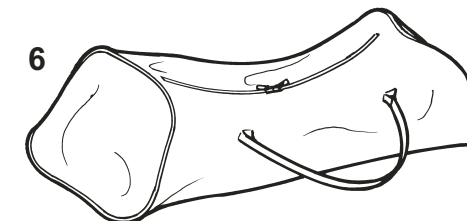
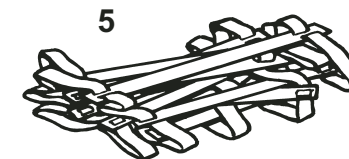
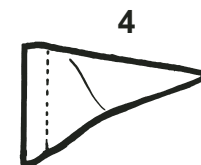
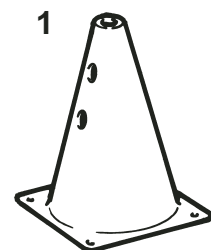




Speed and Agility Set

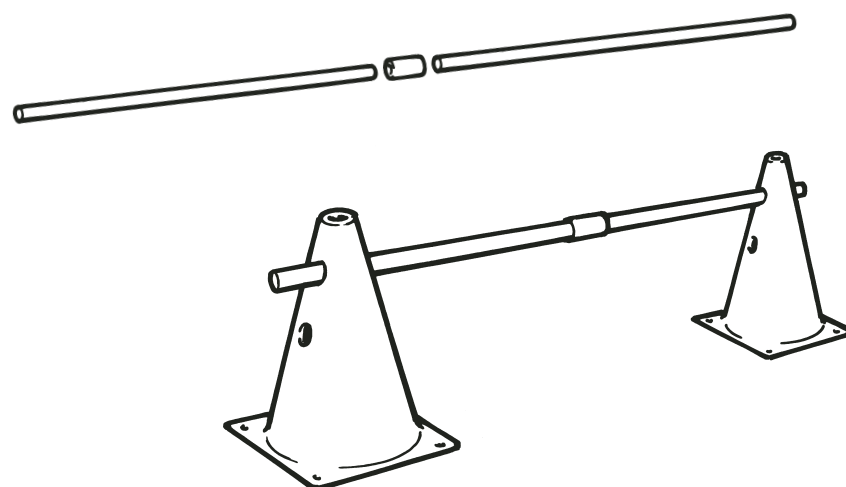
Content

- 1 Cone (x12)
- 2 Pole (x12)
- 3 Connector (x6)
- 4 Flag (x6)
- 5 Ladder
- 6 Bag



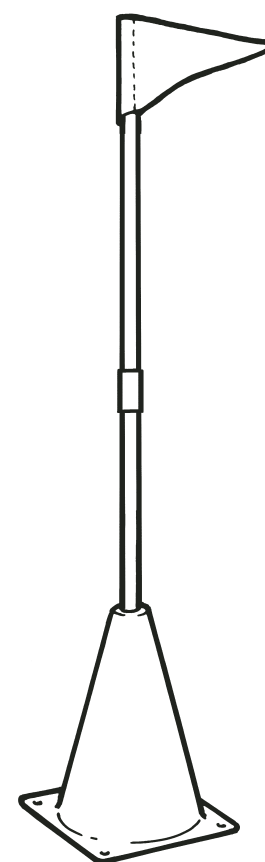
Hurdle

Connect two halves of a pole together using a connector.
Push the pole ends through the holes in the cones at the desired height.



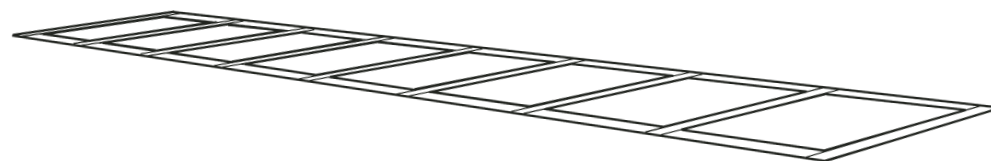
Posts

Connect two halves of a pole together using a connector.
Push the pole end through the hole in the top of the cone.
Thread the flag over the top of the pole.



