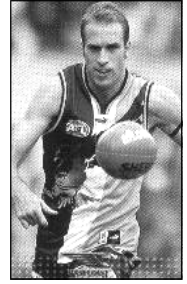




SPEED & CO-ORDINATION CIRCUIT (1)

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2. AFL Agility

3 Stations; 15 sticks.

Could be the Centre Square

1. Contrast Ball Skills

5 Stations; 2 lines, parallel, 8-10m apart; 5 medicine balls; 5 footballs

3. Star Sprint

3 Stations; 6 witches hats; 3 circles.

5. Acceleration Drills

- 2 x Acceleration Ladder markings .. 15/50
- 4 x Quickstep Ladders
- 6 witches hats

Potential

is what you may be capable of doing

Motivation

directs what you do

Attitude

determines how well you do

4. Standard Agility

3 Stations; 12 witches hats.

If hand times are taken, suggestion: times are rounded up to the next tenth of a second, e.g. 9.11 = 9.2
Best to race athletes, rather than time; fast/fun competitions.

General Program ... each Circuit site MUST have a leader, thoroughly familiar with the activity.

1. Group Warm-Up / Stretch
2. Full Group Reaction Sprints (5-8 mins.)
.. 3 pt. starts .. alternate leg forward; prone reactions.
3. **Circuit** .. 5 stations / 10 minutes each station .. 2 min. changeover (60 mins.)
Full Group divided into 5 groups; 3-5 athletes involved at any one time at each Activity Site.
4. Warm Down

Suggestion: First staging of the circuit .. task familiarisation; 2-3 weeks later, repeat.

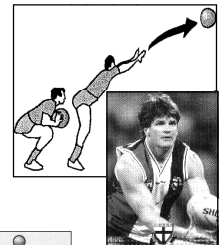
An eye for an eye is better than a mouth for a mouth

1. Contrast Ball Skills

5 Stations; 2 lines, parallel, 8-10m apart; 5 medicine balls; 5 footballs; all athletes involved simultaneously.

- 1.1 Athletes (in pairs) stand 8-10m apart to exchange 10 medicine ball (3-8kg) push passes (both hands), then **quickly** revert to 10 football hand passes .. 5 Right / 5 Left.
Explain the muscle recruitment aim of the activity.

1.1



- 1.2 *Russian Twist* ... Walking

Stride stand position with ball extended out from chest; walk forward (semi-lunge) and swing ball to the side of the front leg, alternating the ball swing with each step.

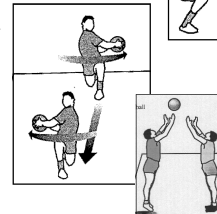
Can be repeated with football / netball.

Can be done in relay fashion .. groups of 3

(Do not overdo Russian Twist ...

4x5L&5R semi-lunge an absolute maximum)

1.2



2. AFL Agility

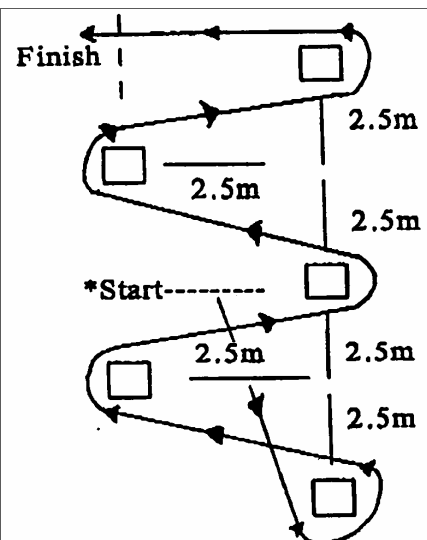
Two sets of light gates, one at the start and one at the finish; or, hand timing from first step (first movement of back foot).

The obstacles have a 25cm base and are approx. 1.1m high. Masking tape should be placed at two of the corners in order to accurately mark the location of each obstacle.

The athlete may have hands inside or outside an obstacle when navigating the course, but should avoid touching or moving the cones **in any way**. If this occurs, the test is stopped and re-started.

