

8. Agility
(All Change!)
 Change of Speed /
 direction, level or body
 shape

*Athletes must ensure that they
 complete all challenges turning /
 moving in both directions.*

8a) Sprint forwards from a ready active position over 10m.	8a) Sprint backwards from an upright ready position over 10m.	8a) Sprint forwards from a ready active position over 10m, then decelerate (by leaning backwards) over 5m and accelerate (by leaning forwards) over 10m.	8a) Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.	8a) Sprint forwards and change direction on cue (2 cones located left & right of athlete approximately 45°).	8a) Box drill Sprint forwards over 5m, lateral over 5m, backwards over 5m and lateral over 5m, displaying good technique.
	8b) Ladder Drill Run forwards through ladder with fast feet, both feet in each square with arm drive and good posture.	8b) Sprint backwards from a ready upright position over 10m, then decelerate (by leaning forwards) over 5m and accelerate (by leaning backwards) over 10m.	8b) Move laterally at speed between 2 cones over 10m. Change direction by leaning into the intended direction and pushing off the outside foot.	8b) Sprint backwards and change direction on cue (2 cones located left and right of athlete approximately 45°).	8b) Box drill Sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over lateral over 5m, displaying good technique throughout.
		8c) Ladder Drill Move laterally and slowly with both feet in and out each square with arm drive.	8c) High knee drill forwards and then backwards with good posture (over 5m).	8c) Skipping drill forwards and then backwards with good posture (over 5m).	8c) High knee drill laterally (both left and right) with good posture (over 5m).
			8d) Ladder Drill Move laterally with fast feet, bringing both feet in and out of each square and with good arm drive and posture.	8d) Ladder Drill Start both feet in square and move laterally and diagonally, stepping out with both feet, missing out the next square along and then back in.	8d) Ladder Drill Spotty dogs (fast) with both feet in each square before moving laterally.
				8e) Ladder Drill Spotty dogs - moving laterally one square at a time alternating feet with only one foot in each square.	8e) Ladder Drill Icky shuffle with 1 foot in.

8 Agility: Change of Speed, Direction, Level or Body Shape

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Sprints



Red Stage Progressions

Sprints

- a) Sprint forwards from a ready active position over 10m.

Ladder Drills



Yellow Stage Progressions

Sprints

- a) Sprint backwards from an upright ready position over 10m.

Ladder drills

- b) Run forwards through the ladder with fast feet, both feet in each square with arm drive and good posture.

Sprints



Green Stage Progressions

Sprints

- a) Sprint forwards from a ready active position over 10m, then decelerate (by leaning backwards) over 5m and accelerate (by leaning forwards) over 10m.
- b) Sprint backwards from a ready upright position over 10m, then decelerate (by leaning forwards) over 5m and accelerate (by leaning backwards) over 10m.

Ladder drills

- c) Move laterally and slowly with both feet in and out each square with arm drive.

8 Agility: Change of Speed, Direction, Level or Body Shape

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High Knee Drills



Sprint Drills



Box Drills



Ladder Work



Purple Stage Progressions



Sprints

- a) Sprint forwards, then change to backwards running after 10m (moving in the same direction throughout) over 30m.

Lateral movements at speed

- b) Move laterally at speed between 2 cones over 10m. To change direction lean into the intended direction and push off outside foot.

High knee drills

- c) High knee drill forwards and then backwards with good posture (over 5m).

Ladder drills

- d) Move laterally with fast feet, bringing both feet in and out of each square and with good arm drive and posture.

Blue Stage Progressions



Sprints and skipping drills

- a) Sprint forwards and change direction on cue (two cones located left & right of athlete approximately 45°).
- b) Sprint backwards and change direction on cue (two cones located left and right of athlete approximately 45°).
- c) Skipping drill forwards and then backwards with good posture (over 5m).

Ladder drills

- d) Start both feet in square. Move laterally and diagonally, stepping out with both feet, missing out the next square, then back in.
- e) Spotty dogs – moving laterally one square at a time alternating feet with only one foot in each square.

Black Stage Progressions



Box Drills

- a) Sprint forwards over 5m, lateral over 5m, backwards over 5m and lateral over 5m, displaying good technique.
- b) Sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over lateral over 5m, displaying good technique throughout.

High knee drills

- c) High knee drill laterally (both left and right) with good posture (over 5m).

Ladder drills

- d) Spotty dogs (fast) with both feet in each square before moving laterally.
- e) Icky shuffle with one foot in.

