



Farside Workshop April 18, 2008

Agility and Fitness Activities: Brian Hatherly

Warm-up, brief

Dynamic warm-up in partners, x-gymnasium large group, skier hops, hip twister, running A's on the spot, fire dance, tucks, leg swings, hip circles, upper body activity, leg rotations, butt kickers etc.

Stations:

Agility Triangle (timed)    Ladder/spots/over-under (timed)    Decision Making

Jump Grid (20 seconds each)

Crazy Bounce (Reaction Ball)

Plank and Stack

Spider Crawl/ Skater-sliders

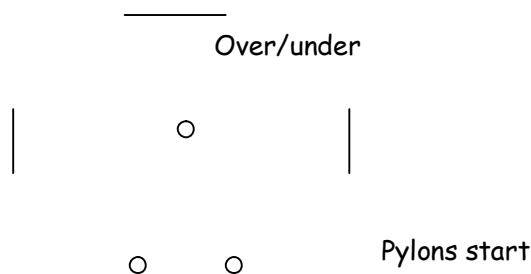
Pink Panther (Lunges)

Boomerang Station

Skip-its

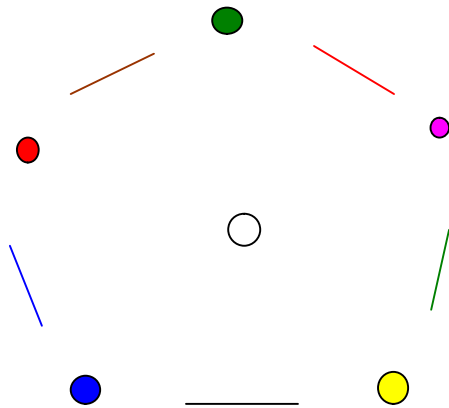
Boomerang Run

(Adapt for sport skills as well) ie. soccer/badminton etc.



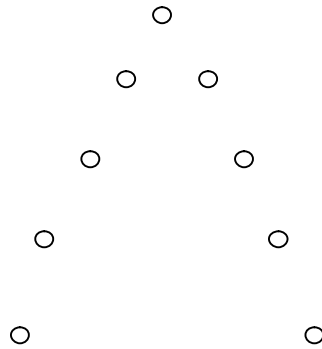
can be timed, or use as assessment of dynamic balance?? speed- fast as possible.

Decision Making Course (hurdles, poly spots)



Partner challenges other to perform a pattern of colours through a course with various coloured poly spots and hurdles. Partner is to remember pattern while performing fast. Have athlete repeat 3 times consecutively. Options: vary the number of patterns (4-6), include two athletes performing at the same time.

Agility Triangle (Timed): Five tennis balls shuttled in order from one side to the other



Jumping Grid: Front-back, side-side, diagonal (20 times for each of the three). Use lines on floor etc.

