



# North West Athletics Movement Skills

Activities based on *Speed Dynamics* (Loren Seagrave / Kevin O'Donnell)  
and **AFL Agility Tests**



Coach-Teacher nominates the required number of repetitions

**Your control over your body ..  
Being the best you can be !!**

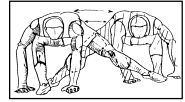
## Total Assessment

Best ten (10) scores: at least one activity from each category

<b>Agility:</b>	1.	Windmill	5	4	3	2	1
	2.	Shuffle	5	4	3	2	1
	3.	A & C Skip	5	4	3	2	1
	4.	Seal	5	4	3	2	1
	5.	Double A Skip	5	4	3	2	1
	6.	Wide Outs	5	4	3	2	1
	7.	Side Slide	5	4	3	2	1
	8.	Fast Foot Karioka	5	4	3	2	1
	9.	High Step Karioka	5	4	3	2	1
	10.	Speed Skate	5	4	3	2	1
	11.	Lateral Hurdle Skips	5	4	3	2	1
	12.	Backwards Cycle	5	4	3	2	1
	13.	Backwards Skip	5	4	3	2	1
<b>Transition Drills</b>	14.	A-Skip▶RTB▶Sprint	5	4	3	2	1
	15.	A-Skip▶SAD▶A-Skip▶RTB▶Sprint	5	4	3	2	1
	16.	3PU▶A-Skip▶RTB▶B-Skip▶Sprint	5	4	3	2	1
	17.	Coach Commands ....	5	4	3	2	1
<b>Complex Runs</b>	18.	Run-Run-Bound	5	4	3	2	1
	19.	3-Step Bounds (Left)	5	4	3	2	1
	20.	3-Step Bounds (Right)	5	4	3	2	1
	21.	2-Count Bounds	5	4	3	2	1
<b>Agility</b> (See over)	22.	Standard Agility Test	5	4	3	2	1
	23.	AFL Agility Test	5	4	3	2	1
	24.	Star Sprint	5	4	3	2	1
<b>Cone Drills</b> (See over)	25.	6 Cone Sprint/Turn/Sprint	5	4	3	2	1
	26.	HSK: Up▶Back▶Sprint	5	4	3	2	1

DVD execution of drills is available  
  
**An Eyeful is better than a mouthful**

**Bonus Mark**  
  
Cross Body Lifts  
5L+5R (1 mark)  
and  
Side Lunges  
5L + 5R



See back of sheet for protocols for some activities

RTB = Running the Boards; SAD = Seated Arm Drill; 3PU = 3 Push-Ups; HSK = High Step Karioka

5 = Excellent; "lookin' good .. real good".  
3 = Very good; some refinements recommended.  
1 = Encouraging; practice regularly to develop skills.

**Aggregate**  
Best Ten (10) Scores

**Grade**

+

**Bonus**

**FINAL GRADE**

Assessment	
A+	49-50
A	45-48
B+	40-44
B	35-39
C+	30-34
C	<30

**Award Tags are available for each athlete who completes the test**

