

O - Agility Circuit Race - Czech Youth

Key Points:

Create an agility circuit with tasks to be done at top speed in a competition.

Description:

4 teams race over, under, thru, around, skip, spin to challenge their coordination, agility, balance, speed, power.

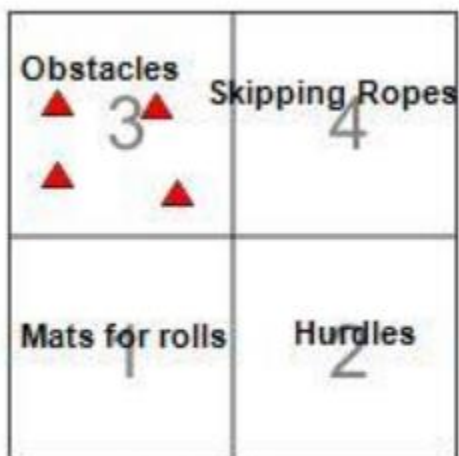
This circuit works on the Skill Related Principles of Fitness.

- coordination
- agility
- balance
- speed,
- reaction time

To be a good hockey player you also have to be a good athlete.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812094928560>

<https://youtu.be/KGmU9Rrz-70>



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