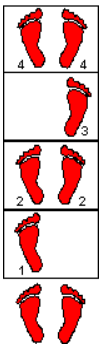
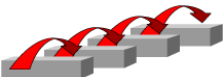
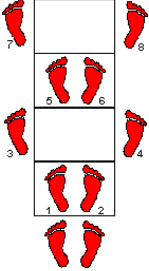
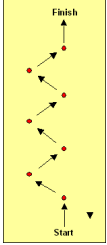


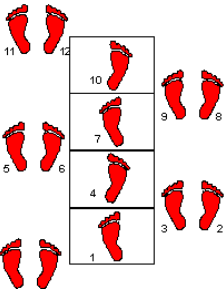

Activity Plan for Football Agility

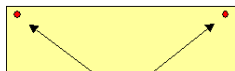
Week 1			
Activity	How many or how long	How many days	Instructions
Ladder Exercises: Hop Scotch Challenge 	1 min Repeat 4x	2 days/wk	<p>Ladder challenges are a great way to improve your speed for sports. You can make a ladder out of ropes (they don't need to be tied) or draw it with sidewalk chalk. Go as fast as you can when you do them. When you do this challenge: push off from the balls of your feet (not the toes), pump your hands from shoulder height to hips, keep your arms, shoulders and hands relaxed. You can even race a friend or family member by drawing/making another ladder next to yours.</p> <p>The Hop Scotch Drill:</p> <ol style="list-style-type: none"> 1. Start with your feet hip width apart at the bottom of the ladder 2. Jump up with both feet and land on the left foot only in the first square 3. Immediately push off with your left foot and land with both feet in the next square 4. Immediately push off with both feet and land on your right foot only 5. Push off from your right foot and land on both feet. 6. Repeat this pattern for the full length of the ladder
Bag Running Challenge 	5 mins	2 days/wk	<p>In all sports, being quick helps. Try out this Bag Running Challenge by yourself a couple of times and you can also race a friend or family member. To do the challenge, set up five square type objects (like sandbag-size), they could be blocks or knapsacks, whatever is available. They need to be in a row and about 1 foot apart. Run full-speed over the bag. To be able to run as fast as you can, you need to lift your knees high as you run over them. Try to do it while holding a football tucked underneath your shoulder.</p>

Activity Plan for Football Agility

Week 2			
Activity	How many or how long	How many days	Instructions
In-Out Challenge 	5 mins/day	3 days/wk	This is another version of a Ladder Agility Challenge. Remember the key points in doing these exercises (from the first week). <ol style="list-style-type: none"> 1. Start with your feet hip width apart at the bottom of the ladder 2. Step into the first square with your left foot first, immediately followed by your right foot 3. With your left foot step outside to the left the second square, then immediately step outside the second square with your right foot 4. Step back into the third square with your left foot first, followed by your right foot. 5. Repeat this pattern in fluid motion for the length of the ladder. 6. Try racing a friend or family member!
Weave In Weave Out Football Running	4 times each direction. About 20 feet Repeat 6-8x	3 days/wk	Put 7 markers (they could be bean bags, rolled socks, anything that won't be blown away) in a zig-zag pattern (see the pattern the red dots on the picture show). Make sure they're about 10 strides (or more) apart from each other so you have space to sprint between them. To do the challenge, with the ball, run und the outside of each cone until you reach the net at the finish cone. Once you get to the last marker, run back.
Zig-Zag Run Challenge 	5 mins	3 days/wk	This running challenge can also be made into a race. Set up 3-5 markers/cones in a straight line about 1 foot apart from each other. But this time, try holding a football while you do it tucked underneath your arm. Start at one end of the line and “zig-zag” between the cones. Keep your eyes up and try not to use stutter steps when you change directions. Explode off each step.

Activity Plan for Football Agility

Week 3			
Activity	How many or how long	How many days	Instructions
Tango Drill 	1 min Repeat 4x	3 days/wk	<p>This exercise is named after the dance, because it sort of looks like it.</p> <ol style="list-style-type: none"> 1. Start with both feet outside of the first square and to the left 2. Cross your left leg over your right and into the centre of the first square. Your right leg should immediately follow to the right of the first square, followed by your left leg. 3. It's a 1-2-3 motion like you're dancing 4. From here your right foot comes across your left and into the centre of the second square as the pattern is repeated in the opposite direction 5. Repeat for the full length of the ladder
Tire running 	5 times/day	3 days/wk	<p>Football players practice running through tires to make sure that they are quick and balanced when they run. You won't have real tires, but you can draw circles on the ground instead. Just imagine that they are tires, which means that you have to lift your feet up high (this is where we use the marching you practiced) to go from one circle to the next. Draw 20 circles on the ground. Each circle should be about 0.5 m in diameter.</p>

Week 4			
Activity	How many or how long	How many days	Instructions
Box Drill 	1 to 1.5 mins Repeat 3x	3 days/wk	Agility and speed are very important skills for many sports, including tennis and soccer. This drill will help you increase your balance and agility while running so you can change direction quickly. First mark out a square approximately 7m x 7m (you can use pylons, bean bags, toys as markers). Place another marker in the center of the square – this is the starting position.