

iSprint Speed and Agility Skills and Drills

Getting Started: (Always Demonstrate for Participants)

Shuttle Run:

- Mark two parallel lines 30 feet apart and place two similar objects behind one of the lines. Students start behind opposite line. On the signal “Ready? Go!” the student runs to the objects, picks one up, runs back to the starting line, places the object behind the line, runs back and picks up the second block and runs back across the starting line.

Ladder Drills:

- Run Through (Straight ahead)
- Ali Shuffle (On the side of ladder, balls of your feet)
- Trunk Twist (Straight ahead, criss-cross feet)
- Run in and out (On the side of ladder, both feet in and both out)
- In In, Out Out (Straight ahead)
- Lateral Quick Feet (Straight ahead, but athlete is turned to the side, both feet in, in)
- Run forward and backwards (On the side of the ladder – all feet in and out)

Banana Steps:

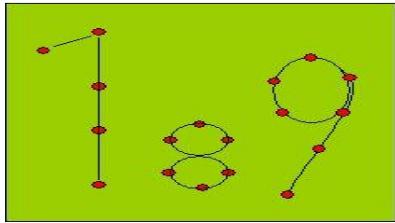
- Hop Through – Good balance with every landing – nice and slow
- Bunny Hop
- Hop Through Quickly
- Lateral Jumps – Good Balance with every landing – nice and slow
- Lateral Jumps – Bunny Hop
- Lateral Jump Quickly

Sprints:

- Working on start and finish
- 5 yards coned off – 5 sprints
- 10 yards coned off – 3 sprints
- 15 yards coned off – 1 sprint

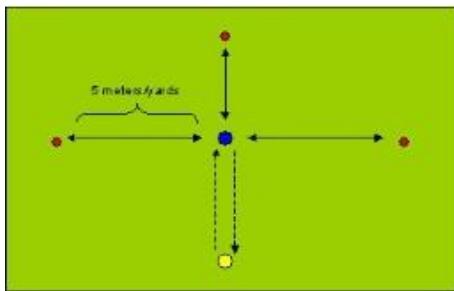
Figure Runs:

- Set out a course.
- Cones are used to mark out a series of numbers in varying sizes.
- For large groups, split the teams into group of two or three and have each player run around the number or figure.
- Each player performs the figure once before moving onto the next figure.
- Set up as many figures as you want, vary the so players are required to work different distances.



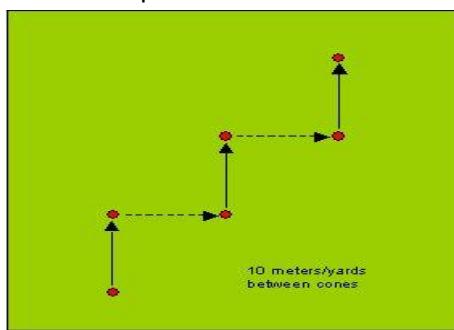
Agility T Drill:

- Set up a series of cones similar to the diagram below.
- The working player starts by sitting down cross legged.
- On the start command they run to their right and back, run backwards and back and then to the left and back at full speed.
- A server (yellow) can be added to throw a ball which the worker must catch and throw back or volley back.



Sprint Lateral Shuffle:

- Set up a series of markers similar to the diagram below.
- Starting at the first marker sprint to the second marker and side step to the third marker. Continue until the end.
- Rest and repeat in the other direction so side steps lead with opposite foot.



1. Presidential Fitness Challenge

SKILL –

Be sure to record each child's score for every event. Keep this for the record.

- a. **Curl Ups:** Number of sit ups in 1 minute
- b. **Shuttle Run:** Mark two parallel lines 30 feet apart and place two similar objects behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the objects, picks one up, runs back to the starting line, places the object behind the line, runs back and picks up the second block and runs back across the starting line.
- c. **Endurance Run:** Timed 1 mile run/walk
- d. **Pull Ups or Arm Hang:** Number of pull ups, OR if they can't do pull ups, do a timed arm hang
If the school does not have a pull up bar, you can do Push Ups:* Number of push-ups in 1 minute. **You must go over safety when doing the pull ups/arm hang. Each person must have a spotter. Tell the spotter to stand behind their partner with their hands up near their partners back. Tell them to keep their eyes on their partner when spotting.*
- e. **V-Sit:** Encourage kids to reach slowly. Record the number they hit.

