

BOW-TIE DRILL

- Using four cones to make a 3 m square, students run diagonally forward, laterally across, diagonally backwards and laterally across. The path of the runner is in the shape of a sideways Bow-tie.
- The aim is to perform this activity quickly and effectively.
- Move as fast as possible around each cone, attempting to change direction efficiently in one movement by driving off from the outside foot then quickly accelerating.
- In order to move effectively the centre of gravity must be kept low, and the body must be ready to move quickly.
- Groups of 3 students. One performs, one rests whilst the other is ready to go.

Benefits

- Move quickly and efficiently.
- Identify the concept of acceleration.
- Technique.
- Spatial awareness.
- Proprioception.
- Balance and control.
- Coordination/ Rhythm.
- Ability to receive kinaesthetic feedback and adjust accordingly.
- Peer feedback.
- Observation skills.

Beginners Advice

- Using the directions above, attempt to move through the cones as fast as possible.
- Begin slower, to organise the body then build up speed and confidence.

Challenge

- Increase/decrease the distance depending on what the intention is (change of direction/ sustaining speed/technique).
- Build the amount of repetitions from 1-5.
- Aim to increase focus on the required body positions mentioned above.
- Work in pairs, allowing one student to provide feedback.
- Working in 3's with all student moving together throughout the cones.
- Students may consider a different formation of the cones, or different pattern within the grid, or change of movement.

Adjustments / What to look for

- Sharp turns at the cones 'bow-tie' pattern as the path of the runner, as opposed to a wide sweeping turn which can be viewed like a number '8' as the path of the runner. Attempt to push from the outside foot to change direction.
- Prepare for the change of direction upon approach to the cone by preparing the correct outside foot for the turn.