

MULTI-SKILL CLUB

AGILITY 2 PATTERNS

GETTING SKILFUL - FABBB

Encourage the children to:

Feet

- run on the balls of their feet, make small steps when changing direction, pushing off outside foot.

Arms

- keep at 90° degrees, maintain speed of arm drive when changing direction.

Body

- keep head up, trunk tall and strong.

Brain

- think smooth and continuous motion.

THINK INCLUSIVE

- Race a partner with staggered starts, depending on speed, so players finish very close together.

Encourage the children to:

Space

- move sideways, forwards and backwards during patterns
- practice turning in both directions
- create a movement circuit
- use tape to mark ladders on floor.

Objects

- carry, dribble, bounce a ball, receive pass/passes during run.

Speed

- develop speed and control of acceleration, deceleration and turning.

Strength

- improve power of push off when changing direction.

GETTING BETTER - SOSS



ALL ROUND DEVELOPMENT, LINKS WITH:

Balance

- exploring balanced positions as turns are made.

Co-ordination

- moving with something by sending or receiving while doing a movement pattern.

Encourage the children to try:

- warming up using dynamic, functional movements
- warming down using some dynamic, functional movements and static stretches
- racing a partner over the same course
- racing a partner over a parallel course
- exploring when to use these patterns of movement in other activities. Create specific patterns in relation to a sports specific position, e.g. goalkeeper or goalshooter
- movements using playground markings or in a team practice situation.

EXTENDING SKILLS

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COPY ME

In pairs

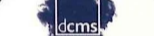
- One person makes a movement pattern.
- The next person copies it exactly then adds something on the end.
- Other person repeats the movement with the different ending.
- Repeat with different person starting.
- Work together side by side or one in front of the other and repeat the patterns.
- Work at different speeds.



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