DRILL –

Equipment Needed: Stopwatch, Pull Up Bar, V-Sit Stick, and Objects (for shuttle run)

Set Up: Cones for shuttle run

How To:

1. Each child will participate in the event.
2. Record their scores on the Presidential Scores Sheet.
3. Move onto the next event.

2. Flexibility

SKILL –

- a. **Quad Stretch:** Grab right ankle with right hand and lightly pull ankle to your bottom. Hold for 15 seconds. Switch.
- b. **Hamstring:** Feet shoulder width apart. Slowly bend over and reach towards your feet. Lean left, right, center.
- c. **Shoulder:** Take right arm and stick straight across your body. Bend your left arm up and grab your right arm. Switch.
- d. **Arm:** Bend right elbow up towards the sky. Fingertips should be touching your back. With left hand, grab elbow and pull slightly to the left. Switch.
- e. **Legs:** Sit on ground and spread legs open in a V. Reach towards the middle.
- f. **Butterfly:** Sitting on ground, place feet together so your legs look like a butterfly. Lightly press down on legs with your elbows.
- g. **Calves:** Standing, place right foot out in front. Front leg should be slightly bent, back leg is straight. Lean forward.

- h. **Lizard stretch:** Lay flat on your stomach. Hands by your side and slowly lean your torso up.
Stretches your abs and back.

DRILL –

Equipment Needed: None

Set Up: No set up needed.

How To:

1. Have the kids sit in a circle or on a line so they can see the Instructor.
2. Make sure everyone can see the instructor.
3. Instructor will explain each stretch and how to do it.
4. Explain that stretching helps with flexibility and it is important to do before and after exercise.
5. Help any child that isn't stretching correctly. Good form is key.

3. Jumping: Long Jump and Triple Jump

SKILL –

a. **Long Jump**

- Start 15 ft. back from the jumping line.
- Start running as fast as you can towards the line.
- Plant your foot right before the line and explode up and out.
- Look forwards when jumping and land on two feet.

b. **Triple Jump**

- There are three parts of the triple jump: hop, step, and jump.
- First, start 15 ft. back from the jumping line.
- Run as fast as you can up to the line.
- Plant your foot before the line, then HOP by taking off and landing on your dominate leg
- Then you'll take a STEP, by starting with your dominate leg from the hop and land on the opposite leg
- Finally you will JUMP, by jumping forward and landing on both feet.

DRILL –

Equipment Needed: Cones

Set Up: Mark off distances with a cone (5 ft., 10 ft., etc.)

How To:

1. Place players into stacks.
2. Each stack should have a starting cone and a jump cone out in front.
3. One player at a time practices the long jump. First time through should be SLOW.
4. Then try the triple jump.
5. Each player should do each jump multiple times.

4. Sprinting

SKILL –

- a. Keep head and shoulders relaxed.
- b. Arms should go in a downward motion and brush your hips.
- c. Bring your right leg up and your left arm down.
- d. Keep that motion and use your arms and legs to propel you forward.

DRILL –

Equipment Needed: None

Set Up: If on a field, place 4-5 cones about 5 yards apart.

How To:

1. Place players along a line on the field or the baseline in the gym.
2. For small classes, everyone can run at the same time.
3. For larger classes, split the runners into two groups.
4. Place cones or identify 4-5 lines on the court.
5. Players will run, touch the line with their hand, turn and run back to the baseline. Then they'll run to the next line, touch it, and return to the baseline.

5. Long Distance Running

SKILL –

- a. Keep your body relaxed, but upright.
- b. Pace yourself – don't run too fast starting out.
- c. You'll get tired quickly and won't be able to finish.
- d. Think positive thoughts while running.
- e. Arms should swing down and brush your hips.
- f. Breathe steadily – you should be able to talk to a friend while running.
- g. If you feel out of breath or dizzy, stop running and tell a coach.

