

SPORTS AND ACTIVITIES PREP CLASSROOM CONTENTS

VIDEO ONE – INTRODUCTION TO GO AROUNDS/WRAPS

VIDEO TWO – PROGRESSING LOOSE LEAD WALKING I

VIDEO THREE – PROGRESSING LOOSE LEAD WALKING II

VIDEO FOUR – SEND – “GO” STRAIGHTS

VIDEO FIVE – FORWARD FOCUS

VIDEO SIX - HOW TO MOCK UP AN AGILITY HURDLE USING HOUSEHOLD BITS AND PIECES

VIDEO SEVEN - CHANGING SIDES WITH A BLIND CROSS

VIDEO EIGHT - INTRODUCING FRONT CROSSES

VIDEO NINE - "GET OUT OF JAIL GAMES" 01 - HAND TARGETING OR "TOUCH"

VIDEO TEN - TEACHING A RELEASE CUE

VIDEO ELEVEN – AGILITY TERMINOLOGY AND TECHNIQUES

VIDEO TWELVE - CONTACT OBSTACLE FOUNDATIONS - PART ONE: FRONT FOOT TARGETING MAT

VIDEO THIRTEEN - FOUNDATION FOR AGILITY CONTACTS PART 2 - RUNNING A FRAME FOUNDATION.

VIDEO FOURTEEN - GIVE PAW (ALTERNATE FRONT FEET) PROGRESSION TO STAND ON BLOCKS

VIDEO FIFTEEN - REAR FOOT TARGETTING AND BACKING UP (REVERSING TO TARGET)

VIDEO SIXTEEN - REAR FOOT TARGETTING PART ONE

VIDEO SEVENTEEN - REAR FOOT TARGETTING PART 2 - MOVING FORWARD INTO POSITION.

VIDEO EIGHTEEN - PROGRESSING REAR FOOT TARGETING FOR AGILITY SEESAW AND DOGWALK

VIDEO NINETEEN - PROGRESSING REAR FOOT TARGETING

VIDEO TWENTY – BODY AWARENESS AND CONDITIONING I

VIDEO TWENTY ONE – BODY AWARENESS AND CONDITIONING II

VIDEO TWENTY TWO – GRIDWORK 1 – SET POINT EXERCISE

VIDEO TWENTY THREE – FOUNDATION FOR REAR CROSSES

VIDEO TWENTY FOUR – GRIDWORK 2 – LADDER GRID AND PROGRESSIVE GRID