

## Agility Training Equipment:

You may already have some of this cool stuff and better stuff but I thought that I would share the sources of some of the agility training-types of equipment that I have been using, as info for you.

Visit the following link for agility training poles. I have purchased a set for school student and athlete use.

[http://www.teamskyline.com/index.cfm/fusemethod/cdd2\\_sub/catid/15/category/Soccer/subcatid/591/sub\\_category/Agility%20Training/](http://www.teamskyline.com/index.cfm/fusemethod/cdd2_sub/catid/15/category/Soccer/subcatid/591/sub_category/Agility%20Training/)

Also visit [www.kwikgoal.com](http://www.kwikgoal.com) for Speed Rings, for decision training in dryland training

Poly round spots, comes in sets of 6. Great for decision training and agility training in addition to speed rings above

<http://www.marchants.com/mss.nsf/wasearch?openagent&txt=poly%20round%20spots>

purchase various colored, small pylons for above uses as well, I am sure you have

<http://www.teamskyline.com/index.cfm/fusemethod/cdd1/catid/16/category/Cones/>

## Other:

I purchased an incredible soccer agility/speed training DVD through Team Skyline sports. The dvd is a Kwik Goal product. I could not find it at Kwik Goal web site but I ordered it from Team Skyline Sports Ltd

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Some wonderful demonstrations for developing speed, agility using the equipment above and some speed hurdles, useful for me anyway!

Canadian Active Living Circuit Fitness Charts

<http://www.thompsonbooks.com/fitnesscharts/>

AGILITY LADDER - 10 yrds long 20" wide

<http://www.northstarsports.com/index.php?p=product&id=383&parent=254>

[www.fitterfirst.com](http://www.fitterfirst.com) for Bongo Boards, wobble boards, balance boards, stability ball

For Nordale Physical Education information, visit our web page  
[www.lrsd.net/schools/nordale](http://www.lrsd.net/schools/nordale)

