

DIAGONAL FORWARD, BACKWARD

- Using four cones to make a 3m square start at one corner.
- Sprint diagonally forward, backwards, diagonally forwards and backward to the starting point.
- The aim is to perform this activity quickly and efficiently.
- Move as fast as possible around each cone, change direction in one movement by driving off from the outside foot then quickly accelerating.
- Keep centre of gravity low and avoid contact with the cones.
- 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

- Begin slower to allow the body to become organised and acquainted with the pattern, then build up speed and confidence.
- Practice the transition from forward to backwards.

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.