

O - Triangle Agility 1-2-3 - U18 F

Key Points:

Quickly move without crossing over in a balanced position.

Description:

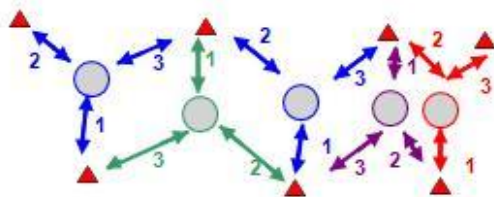
- Pylons are set up in a triangle with the player facing number one.
- Coach call out 1, 2 or 3 and the player move from the middle to that pylon and back.
- Work 15" recover 45".
- Switch.

* Skill Related Fitness Goals: agility, balance, coordination, reaction time, speed.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160401120317485>

<https://youtu.be/-oaPOUiyVTo>

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When the number is called.
Run to the pylon
and back to the middle.