAN

Session Title

PACE

Objectives

To Improve Agility

PHASE & ACTIVITY

DIAGRAM

COACHING POINTS

1. Warm up: Dynamic Flex

Players move around the outside of the area performing from:

Skips, wide skips, high skips, knee across skip, hurdle walk, carioca, calf walk, hamstring walk, deep lunge walk, lateral running, side lunge, All the above can be performed forwards and backwards. Intersperse with ball games such as tag, Sharks etc.

2. Mirroring

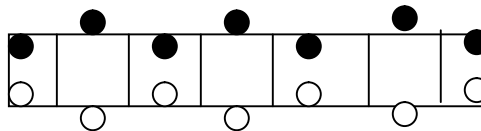
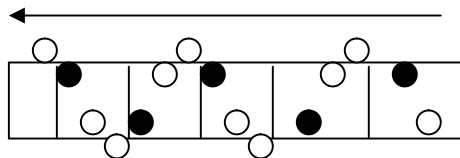
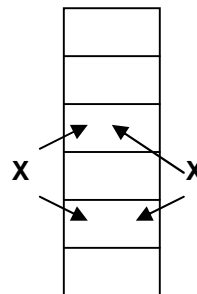
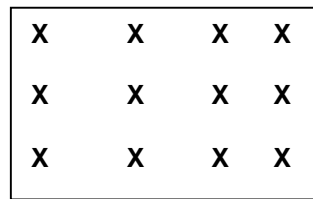
Players stand opposite each other either side of a ladder rung. One player leads by placing his/her foot in a rung which the second player must copy. Player 1 then repeats with a different rung etc. This is done at speed and player 2 must mirror player 1's actions. Switch. Two or four players to a ladder.

3. Agility Patterns

- a) Running diagonally place two feet in the rung space and one foot out, then two feet in and one out the other side.
- b) Run through the ladder placing two feet in one rung space and then the two feet outside the next rung space etc.
- c) Same as a) but moving backwards

Alternate the starting foot for each set. Variations on the above including different starting positions, ball work at end of the ladder and movement patterns on the return to the start.

4. Cool down



The movements are game related.

Ensure fluid movement before the stretch walks

Close observation of partner
Be on your toes with knees slightly bent

Arms out to assist with balance

React quickly
Read visual cues of partner

Quick feet
Keep feet close to the ground for agility movements i.e. different to pure speed