



Presents



Speed & Agility

Practical Session
Led by John McElholm

Warming Up

- *Gentle aerobic and mobilising exercises including active stretching*
 - ❖ **Commander** - Group moving around a marked out area with a handball in their hands. On coaches call (a) change direction (b) high knees (c) heel flicks (d) 360 degrees turn (e) 3m quick turn and sprint (f) side step
 - ❖ Progress the exercise by picking balls from the outside cones on the coaches, bounce it, put them back down, and return to the centre
- *Range of Fun Warm-Ups:*
 - ❖ **Ball Tig (with the ball)** - Free tagged person by bouncing the ball under their legs (x2). Progress the activity by bunny hopping or moving 360 degrees around hurdles placed around the edge of the square.
 - ❖ **Chain Tig (in 2's)** – When caught, you join the chain of catchers
 - ❖ **Chain Tig (Individual Chains)**
 - ❖ **Triangle Tig** – 3 players join hands and form a circle. One catcher outside of the circle has to tag a nominated player in the circle. The circle move as a team to protect the nominated player.
 - ❖ **Ball Tig** - When caught move to outside and carry out an exercise, e.g. hurdle hop
 - ❖ **1v1 Tig** – Player one must tag player 2. Player 2 is only allowed to move backwards or sideways. When tagged reverse roles.

- ❖ **Numbers** - Call a number corresponding to an exercise, e.g. knees, heels, turn, direction change

- ❖ **Linear Drills** - Running up a channel and change task to
(a) jog out and sidestep back in (b) run to 1st cone, turn & jog backwards to 2nd cone, turn back and jog to 3rd cone
(c) lift handball placed at 2nd cone, set it down at 3rd cone

SAQ – Speed, Agility and Quickness

Below is a selection of SAQ drills utilising ladders and hurdles, that are aimed to improve the efficiency of the wide range of foot movements required in Handball:

- Straight through ladders putting one foot in each rung. When through the ladder, run backwards to the start
- Straight through ladders putting two feet in each rung,. When through the ladder, run backwards to the start
- Sideways through the ladders, putting two feet in each rung. Alternate by leading with both sides as opposed to continuously leading with dominant side.
- Straight through ladders, putting one foot into every second rung. Run backwards to the start
- Straight through ladders, and then bounding over hurdles
- Straight through ladders, and then side stepping around hurdles
- Straight through ladders, and then proceed into zigzag sprints
- Straight through ladders, and then into stop-start sprints

❖ **Joining Ladders:**

Join ladders together in a criss-cross format. E.g. the first ladder is positioned straight, while the second ladder is positioned horizontally at the end of the first ladder.

❖ **Linking it all together:**

Hurdles → Ladders → Hurdles → Multi-directional sprints, etc

Speed & Agility Drills

Linear and Multi-Directional

1) Partner Drills

Two players face each other and throw 2 balls back and forth between them. On the whistle, both players turn and sprint 10m to a cone behind them and back to the starting position.

Alternative is to back pedal to cone before sprinting back to starting position.

2) Stop Start Drills using Handballs

Leave handballs at cones and the players have to run out to the first cone, pick up the ball and set it down at the third cone.

3) Shuttle Drills

- Players start at the 1st cone
- Run out to 2nd cone and pick up the ball
- Run backwards to the 1st cone and set the ball down
- Repeat, picking ball up at 3rd cone and setting down at the 2nd cone

4) Number Sprints

Simple multi-directional sprints that mirror the shape of a number. E.g. '1' = Run Forwards

'2' = Run Backwards

'3' = Sideways Movement.

5) Square Grid Sprints

Numerous adaptations of this drill can be used :

- Figure 8's
- Z sprints
- Multi-Directional Movement

If there are large numbers in the group, multiple square grids can be used.

6) T Sprints

Players sprint out to a cone 10m away from the starting cone. When they reach the cone, they must sprint 5m either to the left or right, depending on the coaches call.

7) Square Colour Coded Drill using Handball

Coach calls out a colour or combination of colours and athlete places a ball on the centre of each cone. The drill can be reverse by bringing the balls back to the centre.

Evasion Belts

- 1) Attach belt-race between 2 athletes-one trying to get away from the other in an enclosed space.
- 2) Lateral Movement – attach belt. One athlete tries to lose the other by moving only from side-to-side.



- 3) Both athletes lie side by side. On command straight into a race over 20-40m.



Circuits

Circuits are a great way to carry out a fun and effective SAQ session for large groups. Using a selection of the above drills, a circuit can be designed that is useful for high intense sessions.