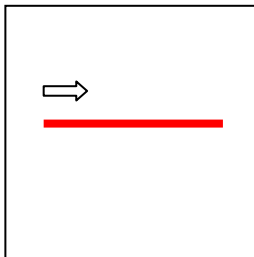


Agility

Agility is the ability to change direction or body position, quickly and precisely. In most sports (darts and snooker may not qualify here!) players will need to be able to change direction often and in many varied ways. Tennis, football, hockey and many other games and sports all require many quite random directional changes and changes of pace with great frequency. Therefore, acceleration is an important part of all agility drills.

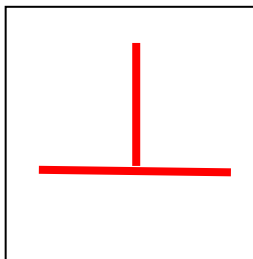
As well as enhancing performance, good agility training will aid injury prevention, improve balance and develop ability to move in any direction. You will be helping the player get used to these sudden and quick changes of direction.

Laterals



Rest between efforts
Start at left. 10 steps right 10 steps left
Keep on balls of feet
Look forward
Keep arms close to body
Do not cross legs

T's



Rest between efforts
At base of T run backwards, then 5 laterals right then 5 left then forwards back to base.
Next effort in opposite direction

Zig-Zags



Run in a zig zag pattern for approx 8 m forwards and then backwards, ending at the same point. Use cones at turning points.
Look over shoulder when running backwards