

iSprint Speed and Agility

iSprint Speed and Agility Program

Take the first step to a faster step! Come join us as we go up and down, left and right, back and forth all the way to the finish line. OTA will implement its signature curriculum for teaching the latest techniques in athletic skill development. This "one stop shop" for improving as a soccer player, basketball player, football player, baseball player, lacrosse player, field hockey player, tennis player, volleyball player, and playground champion will include games, track and field contests, and a field day atmosphere every class! This program will include elements of the Presidential Fitness Challenge and Road Runners Course Program. The only question that will be asked, "Can you beat who you were on the first day, when you play on the last day?" Sign up to find out!

Skills to focus on: Strength, Speed, Flexibility, Endurance, Jumping, Throwing (Presidential Fitness Challenge)

Facilities: Indoors or outdoors, make sure participants understand boundaries. If you do not have a track, be sure to use cones on the field to represent turns or track paths.

Safety Concerns: Listen to participants, if they say something hurts or doesn't feel right, check it out. These activities are important to have water breaks and rest time between each segment. For exercises like arm hangs or pull ups, make sure you are using spotters. Always demonstrate the correct way to have a "spotter" – eyes on person doing the exercise, arms up and ready.

Tips: Having stations set up and ready to go is essential to the class moving smoothly. Be sure to avoid traditional team sports and games (unless just using them for the 5-7 minute warm up). Beat the Coaches, Presidential Fitness Challenge, Decathlon, and Field Day Activities should all be used during the course of the session.

Skills/Drills:

1. Getting Started
2. Presidential Fitness Challenge
3. Flexibility
4. Jumping
5. Sprinting
6. Long Distance Running
7. Relay Races / Passing the Baton
8. Hurdles
9. Throwing
10. Decathlon

Games:

1. Beat the Coaches Challenge
2. Indian Run
3. Follow the Leader
4. Sharks and Minnows
5. Cool Corner
6. Tag Tournament
7. Steal the Bacon
8. Whistle Stop
9. Soda Fountain
10. Rounder's Race
11. Race Track
12. Exercise Hunt
13. Obstacle Course
14. Accuracy Throw
15. Pull Up Challenge
16. Guess Your Time
17. Penny Chase
18. Tag Ball
19. True/False Tag
20. Alphabet Runs
21. Tractionary
22. Butterfly Runs