

## 9. Agility - Reaction & Response


**Agility (reaction)** relates to how quickly we react to stimulus (such as a starting gun, a '**GO**' command or **dodging a friend in a game of chase**). Agility is essential in all sports movements. Athletes should explore **Slow to fast** and fast to slow movements using both the left and right hand when catching. Athletes should always maintain **good posture and core positioning** for each challenge.

### Stage 1 Red Challenges

9a). Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height - catch the ball after 1 bounce.

9b). As above from 2m away. On Red can 'run through' after catch before deceleration.

9c). As above from 3m away


 <p>catch the ball after 1 bounce. <u>Shoulder</u> high</p>	 <p>Run through catch after 1, 2, 3 m</p>	
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### Stage 2 Yellow Challenges

9a). Stands 1 metre away from partner who has arm stretched out to the side and drops a tennis ball - react quickly and catch after 1 bounce.

9b). As above from 2m away. On Yellow can 'run through' after catch before deceleration.

9c). As above from 3m away.

 <p><u>arm stretched out to the side</u></p>	<p>Run through catch after 1, 2, 3 m</p>	
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### Stage 3 Green Challenges

9a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after 1 bounce.

9b) As Green 9a, but from 2m away. On Green can 'run through' after catch before deceleration.

9c) As Green 9b from 3m away.



both arms drop ball from one

Run through catch after 1, 2, 3 m

### Stage 4 Purple Challenges

9a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.

9b) As Purple 9a from 2m, with no 'run through' allowed.

9c) As Purple 9b from 3m, with no 'run through' allowed.



is caught

Holding a one leg balance as the ball



No Run through catch after 1, 2, 3 m stand one foot

### Stage 5 Blue Challenges

9a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.

9b) As Blue 9a from 2m, with no 'run through' allowed.

9c) As Blue 9b from 3m, with no 'run through' allowed.

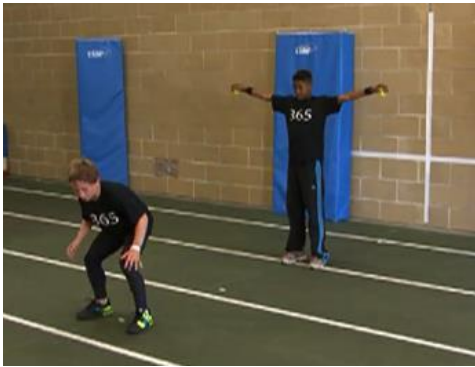

 <p><b>BALL RANDON FROM BOTH HANDS</b></p>	<p>catching ball with opposite hand to lead leg. AS BEFORE SINGLE LEG STAND</p>	
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### Stage 6 Black Challenges

9a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner.

9b) As Black 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.

9c) As Black 9b from 3m, with no 'run through' allowed.

<p><b>Face away from partner</b>, responding to a call when random ball dropped. Start from 1m away from partner.</p>		
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