



# Agility Circuit

Category: Physical: Agility  
Difficulty: Beginner

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## Description

### Agility Training

#### Area:

Setup 4 channels of exercises between cones approx 15m to 20m apart. Channel No.1 has small hurdles spaced 0.5m apart and 1 cone 5m from starting cone. Channel 2 has slalom poles approx 5m apart evenly across between the cones. Channel 3 is 2 footed bounds across the distance. Channel 4 has 3 cones halfway down the channel. 5m space either side of middle.

#### Equipment:

Cones, Small Hurdles, slalom poles, triangle cones.

#### Objective:

The players split themselves evenly across the starting numbers of each station. The circuit flows from 1,2,3,4 and back to start which is recovery walk back to No.1. see below for objective of each station.

1 = run to 1st hurdle then high knees run over other hurdles. move to station 2.

2 = run around slalom poles at maximum speed. Move to station 3.

3 = 2 footed bounds across the distance, landing and pausing on each bound, maintaining balance. Move to station 4.

4 = In pairs either side of the starting cone, sprint to cone A, side step to the cone that is on their side, then sidestep across to the other cone (without bumping into each other as you cross, then back peddle to the start line then full sprint to the other end of the channel. Recovery walk to station 1 and repeat. Complete 3 circuits and move to next progression. Next pair start when players have crossed over.

#### Key points:

Walk through from start a few times to get used to pattern then Maximum intensity throughout. Adaption requires stress to achieve increase in strength. speed and fitness. This can not be achieved going through the motions! Offer support and positive motivation as the players perform.

#### Progression 1:

1 = Run through cones sideways

2 = Run to 1st pole then sidesteps, alternating sides on each pole

3 = Lateral bounds. Same as before, pausing on each landing. Bound forward and to the side on alternate legs.

4 = In pairs start backwards, run backwards to cone A, sidestep as before and cross over again, then turn and sprint to other end. Recovery walk back to start station No.1.

#### Progression 2:

1 = Run to 1st hurdle and 1 footed hop over hurdles. (may need balance hop to stabilise inbetween hurdles) Change legs on next attempt.

2 = Run to Pole facing forwards and complete a 360 around the pole facing forwards at all times. Start clockwise then anti clockwise at pole 2 and alternate.

3 = Run a few steps and jump up and head a ball. repeat across. should be 5 plus completed.

4 = Start backwards, run to cone A, sidstep to cone then crossover again, then continue to run backwards to end of channel. Players should be facing the starting point at all times.

