

LATERAL FORWARD, BACKWARD

- Using three cones to make a 4m 'L' shape.
- Move laterally (sideways) to the first cone, forward to the next then backwards and laterally to the start.
- The aim is to perform this activity quickly and efficiently.
- Move as fast as possible changing direction in one movement.
- 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.
- 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

- Smooth movement.
- Preparing for the change of direction upon approach to each cone.
- Not touching cones.