

# AGILITY & COORDINATION

Term 4 program

Agility & coordination should be performed immediately following warm up, before other activities or trained on its own

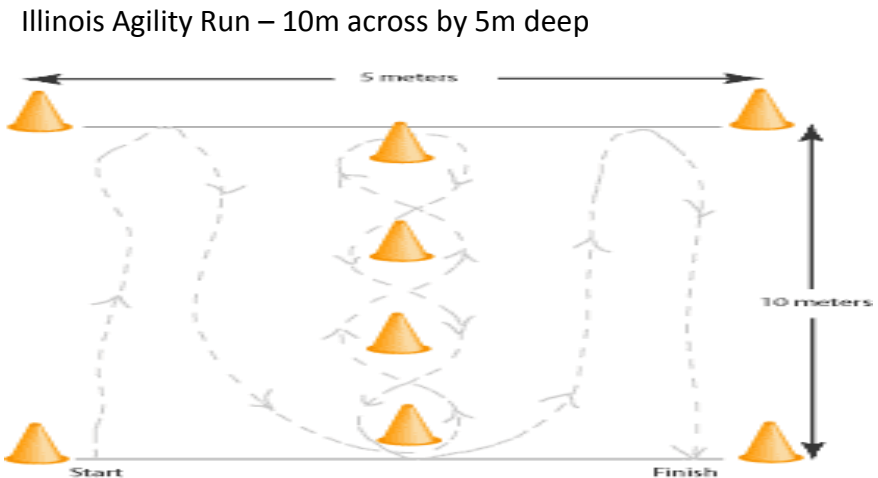
**3x per week for best results**



# Agility & Coordination

A sampling of agility & coordination exercises listed on the coming pages – there are thousands of options and very few wrong answers with this kind of training.

1. **Warm up** – Full dynamic warm up
2. **Recovery** – Aerobic recovery - stretch + hot and cold shower – 20 seconds hot followed by 10 seconds cold x3 (time for shower permitting – please be mindful of water usage)
3. **Frequency** – 3x times per week
4. **Training Focus** – acceleration, deceleration, direction changes, decision making



## Work & rest periods

- Work for ...
- Between sets, rest for ...
- Total work in minutes (not incl. rest)

## C1 – 2000 / 1999 born

20-30 seconds  
45-60 seconds  
10-12 minutes

## C2 – 1998 – 1997 born

30-40 seconds  
45-60 seconds  
12-15 minutes

## Phase Comments:

Weeks 3-4: **Add 10** seconds for timed exercises – add 4 reps per exercise for the others

Weeks 5-7: **Add 10** seconds from week 4 for timed exercises + 4 reps from week 4 for the others

Weeks 8-9: same as weeks 5-7



# Agility & Coordination

## Staples – be sure to include these in your planning

- Illinois Agility Run 6x times through in each direction
- Box jump – 20-30cm's high 60 seconds flat out – 1 to 2 times through
- Speed ladders Pick your own pattern – mix it up!

## Check out the coming pages for a few ideas

### Be creative – emphasize the following:

- Accelerating and decelerating movements – in a straight line and side to side
- Sharp – crisp direction changes
- Wear good runners with plenty of tread and always perform these activities on a grippy surface



# Agility & Coordination



## Mini hurdle knee lifts

Keep the chest up with the torso in a tall position with a slight forward lean at the hips. Push off the balls of the feet & dorsiflex the feet as soon as they leave the ground. Minimize the contact time with the ground. Focus on fast leg movements rather than moving too fast through the hurdles. Consider incorporating more hurdles to further emphasize a high knee lift. Do not lean the body back while running through. The spacing of the hurdles may be determined by leg length & the

**Cautions** - Warm up adequately before commencing this exercise.

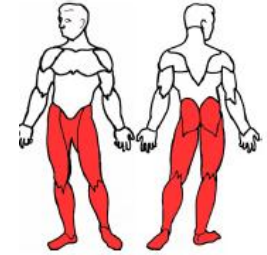


## Agility drill w. inclination

Gradually increase the angle of the hip & knee to lower the centre of gravity prior to placing the hand on the ground. Keep the legs moving rapidly as the hand is placed on the ground. Focus on fast stride frequency rather than stride length during the acceleration.

**Cautions** - Adequately warm up before commencing the explosive exercises. This exercise requires adequate leg & upper body strength to perform correctly & safely.

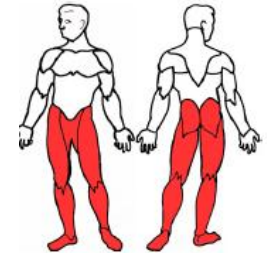
# Agility & Coordination



## Mini hurdles w. acceleration

Keep the chest up with the torso in a tall position & a slight forward lean at the hips. Push off the balls of the feet & dorsiflex the feet as soon as they leave the ground, minimizing the contact time with the ground. Focus on fast leg movements rather than moving too fast through the hurdles. Consider incorporating more hurdles to progress the exercise. Do not lean the shoulders back while running through. The spacing of the hurdles may be determined by the leg

**Cautions** - Warm up prior to commencing this exercise. Ensure that the ground has adequate grip.

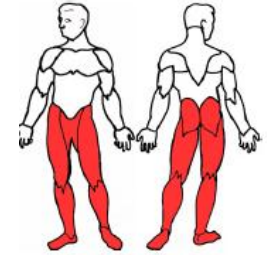


## Speed – Agility ladder 1

Place the inside foot into the square & press across the ladder then repeat the movement with the opposite foot while moving backward. Maintain a tall posture with a slight forward lean. Try to look forward rather than down to progress the exercise.

**Cautions** - The surface should be flat with sufficient grip.

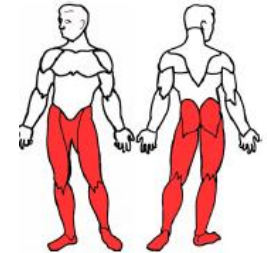
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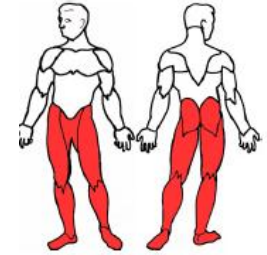


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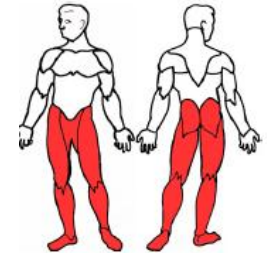
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## Agility – speed ladder 2

Place the inside foot into the square & press across the ladder then repeat the movement with the opposite foot while moving forward. Maintain a tall posture with a slight forward lean. Try to look forward rather than down to progress the exercise.

**Cautions** - The surface should be flat with sufficient grip.



## Speed – Agility ladder 3

Move laterally down the ladder & dorsiflex the feet as the hips are flexed. Push off the balls of the feet, maintaining an upright posture. Continue to swing the arms in sync with the feet. Try to look up rather than at the ground to progress the exercise.

Emphasize good quality foot contact & correct technique.

**Cautions** - The surface should be flat with sufficient grip.