



U7 - U9 SAQ Practices: Agility Races

Category: Physical: Agility
Difficulty: Advanced

Thomas Connor , Warwick , United States of America
Individual-Adult Member

Description

U7 - U9 SAQ Practices: Agility Races

Competition gives an unrivalled sense of urgency in young players therefore races between teams will increase performance levels of SAQ but also very enjoyable for children of this age.

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Plates & Domes

Organisation:

All the cones are placed either the correct way up or upside down. Try to make it an even spread between each.

One team is told to place the cones the correct way up and the other team; upside down.

Which ever team has the most cones which ever way up there team is assigned to wins.

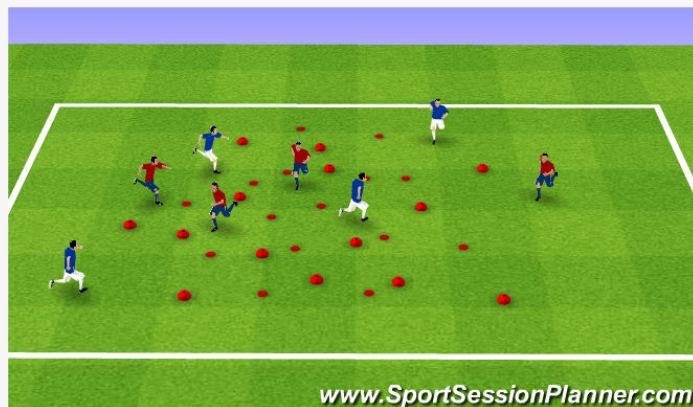
Coaching Points:

Teams are encouraged to work hard for the whole period of time

Players are encouraged to look up when turning to avoid collisions

Coach the body position when turning Low to High increases acceleration

Teams are encouraged to make good decisions about where they move around the grid



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Soccer Ball Relay

Organisation:

Teams of two have 4 soccer balls on cones in front of them.

One at a time they must collect 1 ball and bring it back to their team base.

Once all the balls are at the team base the next player must put it back.

At first the players must collect them in order 1 to 4.

First team to finish at sit down wins.

Development: The pair can decide which ball to take at which time.

Further Development: Instead of picking up balls. Player turn on the ball and dribble them back and forth.

Coaching Points:

Players are encouraged to use speed and acceleration at all times

Players are encouraged to support their team mate(s)

Players are encouraged to make individual and joint decisions to help their cause to succeed



U7 - U9 SAQ Practices: 1-2 Agility Races

1-2 Agility Race

Organisation:

Each team has 3-4 players.

Each player must complete a 1-2 from the gate with their teammate behind them before turning going through the agility cones and sprinting around the top cone and back to the start.

The first team to complete two goes each and back to the start must sit down to win

Developments:

Agility Cones - 2 in 2 out, side shuffles, high knees, heel flicks, backward shuffles, 2 feet bounds

1-2 return pass - inside volley, Header, wrong foot passing

Coaching Points:

Good 1st touch

Lots of communication between teammates

Players are encouraged to run as fast as they can, yet be set and balanced to receive and pass the ball