DRILL –

Equipment Needed: Stop Watch, Cones

Set Up: Use track or mark off a running route with cones.

How To:

1. Split class into groups of 5 based on running ability.
2. First group starts running the mile route (usually 4 times around a track).
3. After 10 seconds, start the next group of 5, and so on, to keep runners spread out.
4. Keep time and let the kids know how they did as they finish.

6. Relay Races/Passing the Baton

SKILLS –

- a. Relays consist of a 4 person team.
- b. Each person will run 1 lap, carrying a baton.
- c. As you approach your teammate, they will start running away from you.
- d. Your teammate will run forwards, and outstretch their hand backwards to get the baton.
Look over your shoulder at your teammate but keep your feet going forwards.
- e. You will reach the baton forwards and not let go of it until your teammate has it.

DRILL –

Equipment Needed: Batons

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Each pair will get a baton.
3. One person will run out front, with their partner behind them.
4. First time should be done in slow motion, practice stretching your arm backwards.
5. Then switch, so the baton holder becomes the runner.

7. Hurdles

SKILLS –

- a. First, we have to find out what your “lead” leg is.
- b. What leg do you kick a ball with? That is your lead leg.
- c. Practices bringing your lead leg up high, like you are stepping over something tall.
- d. Knee should be pointed towards the sky.
- e. Point your toe up towards the sky also, and then bring your foot down to the ground.
- f. Keep your shoulders and hips square to the hurdle.
- g. Your other leg is the “trail” leg.
- h. It will come over the hurdle second and should be bent at an angle, like a V.

DRILL –

Equipment Needed: Small hurdles

Set Up: 1 hurdle in front of each line

How To:

1. Divide class into 4-5 equal lines.
2. Each line should have a hurdle about 10 yards in front of them.
3. First person in line WALKS to the hurdle and practices stepping over it with good form.
4. Everyone in line goes through.
5. Second time, they can jog up to the hurdle if they feel comfortable.

6. Let everyone go several times to get comfortable with the motion.

8. Throwing: Shot Put and Discus

SKILL –

a. Discus

- Put your left foot out in front of you and your right foot under your shoulder.
- Most of your weight should be on your right foot.
- Hold your hand up with your fingers outstretched (like you're giving a high five)
- Hold the discus by gripping your fingers over the front lip.
- Keep your right arm extended and twist your body back to the right side.
- Bend your knees slightly.
- Swing your right arm towards the front of your body and release the discus straight up into the air should spin on its own.

b. Shot Put

- Hold the shot put in your hand at the base of your fingers.
- Your thumb should be at the side for control.
- Hold the ball close to your shoulder – your elbow should be bent.
- Put your left foot out in front and your right leg should be slightly bent behind it.
- Twist your body back then push the shot put and your body forwards to release the ball.
- The power should come from your entire body, not just your arm.

DRILL –

Equipment Needed: Frisbee for discus, Small ball for shot put

Set Up: Mark off distances with a cone (5 ft., 10 ft., etc.)

How To:

1. Place players into stacks.
2. Each stack gets a Frisbee.
3. One player at a time practices the discus throw.
4. Then try the shot put.

9. Decathlon

SKILL(S) –

- a. Event 1: 100 Meter Sprint
- b. Event 2: Long Jump
- c. Event 3: Shot Put
- d. Event 4: High Jump (each kid jumps as high as they can and use a ruler to measure distance)
- e. Event 5: 400 Meter run
- f. Event 6: Hurdles
- g. Event 7: Discus
- h. Event 8: Thumb Wrestling Tournament
- i. Event 9: Sit Ups (# in 2 minutes)
- j. Event 10: Push Ups (# in 2 minutes)

DRILL –

Equipment Needed: Frisbee, Softball, Hurdles, Cones, Stopwatch, Index Cards

Set Up: Set up cones to determine distance for shot put/discus

How To:

1. Each child will compete in 10 track and field events. This will take the entire class to complete. Give each child an index card to keep track of their scores.
2. Each child will compete in first event, and then write down their score.
3. Then move onto the next event.