Each athlete should have 1-2 trials at 50% to ensure course familiarity; then, best of two (2) timed trials.

Scoring: time in seconds/tenths and/or, race the athletes.



A wide range of activities can be added to modify the Activity Circuit; there are 3 circuits in the series.

3. Star Sprint (Start ► Centre Circle ► Cones ► Finish mark .. 5m apart)

Place a marker 3-5m beyond the finish line to act as a target for the athlete.

Video each trial if feasible.

Sneakers only on indoor surfaces. (Spikes-football boots allowed if outdoors.)

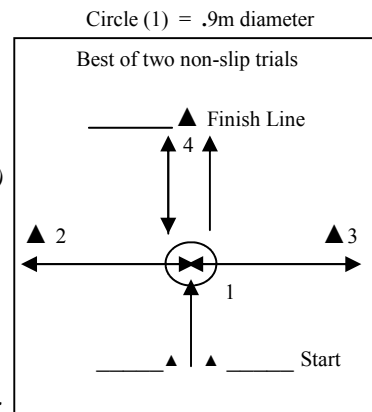
Mark: Start Line - Prone start, shoulders aligned with start line; up, sprint to circle (1)

► lateral side stepping to left (or right) cone 2 (or 3) - touch cone - lateral side stepping back into circle .. sprint to cone 4, touch cone, backwards into circle (1) - lateral side stepping to cone 3 (or 2) - touch and return into circle .. sprint to finish line (4).

Athlete **must** have at least one foot in the centre circle (or on the line of the circle) before commencing lateral side stepping or sprint from the circle.

The start: whistle signal. (Touch = tap cone on its top)

Encourage (urge) the athlete to run maximum beyond finish line; there is a tendency for athletes to slow down approaching the final gate/marker.



Scoring: Best of two (2) non-slip trials, **measured in seconds / tenths.**
and/or, race the athletes

If not familiar with the test, ensure athletes have 2-3 half-pace task awareness attempts before timing. (All should have at least one practice.)

Standard Agility run can be varied if the coach wishes to incorporate competition (relays); e.g. Up ► Sprint "out" to 9m ► back "in", then "out" weaving through the cones ► round the final cone, sprint back to Finish.

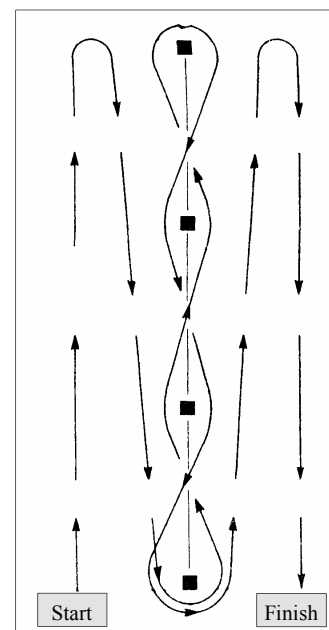
4. Standard Agility Run

Four (4) cones (■); cones are 3m apart.

Each athlete should have 1-2 trials at 50-70% to ensure course familiarity; **then**, best of two (2) non-slip timed trials.

Athlete starts in the **prone** position; hands (fingers) behind the line, beneath shoulders (push-up to start). (Head may be beyond start line in the prone start position .. but, not fingers nor shoulders.) Athlete may start from either side.

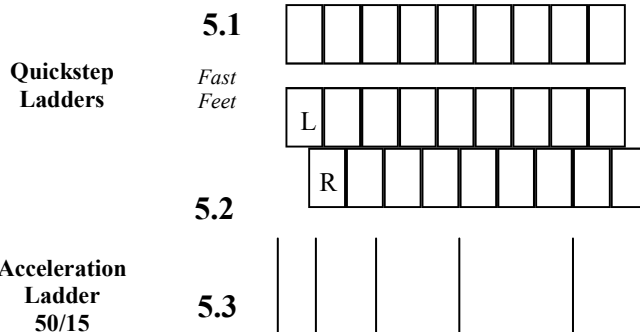
Scoring: time in seconds/tenths,
and/or, race the athletes



Technique is Everything

All athletes, all sports, should learn basic postural, speed, and co-ordination drills in their development years.
50 repeats forms a habit .. but .. thousands of repeats to change a (bad) habit

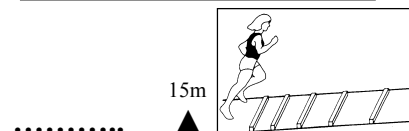
5. Acceleration Runs



Lots of variations .. but, focus on fast steps .. ball of the foot ground contact .. do not touch the rungs of the ladder(s).

