



## General - Movement Exploration

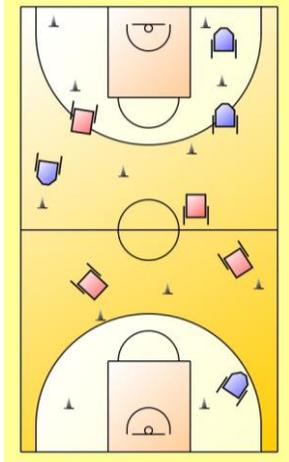


FIGURE 1



FIGURE 2

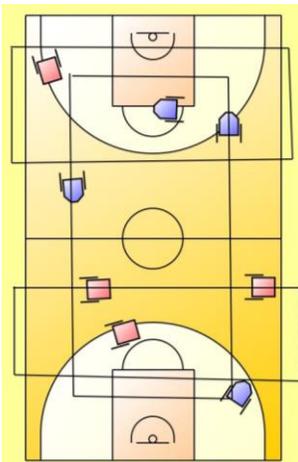


FIGURE 3

**OBJECTIVE:** To explore how the chair and body can move in terms of effort, direction, time and space.

**SETUP:** Set up cones or markers randomly around the gym. (Figure 1)

**Instructions:**

1. Athletes must wheel randomly to a cone. (Figure 1)
2. Upon reaching a cone, the athlete does the prescribed cut or fake.
3. Athletes now wheel randomly and perform a cut/fake combo of their choosing. Must do a different one each time. (Figure 2)
4. Athletes move along existing lines of the floor doing a cut/fake at each intersection. (Figure 3)

Sample prescribed cuts or fakes:

- V Cut
- L Cut
- Head Fake and V Cut
- U Turn
- Forward Cut followed by U Turn

**Activity Rules / Games Approach:**

Learning Progression 1: Coach prescribes single actions. (Figure 1)

Learning Progression 2: Coach prescribes combinations of actions. (Figure 1)

Learning Progression 3: Coach leaves it to athletes to choose a cut/fake/combo. (Figure 2)

Learning Progression 4: Athletes move on lines and do cuts/fakes/combos at intersections. (Figure 3)

**Coaches Key Points:**

- Players should explore as many different fakes as possible.
- Players should explore as many ways to cut as possible.
- Players should combine fakes and cuts in creative ways.

**Variations/Loading:**

- Without cones, use a whistle to cue the cut/fake/combo.
- Vary the speed and direction of wheeling (e.g. fast, medium, slow; forwards, backwards).
- Add a ball per player.

**Mental:**

- Players should maintain internal focus on the feel of the shadow cuts/fakes and combos.