

# U14 Activity Card



## Agility games

### Equipment

Cones or markers to define area.  
Hoops.  
Mini hurdles.  
Balls or mini bean bags.  
Speed ladder.  
Other assorted safe obstacles.

### Matrix link



2. Run



3. Team

### Diagram



### Instructions

Human ladders (caterpillar).

- This activity has participants line up in team's fingertip to fingertip the same as for beach flags. The whole team then lies down at the start of the activity area. The person at the back of the line (furthest from the finish) gets up off the ground and runs over their whole team and lies down again once they reach the start. The second person goes as soon as person one is over them and so on until the team crosses the finish line.

In and out (zigzag)

- Like human ladders this involves moving through the team and taking the spot at the front.
- The group stands in a line and places their hand on the shoulder of the person in front to get the spacing right.
- The person at the back then runs to the front zig zagging (weaving) in and out of their team members and takes the spot at the front of the line.
- More confident groups can vary this by having people alternate standing up with legs wide or crouching down in a ball and the group can then go over them or under.

### Top tips

[Speed ladder.](#)  
[Mini hurdles.](#)

# U14 Activity Card



Speed ladder or mini hurdles.

- These tools are run through using the technique determined by the leader. The aim is to practice different parts of the run or wading technique, refining the parts in a controlled environment.

Obstacle course.

- Use a combination of available equipment to create change of direction, pace, and stride length. You can also add in going over, under, or through larger obstacles if equipment is available.