

LEVEL: ON DECK

ON DECK – FUNDAMENTAL MOVEMENT SKILLS

Agility – Jump over a line for 10 reps using your own type of jump.

ACTIVITY THE KANGAROO (1)

[Click here](#) for video demonstration

Goal: Introduction to agility using jumping as a mean. Athletes learn proper landing technique in order to jump in a safe manner.

Description: Athletes are split into teams, a line on the field is used to mark the starting point. The athletes take turns by alternating with the other team, jumping towards their opponents with a standing two-foot jump. Each jump is marked by a marker (e.g. glove or cone). Each jumper tries to push the marker further onto the opponent's side of line. The goal is to have the marker on the opponent's side after the last person has jumped.

Equipment: Small cones, markers, line on field

VARIATIONS AND PROGRESSION:

A. Use different height and length for jumps