Ladder

Extend the ladder to its full length on a flat, even area.
Ensure all the straps lie flat on the ground to avoid tripping when following the drills.
If you catch the ladder with your feet during a drill, stop and ensure it is fully extended and all the straps are flat on the ground.



WARNINGS

Not suitable for children under 3 due to small parts and long straps which may represent an entanglement hazard.

Product No. M06052

Please retain this leaflet for reference to the manufacturer

Made in China to European Safety Standard



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For Speed and Agility training ideas please see the reverse of these instructions

Why we need speed and agility

Speed and agility are the most effective tools in reacting to opponents.

Speed and agility can be the difference between winning and losing.

It is not just enough to run fast in a straight line, you need to be able to change direction at speed.

Every can improve by training the right way.

With speed and agility training you will:

Learn foot control.

Increase speed.

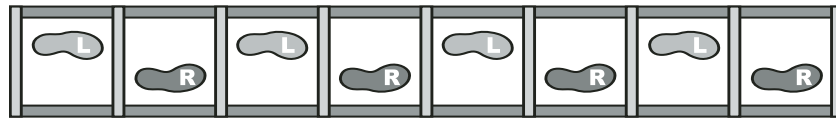
Develop you muscles.

Improve co-ordination, reaction and balance.

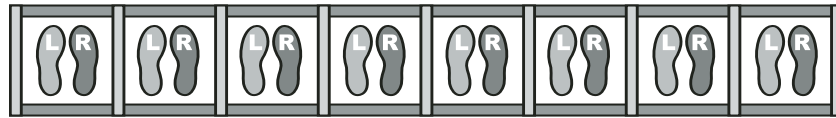
Learn to change direction quicker.

Integrate Speed and Agility training into you programme will help you improve

High knees



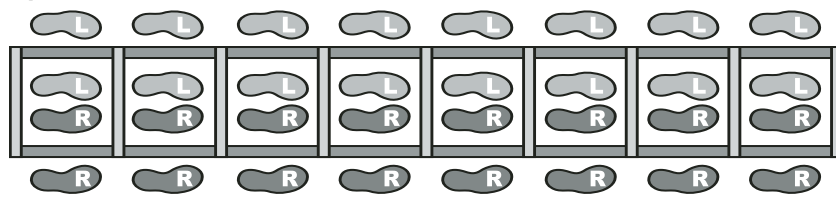
Lateral high knees



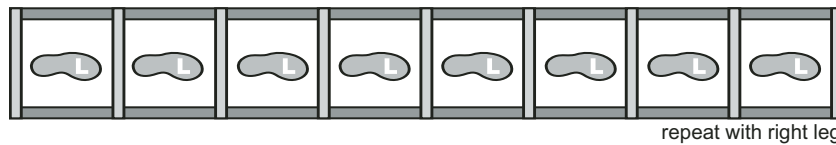
Carioca (advanced)



Speed shuffle (advanced)

