

EXERCISE

Agility Square

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise that we've set up is called the Agility Square. This is a great if you're working with a client who's more sport-specific or just with a client who might need a different stimulus in their training. It's great for warm-ups et cetera.

I'm going to get you to set up some cones. You can have (as we have here) numbered cones or you can use just regular coloured cones. We are going to show you a few different variations.

You're going to have your client start in the centre of the square and in a ready position. Dom's just going to tread lightly on the balls of her feet. And just to start off with, we have numbered cones, 1, 2, 3, and 4. Are we ready, Dom?

(Dom: Okay)

Quick as you can. Number 3 and then back to the centre.

Now ... 2 ... 1 ... 4.

Good. Really try and reach and move to the cone.

4 ... 2 ... 3 ... 1 ... 3 ... 2 ... 1.

Okay. Another variation that you might try is with numbers and also coloured cones.

I'm just going to place down a coloured cone - so we're also going to react to numbers as well as colours.

Now Dom, I'm upping the ante. Starting in position ...

Blue ... 3.

Good. Nice and light - back as quick as you can into the centre.

This is a great way to add in extra stimulus. As you can see cognitively, it's quite challenging.

3 ... 4 ... 2 ... blue ... 1.

Good. And back into the centre.

And then another variation that you can get your client to do to make it a little bit more taxing is get them to change levels.

So Dom, I'm going to get you to start for me on your front – so - lying down.

It's a great way, as I say, to add in additional stimulus to get the upper body and lower body working at the same time.

So Dom, when I say go, I want you to jump up and then react to the call.

Go ... 1.

And down onto your front.

Go ... 3.

Back down onto your front.

Go ... 2.

1 ... back down onto your front.

Go right down onto your front .

Go... blue ... 4.

And relax. Rest there.

So as you can see, you can have lots of fun with this in various forms.

Give it a go.

Main Muscles Involved

Too many to enumerate!!

