





# Agility

Agility is defined as an athlete's ability to move at a pace in one direction and then instantly slow down and shift position within a matter of seconds. It can separate a good athlete from a great one. As with any type of sports training, start slowly and focus on maintaining proper form. This will not only help you develop the stability needed to perform at your best, it can significantly reduce your risk of injury.

Using the following objects, design an exercise that you could do to at home and try it out. If you wish, film a demonstration explaining and showing how to do each exercise.

<p>Stairs</p> 	
<p>Cones</p> 	
<p>Skipping rope</p> 	
<p>Football</p> 	
<p>Swings (with no one on them)</p> 	
<p>Tennis ball</p> 