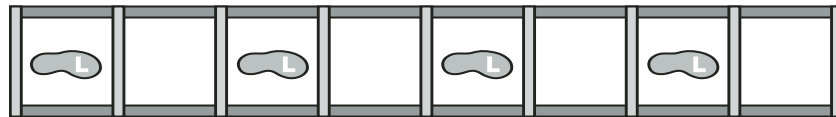


Hopping every square



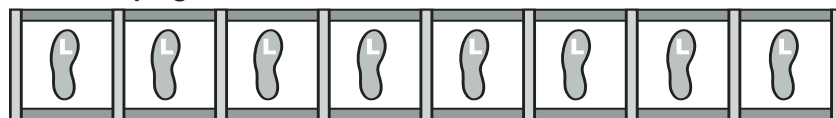
repeat with right leg

Hopping every alternate square



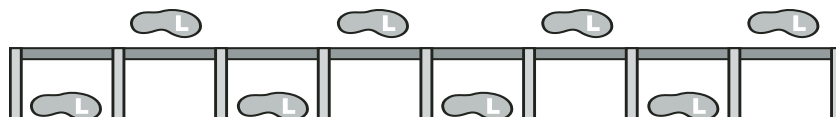
repeat with right leg

Lateral hopping back foot



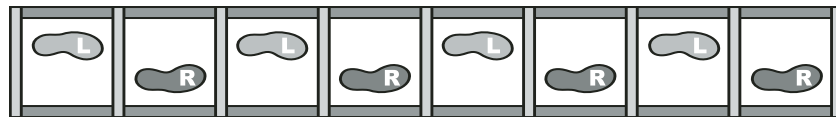
repeat with right leg

Zig-Zag hopping

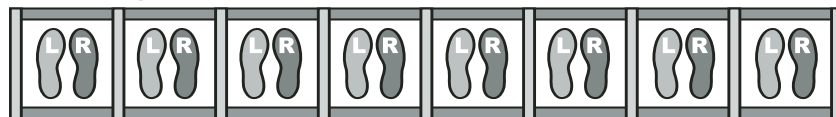


repeat with right leg

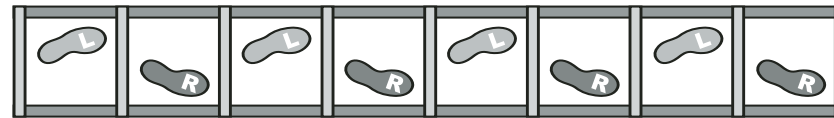
Skipping



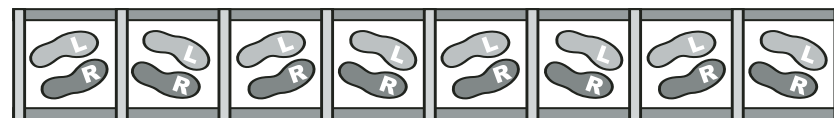
Lateral skips



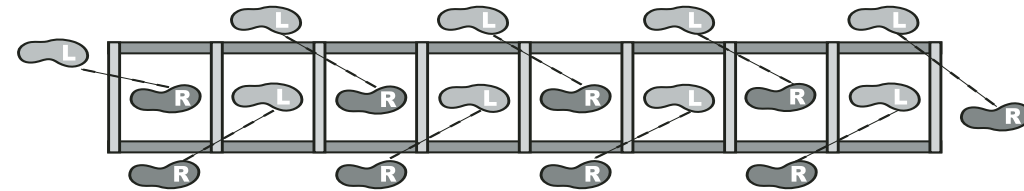
Twisting skips (advanced)



Fast hip rotation (advanced)



Quick foot diagonal jump (advanced)



Coaching Tips

Keep relaxed, muscles move much quicker when they are relaxed.

Drills should be done at a pace that you can maintain correct technique. Increase speed gradually as technique improves.

Arm movement is linked to foot speed so concentrate and don't forget the arms.

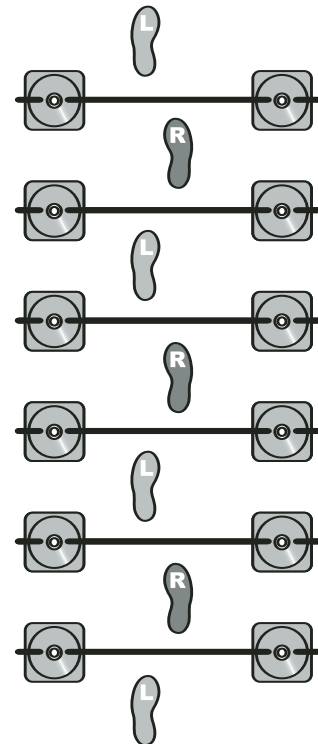
Ensure you warm up properly before performing the drills.

Always cool down after each training session, this will improve your recovery.

