

AGILITIES COMBO

These combination shootings are designed to work on agility and explosive movement as a prelude to skiing. We can kill two birds with one stone by doing some of this in between shooting bouts, i.e. use agility work as a distraction between shooting bouts.

APARATUS: [mix and match for variety]

- agility ladders;
- short hurdles, taller hurdles ,
- hula hoops (various sizes);
- flat cones (lots).

BASIC INGREDIENTS: [mix and match for variety]

- *Plyometric movements* (land and move again without a static pause)
- Hops, two footed – forwards, sideways, diagonal and modest rotations.
- Jumps – from one foot to the other; forwards, sideways and diagonal.
- Sprints – Very short and explosive
- Stops – from sprints, very fast with lots of eccentric work on leg muscles.

EXAMPLES:

Agility ladder and cones:

- Set up two agility ladders in parallel, about 1m – 1.5m apart.
- Set one flat cone at opposite ends of each ladder, about 5-6 meters away from the end of the ladder.
- Drills – any ladder drills, plus a sprint to the cone; repeat on other ladder. Repeat loop for 1-2 min. between shooting bouts.

Hula-hoops and hurdles:

- Put the hula-hoops on the ground with edges touching to make an irregular, elongated matrix; mix and match the sizes. Use hurdles for return loop; close together for 2-footed hops.
- Drills: Any ladder drills; jumps or two-footed hops from one hula-hoop to the next; sprint or hop back to start.

LADDER DRILLS:

Two foot hop examples:

- Land on every other square of the ladder.
- Diagonally forward one square: left then right, in and out of the ladder every other square.
- Diagonally forward: jump out left, jump in centre, jump out right, jump in centre, jump out left, etc.
- Same as above, but rotate through 45 degrees towards the next hop before landing.
- Long hops: Hop over one square; hop over 2 squares; hop as far as you can.

Jump (step) Examples:

- Quick steps; foot in every square; keep it very quick and light.
- Diagonally forward one square: left then right, in and out of the ladder every other square.
- Diagonally forward two squares: left then right, in and out of the ladder every two squares.
- Stand sideways in line with the ladder; jump off foot closest to start, sideways 2 squares to start.
- Stand sideways; cross one foot in front of the other and jump sideways off this foot. Jump sideways 2 squares to start.
- Step, step, hop, hop (2 foot landing); skip one square between steps, land in next square and then hop forward two squares. Repeat.
- Step, step, hop diagonal, hop back (2 foot landing); skip one square between steps, land outside next square and then hop forward two squares into ladder. Repeat