

JUMPS, CONE WEAVE, FORWARD BACKWARD

Jump backwards, sprint forward

- Make two lines of cones 5m apart.
- Starting at the first line jump backwards 2 - 5 times then sprint forward to the second line.

Forward and lateral cone weave

- Create a line of 6 cones 2m apart.
- Sprint forward, weaving through the cones - up and back.
- Avoid contact with cones try skipping and sidestepping.

Forward backward forward backward

- Sprint forward 5 -7m then turn and sprint backwards for 5 - 7m and repeat for 30m.
- Use cones to mark transitions.
- Move as fast as possible changing direction in one movement.

Benefits

- Move quickly and efficiently
- Identify the concept of acceleration
- Technique
- Proprioception
- Balance and control
- Coordination/ Rhythm

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.
- 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.

Adjustments / What to look for

- Sharp changes of direction.
- Smooth movement.
- Preparing for the change of direction upon approach to each cone.