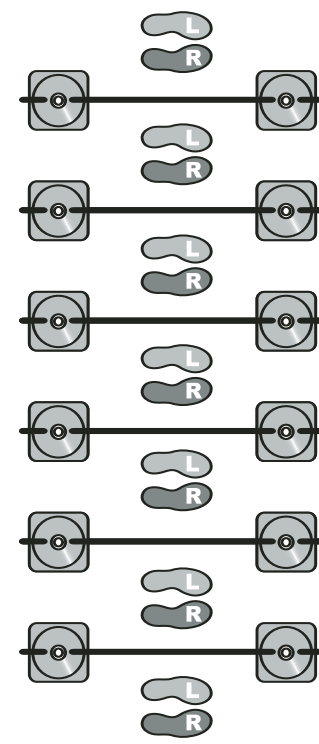
Try to practice 2 to 3 times a week to help you improve.

Start with the easier drills and build your confidence and ability up before tackling the advanced drills.

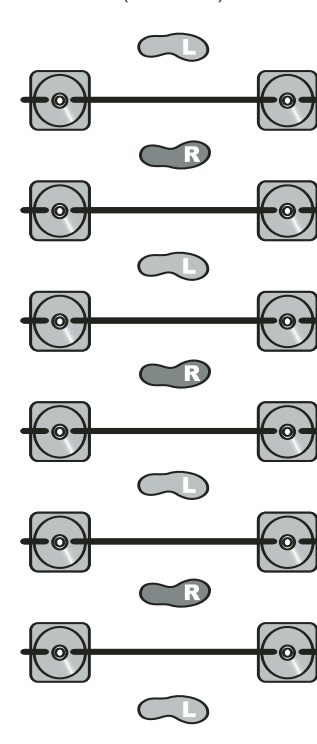
Forward



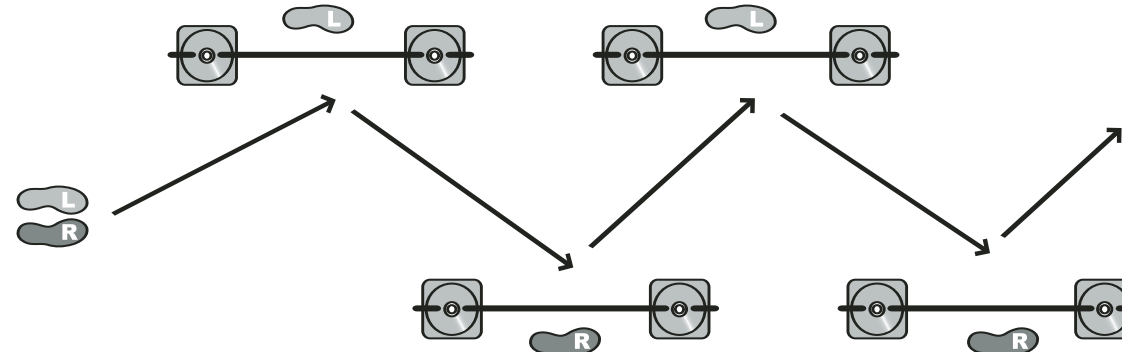
Lateral



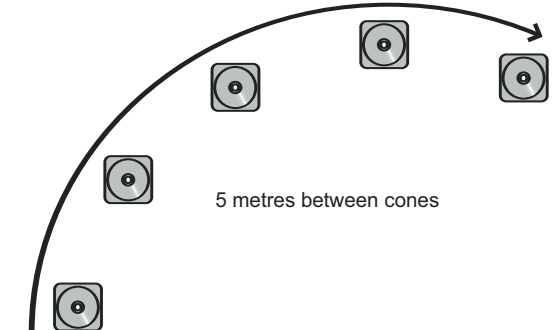
Cross over step (advanced)



Side step overs

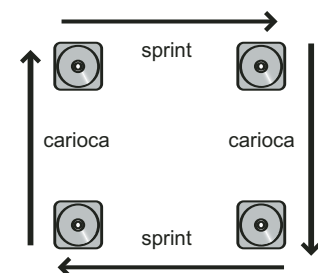


Curve run



5 metres between cones

6 to 10m square



Offset

Drill 1 - Sprint / chop stride / sidestep / sprint
Drill 2 - Sprint / chop stride / turn / sprint