Not to scale

What are we aiming to achieve?



- Start 50cm 1.15m 1.95m 2.90m 4.00m
1. Normal standing start position; ball of lead foot just beyond (on) the first stick/mark.
 2. **First Step:** project hips past first stick; rear foot / knee brought through a normal range of sprint motion. (Cue: "Knee Punch")
 3. **Accelerate:** retain instep contact (slight) with each stick/mark; sprint off the final stick/mark to 15 metres.

Set 3 Acceleration Ladders .. races

The stick drill will feel **very** strange at first ... ensure the athlete perseveres, as with all drills, **efficiency comes with practice.** Resist (initially) the temptation to increase the spacing between sticks. 1-2 x 10 min. each week can yield significant improvements in performance !!!

SPEED & CO-ORDINATION CIRCUIT (2)

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2. AFL Agility

3 Stations; 15 sticks.

5. Quickstep Ladders

- 6 x Quickstep Ladders
- 6 witches hats

Potential

is what you may be capable of doing

Motivation

directs what you do

Attitude

determines how well you do

1. Contrast Ball Skills

5 Stations; 2 lines, parallel, 8-10m apart; 5 medicine balls; 5 footballs

4. Focus Mitts

5 Stations; 5 sets of boxing gloves—5 sets of focus mitts

3. Star Sprint

3 Stations; 6 witches hats; 3 circles.

If hand times are taken, suggestion: times are rounded up to the next tenth of a second, e.g. 9.11 = 9.2
Best to race athletes, rather than time; fast/fun competitions.

General Program ... each Circuit site **MUST** have a leader, thoroughly **familiar** with the activity.

1. Group Warm-Up / Stretch
2. Full Group Reaction Sprints (5-8 mins.)
 .. 3 pt. starts .. alternate leg forward; prone reactions.
3. **Circuit** .. 5 stations / 10 minutes each station .. 2 min. changeover (60 mins.)
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4. Warm Down

Suggestion: First staging of the circuit .. task familiarisation; 2-3 weeks later, repeat.

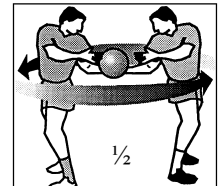
An eyeful is better than a mouthful

1. Contrast Ball Skills

2 lines, parallel, 8-10m apart; 5 medicine balls (3-5 kg.); 5 footballs; all athletes involved simultaneously.

1.1 Rocky Half-Twist // Full Twist

Straddle stand, back-to-back (.5m apart). Medicine ball held extended from chest. Keeping feet and hips stationary, twist the torso, and pass the ball to your partner, who twists in the same direction. Execute 5-8 to one side, then reverse for 5-8.



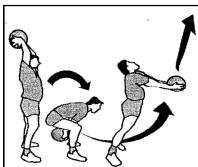
After each series: minimal delay .. 10m apart, exchange 5R and 5L handballs.

Rocky Full Twist: Pass to partner twisting in the opposite direction

Variations: *Kneeling // Seated*



1.2 Forward Through Legs



Straddle stand with ball held overhead. Swing ball down through the legs, **simultaneously** bending at knees and waist. Extend the hips, legs and back, throwing the ball for maximum height (not horizontal distance) **to bounce before partner receives the ball**. Partner receives the ball on the bounce, sets up in a proper starting position and throws back to partner with minimal delay. (Do not try to catch the medicine ball).

Throw forward should be led by hip elevation and legs straightening.

5-10 throws by each partner

After each series (minimal delay) .. exchange 5R and 5L football handballs.

