



Agility: Color Call

Equipment:

4 different colored marker cones, stop watch.

Set-up:

Place 4 cones in a diamond shape with each cone 4 paces from the center.

Description:

Student has to use quick reactions and speed to get between cones. The coach will call out the color of cone that the student needs to run to.

Instructions:

Student begins in the center and when the coach calls the first color the student has to get to the cone and touch it. As soon as the student touches the cone the coach will call out another color of one of the cones which the student will get to as quickly as possible. This will continue for 30 seconds. The student tries to get to as many cones as they can in the time limit. The coach is responsible for time keeping and calling the colors, the student keeps count as they perform exercise.

Scoring:

Student that gets to most cones in time limit scores 3, the second highest score gets a 4, all others in the group would score a 5.

