

These are fun exercises to develop Agility

EXERCISE 1 TRAVELLING

ORGANISATION

- The players travel around the playing area in different directions and in as many different ways as possible e.g. jogging, hopping, jumping, sideways, backwards etc.

KEY POINTS

- Each player uses a different pathway
- When moving sideways, don't cross legs
- When moving backwards, look over each shoulder and move on the balls of the feet



EXERCISE 2 SIGNAL MAN

ORGANISATION

- The players move in different directions on a signal from the Coach or a designated player
- Incorporate different actions or movements for specific signals

KEY POINTS

- The players must remain alert and ready to change direction or action
- Move on the balls of the feet to adjust position easily



EXERCISE 3 DODGEMS

ORGANISATION

- The players travel around the playing area while avoiding the markers and the other players while pretending to drive dodgems or bumper cars
- To make the task more difficult, reduce the size of the playing area

KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



EXERCISE 4 BACK TO BACK

ORGANISATION

- The players move around the playing area randomly while avoiding the other players
- On a signal from the Coach they pair off quickly and stand back to back

KEY POINTS

- Move close to the other player before turning back to back



EXERCISE 5 CLOSING THE SPACE

**ORGANISATION**

- The players move around the playing area while avoiding the other players
- The Coach reduces the size of the playing area throughout by acting as a perimeter on one side thereby making the task gradually more difficult

KEY POINTS

- Ensure the players have enough room to move around safely
- No bumping

EXERCISE 6 MUSICAL CHAIRS

**ORGANISATION**

- The players run around the playing area randomly
- On a signal from the Coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

KEY POINTS

- No pushing or bumping

EXERCISE 7 FOX AND HEN

**ORGANISATION**

- One player is designated the 'fox'
- The 'fox' must chase the other players - designated 'hens' - around the playing area
- When a 'hen' is tagged they become the new 'fox'
- The 'hens' are safe when standing on the round markers

KEY POINTS

- Ensure the players have enough room to move around safely
- No harsh grabbing, pushing or bumping

EXERCISE 8 1, 2, 3 RED LIGHTS

**ORGANISATION**

- One player acts as a 'caller' with their back to the rest of the players
- The 'caller' gives a signal for the other players to move forward
- They then call out '1, 2, 3 Red Lights' and turn around
- Any player they catch still moving is out
- The exercise continues until only one player remains

KEY POINTS

- The players must remain alert to react to the signal
- Focus on balance when stopping