



Agility: Fake Out

Equipment:

Marker cones x2, theraband x2.

Set-up:

Set 2 marker cones 5 paces apart with a piece of theraband sticking out of the top of each cone.

Description:

Fake out is a game focusing on the ability to use the body to make the opponent think you are going to move one way when you are going to go the other way. Two players stand opposite each other separated by an imaginary line running between two marker cones. Player 1 is trying to pull one of the flags that are hanging out of both marker cones before player 2 can put their foot on that cone. The key is to try and trick your opponent.

Instructions:

The 2 players start by facing each other midway between the two marker cones and separated by an imaginary line running from cone to cone, which neither player can cross. Player 1 has to steal one of the flags that are hanging out of the marker cones before player 2 can get their foot on top of that cone. Both players must remain on their feet (NO DIVING or SLIDING). The game starts and restarts with the defending player saying “go”. After 2 minutes, switch the defender with the attacker. Only the attacker can score points for successfully stealing a flag. Replace the flag after each attempt.

Scoring:

3 for the highest scorer, 4 for runner-up, 5 for any remaining players.

