



Agility: Obstacle Course 2

Equipment:

Agility ladder x 2, medicine ball x 3, box brackets x 3.

Set-up:

Use the masking tape to mark a start line at one end. Have 2 agility ladders placed side-by-side. At the end of the ladders, position 3 of the 2kg medicine balls. Take 5 paces out from the medicine balls and place 3 upside down marker cones.

Description:

Student will try to complete the obstacle course in as short a period of time as possible without mistakes.

Instructions:

Student will begin at start line and on coaches command will begin obstacle course. The first stage of the obstacle course involves running through the ladders with the left foot going into the rungs on the left ladder and the right foot going into each rung on the right ladder. Once through the ladder, the student will pick up one of the medicine balls and carry it to one of the upside down markers and place it down, repeat till all three balls have been placed in the markers. Sprint back to the start line to finish.

Scoring:

Student with the fastest time will score 3, runner-up scores 4 and all others in group score 5.

