



Agility: Obstacle Course 1

Equipment:

Marker cones x13, box step, stopwatch.

Set-up:

Use the masking tape to mark a starting line at one end. Have 2 lines of 4 marker cones. The 2 lines should be 3 paces apart. Behind the 2 lines of marker cones should be a box-step without the under supports. Finally, behind that there should be a diamond shape of 4 marker cones with a 5th cone positioned in the middle.

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 coach's command will begin obstacle course. There will be 4 marker cones to the right of student and 4 to the left, each of which must be visited by the student in a pattern alternating right then left. The marker cones must be touched by the student before moving on to the next one. After all 8 marker cones have been visited the student then goes to the box step where they make 2-footed jumps on and off the box 10 times. The obstacle course has one final step which is the diamond of marker cones. Student will begin in the middle and face forwards the whole time while going to each of the 4 other cones. It is therefore required of the student to move backwards to the back cone then forwards to return to the middle side-stepping to the left cone then side-stepping back to the middle. Continue in this pattern to visit each cone followed by returning to the middle until all cones have been visited. The obstacle course ends with a sprint back to the start line.

Scoring:

Fastest student scores 3, runner-up scores 4, all others within group score 5.