2. AFL Agility

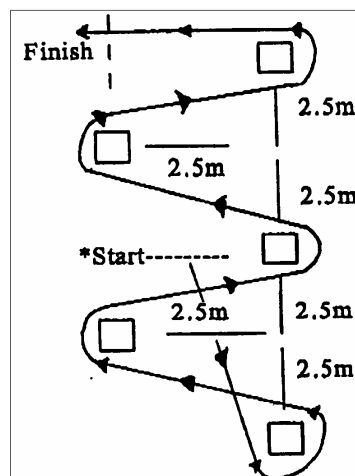
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Each athlete should have 1-2 trials at 50% to ensure course familiarity; then, best of two (2) timed trials.

Scoring: time in seconds/tenths and/or, race the athletes.



3. Star Sprint (Start ► Centre Circle ► Cones ► Finish mark .. 5m apart)

Place a marker 3-5m beyond the finish line to act as a target for the athlete.

Video each trial if feasible.

Sneakers only on indoor surfaces. (Spikes-football boots allowed if outdoors.)

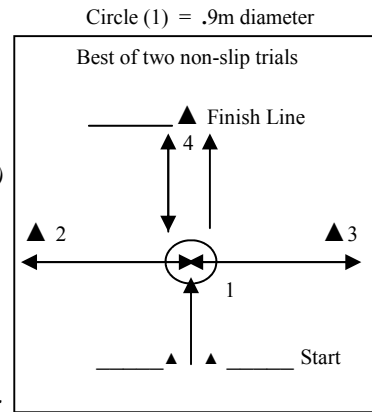
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Encourage (urge) the athlete to run maximum beyond finish line; there is a tendency for athletes to slow down approaching the final gate/marker.



Scoring: Best of two (2) non-slip trials, **measured in seconds / tenths.**
and/or, race the athletes

If not familiar with the test, ensure athletes have 2-3 half-pace task awareness attempts before timing. (All should have at least one practice.)

4. Focus Mitts ... fundamental approach: mitts to be hit fast; hitting hard is **not** the focus.

(fast reaction is the focus)



Boxing gloves or comfortable protective gloves.

- Variations:**
- 10 Left Jab / 10 Right Jab .. alternating
 - Seated: 10L/10R .. above head, alternating
 - Uppercuts: 10L/10R .. alternating, mitts at waist level

Working in pairs, each athlete complete the variations, before changing over with partner.

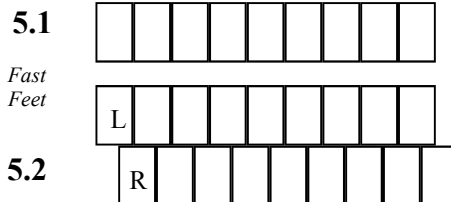
Emphasis is on fast, direct strikes on the mitt, with the partner holding or changing location of the mitt appropriately to stimulate speed of reaction.

Each athlete should complete (at least) two sets of variations.

If it was easy .. everyone would be doing it
Don't make it easy .. Don't accept "easy"
Attitude determines how well you do

5. Acceleration Runs

Quickstep
Ladders



Lots of variations .. but, focus on fast steps .. ball of the foot ground contact .. do **not** touch the rungs of the ladder(s).

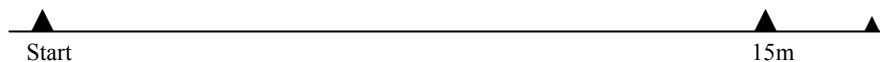
Not to scale

5.3 Reaction Sprints to 15m (average sprint distance in the AFL is 13m)

Repeated efforts .. 3 pt. starts (Right Leg forward—Left Leg forward); prone. Jog back recoveries.
Competitive efforts in heats of 3-4 .. coach command starts—jog back recovery; sets of 5 runs.



AFL Footballers: ball carried in arm that is not extended to ground at the start



Place a secondary finish cone at 17m .. **urge** athletes to sprint to secondary cone.

Variations: resisted sprints .. in pairs