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.

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.

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

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.

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.

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.

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.
Everyone 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

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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CUSTOMER HELPLINE
If you have any questions about this product please call our Customer Helpline:
0870 8404255 (UK ONLY)
Lateral high knees
Twisting skips (advanced)
Fast hip rotation (advanced)
Quick foot diagonal jump (advanced)
Forward Lateral
Side step overs
Cross over step (advanced)
Offset
6 to 10m square
Curve run
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.