

LEVEL: DOUBLE

DOUBLE – FUNDAMENTAL MOVEMENT SKILLS

Agility – Touch six cones placed in a star shape while always looking forward

ACTIVITY HURDLE SLALOM

[Click here](#) for video demonstration

Goal: Introduce athletes to change of direction

Description: Place two sets of four hurdles (bats can be used) on the ground six feet apart. Position the hurdles so they are NOT in a straight line, thus forcing athletes to change direction before jumping to the next one.

Break the group into two and explain to the athletes that they will be competing in a relay race against one another. On the coach's signal, the first athlete from each line executes the run and comes back using the same pattern (run, jump with two feet together, change direction, etc). The first team to have all athletes complete the run wins.

Equipment: Bats or other sticks (8 total)

VARIATIONS AND PROGRESSION:

- A. Add a third team to allow for more repetitions
- B. Add a baseball at the end of the fourth hurdle and ask each athlete to bring it back or use it as a relay item.
- C. Ask athletes to use one way to go and use the other way to come back