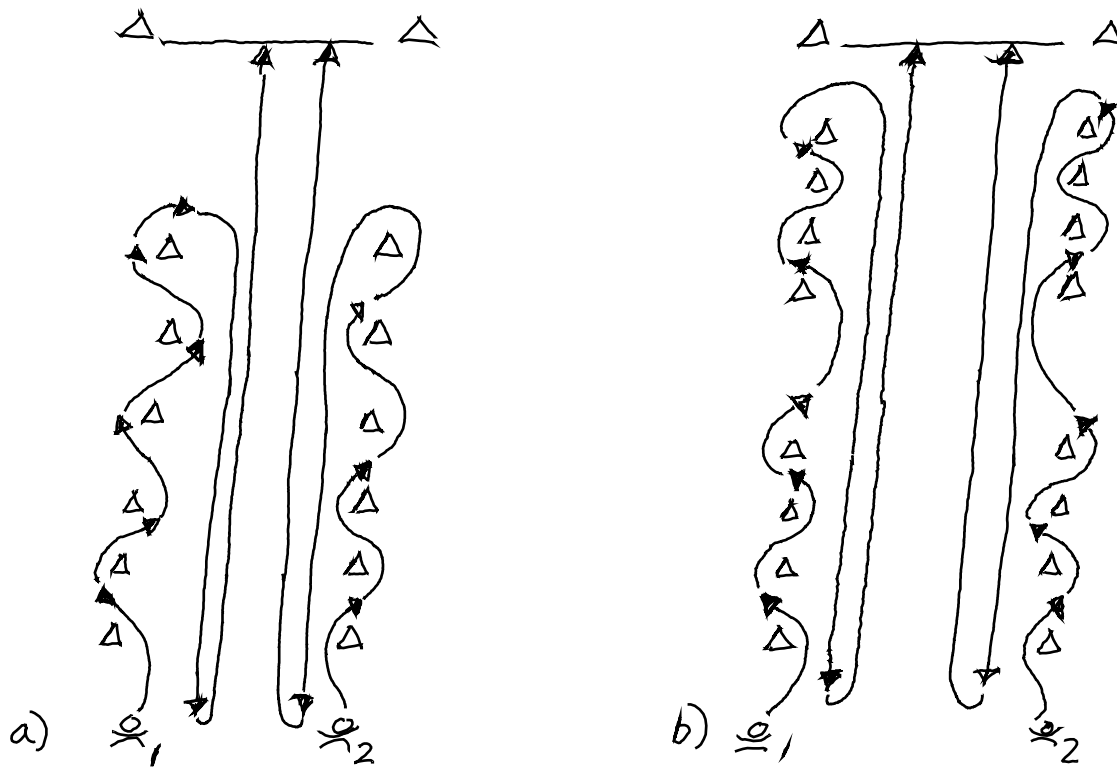


Competitive Agility training



Procedure

At your signal, players 1 and 2 slalom through the agility poles, then turn and sprint back to the starting point, touching the line with their feet. They then sprint to the finish line (a).

- Cones CAN be used INSTEAD of poles