



SESSION PLAN

Session Title PACE

Objectives To Improve Agility and Co-ordination

PHASE & ACTIVITY	DIAGRAM	COACHING POINTS
<p>1. Warm up: Dynamic Flex</p> <p>As previously shown. Intersperse with ball games such as tag, Sharks etc.</p> <p>2. Mirroring</p> <p>As in the previous week.</p> <p>3. Agility Run</p> <p>a) Players run from cone to cone in a full sprint. b) Players move in a sidestepping motion between the cone. c) Players sidestep to the first cone then pivot 180 degrees to sidestep facing the other way etc.</p> <p>For younger children relays can be used once the pattern has been understood. Can also introduce 'catch-up' where the next player goes once the first player has reached the first cone. Second player attempts to catch up to the first. Can incorporate balls by feeder passing in.</p> <p>4. Ladder Work</p> <p>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) Same as a) but place a cone in every third rung c) Move by going three rungs forward (both feet in rung), one rung back and out to the side. Cross the outside leg over and repeat.</p> <p>5. Cool Down</p>	<div data-bbox="746 667 1059 864" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>X X X X</p> <p>X X X X</p> <p>X X X X</p> </div> <div data-bbox="721 929 1059 1581" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <p style="text-align: center;">As with last week.</p> <div data-bbox="673 1693 1086 1912" style="border: 1px solid black; padding: 5px;"> </div>	<p>The movements are game related.</p> <p>Ensure fluid movement before the stretch walks</p> <p>Mechanics of start Speed of movement Quality of movement Push off outside foot to change direction</p> <p>Low body position when changing direction</p> <p>Drive up and forwards out of low position Use of arms</p> <p>For c): Pivot on foot nearest to the cone in low position</p> <p>Turn head first and the rest of the body will follow</p> <p>Fast feet close to the ground Bend knees Stay low</p>