

## 10. Agility – Pivoting & rotation (imagine a cross and pivot on it!)

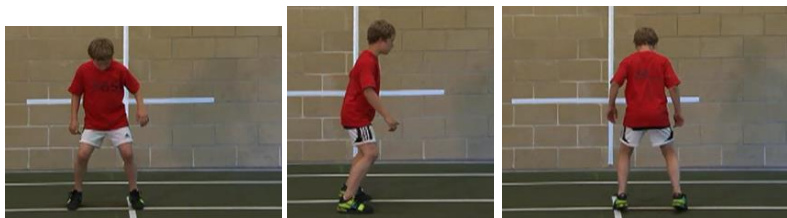
Agility (Pivoting) is when the body (and its part) twist and turn in the right order and under control and in balance. **Pivoting is essential in movements such as a discus throw or pivot turn in netball.** Athlete always starts from a **standing position with feet shoulder apart, knees slightly flexed.** Athletes should always maintain good posture and core positioning for each challenge. High stages of pivoting relate to Discus & Hammer technique.

### Stage 1 Red Challenges

10a) **Pivot 90° clockwise (on ball of foot)** and with good posture, while maintaining balance (both feet).

10b) **Pivot 90° anti clockwise (on ball of foot)** with good posture and balance (both feet).

**Pivot 90° clockwise (on ball of foot) = 4 sumo steps (quarters)**



**Pivot 90° anti clockwise (on ball of foot) = 4 sumo steps (quarters)**



### Stage 2 Yellow Challenges

10a) **Pivot 180° clockwise (on ball of foot)** while maintaining balance (both feet).

10b) **Pivot 180° anti clockwise (on ball of foot)** whilst maintaining balance (both feet).

**Pivot 180° clockwise (on ball of foot) 2 quarters**



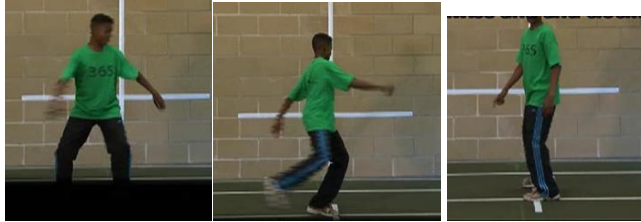
**Pivot 180° anti clockwise (on ball of foot)**

2 sections

### Stage 3 Green Challenges

10a) Pivot 3 quarter turn anti clockwise (on ball of foot) while maintaining balance (both feet).

10b) Pivot 3 quarter turn clockwise (on ball of foot) while maintaining balance (both feet).



Pivot 3 quarter turn anti clockwise ball foot!!



Pivot 3 quarter turn clockwise on one foot spin

### Stage 4 Purple Challenges

10a) Pivot 360° turn anti clockwise (on ball of foot) while maintaining balance (both feet).

10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance (both feet).

10c) **Basic turn: hold a broom stick** with extended arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti - clockwise direction. (Footage Coming Soon)

Pivot 360° turn anti clockwise – FULL SPIN BACK WHERE STARTED



Pivot 360° turn clockwise

### CHALLENGE!!!

**hold a broom stick** with extended arms extended arms, eyes focusing on the end of the stick and turn on the spot by