

Agility Traffic Lights

Fundamentals

Primary component: agility
Additional component(s): speed

Description

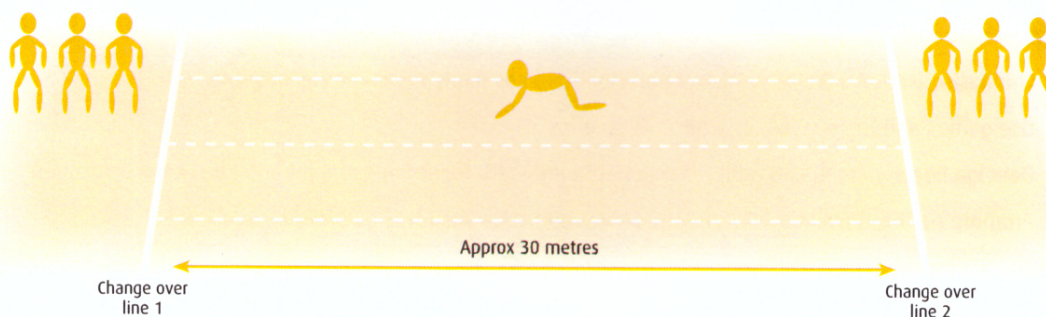
In relay team format, individuals have to run with a baton, in lanes, from change over line 1 to change over line 2 and pass the baton to their team mate. The process is repeated to change over line 1 and the relay cycle continued. When running the participants have to respond to whistle blasts:

- 1 blast (red) = perform board kneeling posture, then prone lying, then continue to run again.
- 2 blast (amber) = perform a simulated board paddling roll in the sand and continue running.
- 3 blast (green) = perform a 'burpee' and continue running.

Equipment/location required

Ocean or beach location, batons and whistle or coloured cards.

Diagram 1. Agility traffic light course.



Coaching points

Movements should be encouraged to be as fast as possible.

Variations:

1. Use a circular or diamond shaped relay course format.
2. Change the whistle blast activities, e.g. Imitate a posture watched in a video prior to the session from a certain stage of the board, ski, boat or swim stroke.
3. Undertake in water environments - while paddling, swimming or wading with similar commands.