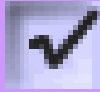


Group

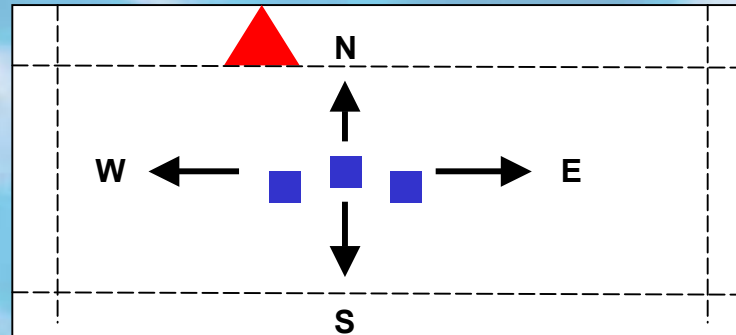
Individual



Pairs

**Compass
Points**

AGILITY







Outcome:

- *Participants start in the water. The coach identifies each pool wall as a compass direction (North, East, South, West)*
- *When the coach calls out a direction the participants start moving in that direction*
- *The coach then calls a different direction and the participants make light / fast changes to move toward the new direction.*
- *This activity focuses on the FUNdamental aspect of AGILITY in the water whilst moving and changing direction as quickly and easily as possible.*

Equipment Needed:

▶ None

Diagram Key:

-  = Coach
-  = Participants
-  = Equipment
-  = Direction

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Compass Points

COACHING POINTS

- ▶ *Bring knees / legs up under body to start changes in direction.*
- ▶ *Keep limbs in tight to the body to reduce resistance when direction changes are made.*
- ▶ *Lead with the head into the new direction.*
- ▶ *Fast movement into and out from change in direction.*

DIFFERENTIATIONS

EASY: *Participants standing in shallow water start at slower speed, plenty of time between changes.*

HARDER: *Participants can progress into deeper water, coach calls changes more quickly.
Participants can go from their front to their back as they change direction.*

HEALTH & SAFETY

- ▶ *Ensure the participants are aware of where others are, and do not have any physical contact. i.e. – avoid pushing into others and any obstacles.*

