

These are fun exercises to develop Agility

EXERCISE 1 TOUCH THE DOME

ORGANISATION

- Place different coloured markers or domes around the playing area
- Challenge the players to touch 3 caps of the same colour in succession
- Then, challenge them to touch 3 different coloured markers in succession
- The Coach may also call a colour to which the players must travel

KEY POINTS

- Ensure the players have enough room to move around safely
- Touch the markers with the toes before moving quickly to the next cap



EXERCISE 2 BRIDGES AND RIVERS

ORGANISATION

- The players work in pairs, one player designated the 'bridge' and the second the 'river'
- The players run around the playing area, and on a signal from the Coach the 'bridges' balance on their hands and feet while the 'rivers' crawl under the 'bridges'
- The 'rivers' can also crawl under the 'bridges' from back to front as well as side to side

KEY POINTS

- Move quickly into the bridge position
- 'Rivers' get down low and shuffle using the forearms and lower legs



EXERCISE 3 NUMBERS AND SHAPES

ORGANISATION

- The players run around the playing area and on a signal from the Coach make a shape or formation, for example a square or triangle
- A variation of the exercise is for the Coach to call a number and for the players to group into that number as quickly as possible

KEY POINTS

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



EXERCISE 4 DODGE THE DOME

ORGANISATION

- The players approach a marker or dome and side-step past it; encourage use of both sides
- Start at a slow or walking pace before gradually increasing the speed as the players become more comfortable
- This exercise can also be performed with a partner; one player remains stationary while the other jogs forward and side steps past them

KEY POINTS

- Plant the lead foot firmly on the ground, transferring the body weight to the foot
- Push hard off the planted foot to 'spring' to the other side
- Plant the opposite foot and continue forward in the new direction



EXERCISE 5 TOE TOUCH



ORGANISATION

- The players work in pairs; each player attempts to touch the toes of their partner by moving their feet quickly
- Ensure the players do not stamp on their partner's toes
- Challenge the players to score five touches
- To vary this exercise the players must attempt to touch each other's knees with theirs

KEY POINTS

- Lightly touch the partner's toes when their foot is placed on the ground
- No stamping or pushing

EXERCISE 6 FREEZING



ORGANISATION

- The players run around the playing area randomly
- On a signal the players must freeze and hold their position until the Coach signals them to run around again

KEY POINTS

- Ensure the players have enough room to move around safely
- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping move off quickly in a new direction

EXERCISE 7 TAIL TAG



ORGANISATION

- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

KEY POINTS

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

EXERCISE 8 MIRROR MIRROR



ORGANISATION

- The players work in pairs, with one player in each pair designated the leader
- The second player must copy the movements of the leader
- Switch the roles after a set time

KEY POINTS

- Watch the leaders movement, not their eyes, to quickly copy their actions
- No pushing or bumping