

O - Agility, Coordination Using Sticks – Czech Youth

Key Points:

Use a stick with no blade as the barrier between two players and do partner exercises with competition.

Description:

1. Partners mirror each others movements.
2. Partners fake at each other and read the body language to go the other way around the stick.
3. Partner play tag with one chasing and the free. They must run around the stick to tag and then that partner is it.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812085251864>

O - Agility Circuit Race - Czech Youth
Training off ice in a gym or outside. Multiple examples.

O - Agility Circuit Race - Czech Youth
<https://youtu.be/KGmU9Rrz-70>

O Combative Dryland Czech Youth
<https://youtu.be/PMS4aVTHm5g>

O - Dryland Agility Core Circuits Czech Republic
<https://youtu.be/vHL72V52zHU>

O Dryland Agility Coordination Reaction Time Czech Youth
https://youtu.be/4pwMiYuAy_I

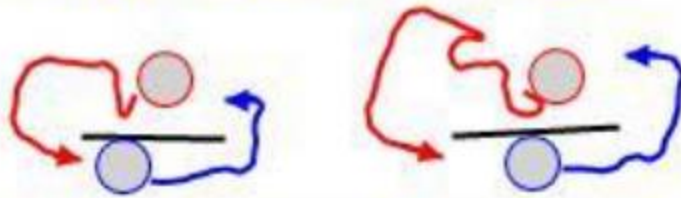
O - Czech Off Ice Training
<https://youtu.be/bPcmd4enRvc>

O - Czech Youth Hockey Off-Ice
<https://youtu.be/7WAfLTc7j8s>

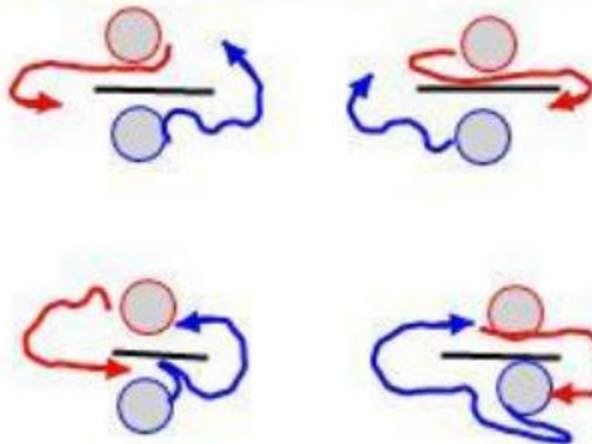
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