Speed & Agility

2018

# Instructor Information

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| --- | --- | --- |
| Instructor  | Email | Class Location & Hours |
| **To be determine** | srockette@ymcaswm.com | -Monday & WednesdayAges 8- 13 |

# General Information

## Description

Speed & Agility is a fun and challenging class designed to teach your youth athlete proper training techniques, conditioning, and fundamentals. The class places high priority on functional movements, athletic coordination, balance and relative strength and the introduction of essential muscular movement patterns. These are **vital in establishing a child’s athletic foundation** for improved performance, injury prevention, and long-term enjoyment of sports participation.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

Class participation (attendance) 85% pass

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

Knee/ankle wraps or tapes- if needed

Students should wear proper athletic clothing i.e. shorts, comfortable fitting shoes

Student should bring water bottle

## Optional Materials (provided by student/family)

# Course Schedule

| Week | Topic |  |  |
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# End of Semester: Evidence of Learning (circle one):

* **The ability to demonstrated proper technique for straight ahead sprinting**
* **Understand and know the definition of power, speed, acceleration, and agility**
* **The ability to demonstrate sprinting and running form, technique, and breathing**
* **Assessment of the post-progression in the follow; 1 mile test (Cardio vascular), 3 cone shuttle (Agility), Jump test (Power), Push-up test (Muscular endurance/strength) and Sit-up (Muscular endurance).**