

Agility Sessions

Objectives:

To run agility drills that are not only fun and challenging for players of all ages, but will also test their skills of moving quickly in a coordinated manner.

Requirements- Equipment:

Cones, Balls, Container, Ladder's.

Session Outline:

These drills will specifically test the player's ability to turn and make short, sharp movements – the sort of movements that can make all the difference between stopping or missing the ball or taking a catch or turning effectively when running between the wickets.

Warm Up: (one or more of the following)

- Grid running, with or without balls.
- Multi-directional running e.g., sideways, backwards, changing direction quickly, butt kicks, high knee.
- Competitive game involving fielding, running and turning.
- Dynamic stretches. Breathe normally during stretching & avoid bouncing. Pay attention to large muscle groups.

Session:**Fielding Star:****Set Up:**

Lay out 8 cones to signify the points of a star, with either a bucket or container in the middle of the star. Place a ball on each of the outer 8 cones.

Drill:

The player starts in the middle of the star, and their job is to retrieve each ball from each point marker in turn, placing it safely into the container in the middle. They must ensure that the ball is stationary in the middle before heading out for the next retrieval. Once all the balls are safely in the middle, the next player must put them back out again.

Variations:

Try timing each player to make it competitive. Set up two stars with two players racing against one another.

Catch 2:**Set Up:**

Players are put in groups of 3. Each trio has two players with a ball (feeders), and one player without a ball (catcher). The catcher starts between two cones with feeders facing them in line with the cones.

Drill:

The catcher assumes a ready position, and feeder 1 (left) throws a short underarm catch, which makes the catcher move before catching the ball. Once they have caught it, they return the ball. As soon as they have returned the ball, feeder number 2 provides a catch which makes the catcher move the other way. This continues until the catcher has taken 10 in a row. If the catcher has to dive, make sure the feeder lets them back onto their feet before releasing the next catch. Once the catcher has completed 10 catches, each player moves round 1 position clockwise.

The Pod:**Set Up:**

Each pod consists of 4 different coloured cones, in a 2m x 2m diamond shape. The working player starts in the middle of the pod, facing one of the markers. Players are in 2s or 3s at each pod

Drill:

One of the non-working players is the caller. They call out a colour, and the working player has to move as quickly as possible to get their feet either side of the cone of that colour, and then return to the middle of the pod. As soon as they get back to the middle, the next colour is called. This is supposed to be fast moving with the players reacting to a verbal clue. The player continues to call different colours until the working player either makes a mistake or gets ten correct. Then the next player jumps in the pod ready for action.

Variations:

Instead of a colour, name the cones North, East, South and West. Try giving each cone a number. Different players will find numbers, colours or directions easier or harder.

Ladder Work:**Set Up:**

Lay the ladder on the floor so that there is room either end. Set out some cones either end of the ladder. You will also need to position feeders at various stages.

Drill:

Players are going to work laterally along the ladder in both directions.

1. The first drill is for them to just take it in turns going along the ladder sideways- quickly stepping into each gap with both feet. Whilst facing forward, and getting used to the lateral movement.
2. Next time through have a feeder half way along the ladder, with a ball. As the player passes they have to take a catch and return it to the feeder whilst still moving.
3. Now have two or three feeders along the ladder, so the player has to catch and move all the way down.
4. Now set up two differently coloured cones at each end of the ladder and a feeder waiting with a ball in hand. As the player comes off the end of the ladder, the feeder calls a colour, and the player has to run to that marker before making a catch.

Cool Down:

- Slow jogging around the field or court is one of the best ways to cool down.
- Static stretch for 5 minutes after the light jogging. For greater flexibility, hold the stretches for 60 seconds during the cool-down.
- After any exercise, make sure players rehydrate.

Conclusion:

- Reinforce the main points of the session in terms of what has been taught.
- Briefly discuss tactics for the next training session or match.
- Remind players about this week's game-opposition, venue, travel arrangements and meeting time.

Evaluation:

- Evaluate how the session went. Identify areas you can improve on and the team and individual players need to practise in future sessions.