9. Agility Reaction & Response

*Slow to fast, fast to slow using
both left and right hand.*

9a) Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height. Catch the ball after 1 bounce.	9a) Stand 1 metre away from partner who has arm stretched out to the side and drops a tennis ball. React quickly and catch after 1 bounce.	9a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after 1 bounce.	9a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.	9a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.	9a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner.
9b) As Red 9a, but from 2m away. <i>On Red can 'run through' after catch before deceleration.</i>	9b) As Yellow 9a, but from 2m away. <i>On Yellow can 'run through' after catch before deceleration.</i>	9b) As Green 9a, but from 2m away. <i>On Green can 'run through' after catch before deceleration.</i>	9b) As Purple 9a from 2m, with no 'run through' allowed.	9b) As Blue 9a from 2m, with no 'run through' allowed.	9b) As Black 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.
9c) As red 9b, from 3m away.	9c) As Yellow 9b, from 3m away.	9c) As Green 9b from 3m away.	9c) As Purple 9b from 3m, with no 'run through' allowed	9c) As Blue 9b from 3m, with no 'run through' allowed.	9c) As Black 9b from 3m, with no 'run through' allowed.

9 Agility: Reaction & Response

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Football Drop



Tennis Ball Drop



Random Drop



Red Stage Progressions

Football drop

- a) Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height – catch the ball after one bounce.
- b) As above from 2m away. On Red can 'run through' after catch before deceleration.
- c) As above from 3m away.



Yellow Stage Progressions

Tennis ball drop

- a) Stand 1 metre away from partner who has arm stretched out to the side and drops a tennis ball. React quickly and catch after one bounce.
- b) As Yellow 9a above, but from 2m away. On yellow can 'run through' after catch before deceleration.
- c) As Yellow 9b above, from 3m away.



Green Stage Progressions

Random drop

- a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after one bounce.
- b) As Green 9a above, but from 2 metres away. On Green can 'run through' after catch before deceleration.
- c) As Green 9b above, but from 3 metres away.



9 Agility: Reaction & Response

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Catch and Balance



Catch with opposite hand and balance



Facing Away



Purple Stage Progressions

Catch and balance

- a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.
- b) As Purple 9a above, but from 2m, with no 'run through' allowed.
- c) As Purple 9b above, but from 3m, with no 'run through' allowed.

Blue Stage Progressions

Catch and balance

- a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.
- b) As Blue 9a above, but from 2m, with no 'run through' allowed.
- c) As Blue 9a above, but from 3m, with no 'run through' allowed.

Black Stage Progressions

Catch and balance

- a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner.
- b) As Black 9a above, but from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.
- c) As Black 9b above, but from 3m, with no 'run through' allowed.

7. Coordination

Floor movement patterns & footwork (all travelling)

It is assumed that all challenges are completed, where appropriate, with both lead legs and/or both directions.

7a) Side-step with left foot lead and then right foot lead (feet meeting in the middle).	7a) Grapevine, travelling sideways with a crossover step in front and then behind.	7a) Combine side-steps with 180° front pivot and then reverse pivots, staying in lane.	7a) Combine side-steps with 180° pivots alternating between front and reverse pivots.	7a) Combine side-steps with a cross-over step. Accelerate on the cross-over step, de-accelerate on side-step.	7a) 3 step zigzag with each sequence forwards and backwards.
7b) Gallop by facing forward with 1 foot in front of the other.	7b) Skip forwards with 90° knees lift, opposite 90° elbow drive.	7b) Skip backwards with 90° knees lift, opposite 90° elbow drive.	7b) Speed Skaters forwards.	7b) Side-step with 180° pivots, combined with upper body swinging arms across body and then extended out in rhythmic pattern. Front pivot first, then reverse pivot and finally alternate pivot.	7b) As Black 7a with increased speed.
7c) Side-skipping with left foot lead and then right foot lead (feet hip width apart).	7c) Hopscotch forwards, alternating hopping on 1 foot with 2 footed jumps.	7c) Hop-scotch to alternate feet.	7c) Hopscotch, with same knee drive, travelling forwards then backwards.	7c) Hopscotch, with alternate knee drive, travelling forwards then backwards.	7c) Speed Skaters backwards.
		7d) Hopscotch backwards.		7d) Speed Skaters forwards with arm swings rotation.	7d) Hopscotch with single knee drive, alternating between forwards and backwards every 2 jumps by using a 180° jump.

7 Coordination: Floor Movements Patterns & Footwork

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Side Steps



Grapevine



Forward Skips



Hopscotch



Red Stage Progressions

Side-steps / skipping

- a) Side-step with left foot lead and then right foot lead (feet meeting in the middle).
- b) Side-skipping with left foot lead and then right foot lead (feet hip width apart).

Gallop

- c) Gallop by facing forward with one foot in front of the other.

