



Agility Race

Category: Physical: Agility
Difficulty: Beginner

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SAQ colour gate race

Set Up: A hoop and hurdle & cone at each end facing, to the side 5 yds away place 2 different coloured gates, players in team of 3/4. On coach call players move over SAQ equipment & keep moving around the cone facing front when coach calls a coloured cone they sprint through. 1st player through scores point for their team.

Progressions: Run through opposite colored gate called. Place a ball next to cone & when gate called dribble ball through. Place 1 ball at each gate with target goal facing, 1st player to score.