Yellow Stage Progressions

Side-steps / skipping

- a) Grapevine, travelling sideways with a crossover step in front and then behind.
- b) Skip forwards with 90° knees lift, opposite 90° elbow drive.

Hopscotch

- c) Hopscotch forwards, alternating hopping on one foot with two footed jumps.

Green Stage Progressions

Side-steps / skipping

- a) Combine side-steps with 180° front pivot and then reverse pivots, staying in lane.
- b) Skip backwards with 90° knees lift, opposite 90° elbow drive.

Hopscotch

- c) Hopscotch to alternate feet.
- d) Hopscotch backwards.

7 Coordination: Floor Movements Patterns & Footwork

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Hopscotch



Speed Skaters



ZigZags



Purple Stage Progressions



Side-steps

- a) Combine side-steps with 180° pivots alternating between front and reverse pivots.

Speed skaters

- b) Speed Skaters forwards.

Hopscotch

- c) Hopscotch, with same knee drive, travelling forwards then backwards.

Blue Stage Progressions



Side-steps

- a) Combine side-steps with a cross-over step. Accelerate on the cross-over step, decelerate on side-step.
- b) Side-step with 180° pivots, combined with upper body swinging arms across body and then extended out in rhythmic pattern. Front pivot first, then reverse pivot and finally alternate pivot.

Speed skaters

- c) Forwards with arm swing rotations.

Hopscotch

- d) Hopscotch, with alternate knee drive, travelling forwards then backwards.

Black Stage Progressions



Three step zigzag

- a) Three-step zigzag with each sequence forwards and backwards.
- b) As A above with increased speed.

Speed skaters

- c) Speed Skaters backwards.

Hopscotch

- d) Hopscotch with single knee drive, alternating between forwards and backwards every two jumps by using a 180° jump.

10. Agility Pivoting / Rotation

Athlete always starts from a standing position with feet shoulder apart, knees slightly flexed.
High stages of pivoting relate to Discus & Hammer Technique

10a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance (both feet).	10a) Pivot 180° clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot 3 quarter turn anti clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot 360° turn anti clockwise (on ball of foot) while maintaining balance (both feet).	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot quarter turn, followed by a half turn anti clockwise (on ball of foot) at speed while maintaining balance.
10b) Pivot 90° anti clockwise (on ball of foot) with good posture and balance (both feet).	10b) Pivot 180° anti clockwise (on ball of foot) whilst maintaining balance (both feet).	10b) Pivot 3 quarter turn clockwise (on ball of foot) while maintaining balance (both feet).	10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).	10b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.	10b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.
		10c) Move laterally with heel to toe action.	10c) Basic Turn Hold a broom stick with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti - clockwise direction.	10c) Heel - Toe Turns Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot.	10c) Heel - Toe Turns: Turns through 120° balanced on the heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position.

10 Agility: Pivoting & Rotation

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Quarter Turn



Half Turn



Three Quarter Turn



Red Stage Progressions



Quarter turns

- a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance (both feet).
- b) Pivot 90° anti-clockwise (on ball of foot) with good posture and balance (both feet).

Yellow Stage Progressions



Half turns

- a) Pivot 180° clockwise (on ball of foot) while maintaining balance (both feet).
- b) Pivot 180° anti-clockwise (on ball of foot) whilst maintaining balance (both feet).

Green Stage Progressions



Three quarter turns

- a) Pivot a three-quarter turn anti-clockwise (on ball of foot) while maintaining balance (both feet).
- b) Pivot a three-quarter turn clockwise (on ball of foot) while maintaining balance (both feet).
- c) Move laterally with heel to toe action.

10 Agility: Pivoting & Rotation

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360° Pivot



Quarter, Followed by Half Turn



Heel - Toe Turns



Purple Stage Progressions

360° Pivot

- a) Pivot 360° turn anti-clockwise (on ball of foot) while maintaining balance (both feet).
- b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).

Basic turn with broom stick

- c) Basic turn: hold a broom stick with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti-clockwise direction.

Blue Stage Progressions

Quarter, followed by half turn

- a) Pivot quarter turn, followed by a half turn anti-clockwise (on ball of foot) while maintaining balance.
- b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance.

Heel-toe turns

- c) Turn through 90° balanced on the heel of the left foot, pivoting onto the ball of the right foot.

Black Stage Progressions

Quarter, followed by half turn

- a) Pivot quarter turn, followed by a half turn anti-clockwise (on ball of foot) at speed while maintaining balance.
- b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.

Heel-toe turns

- c) Turns through 120° balanced on the heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position.

End of Section 3

Agility – change of Speed, Direction, Level or Body Shape