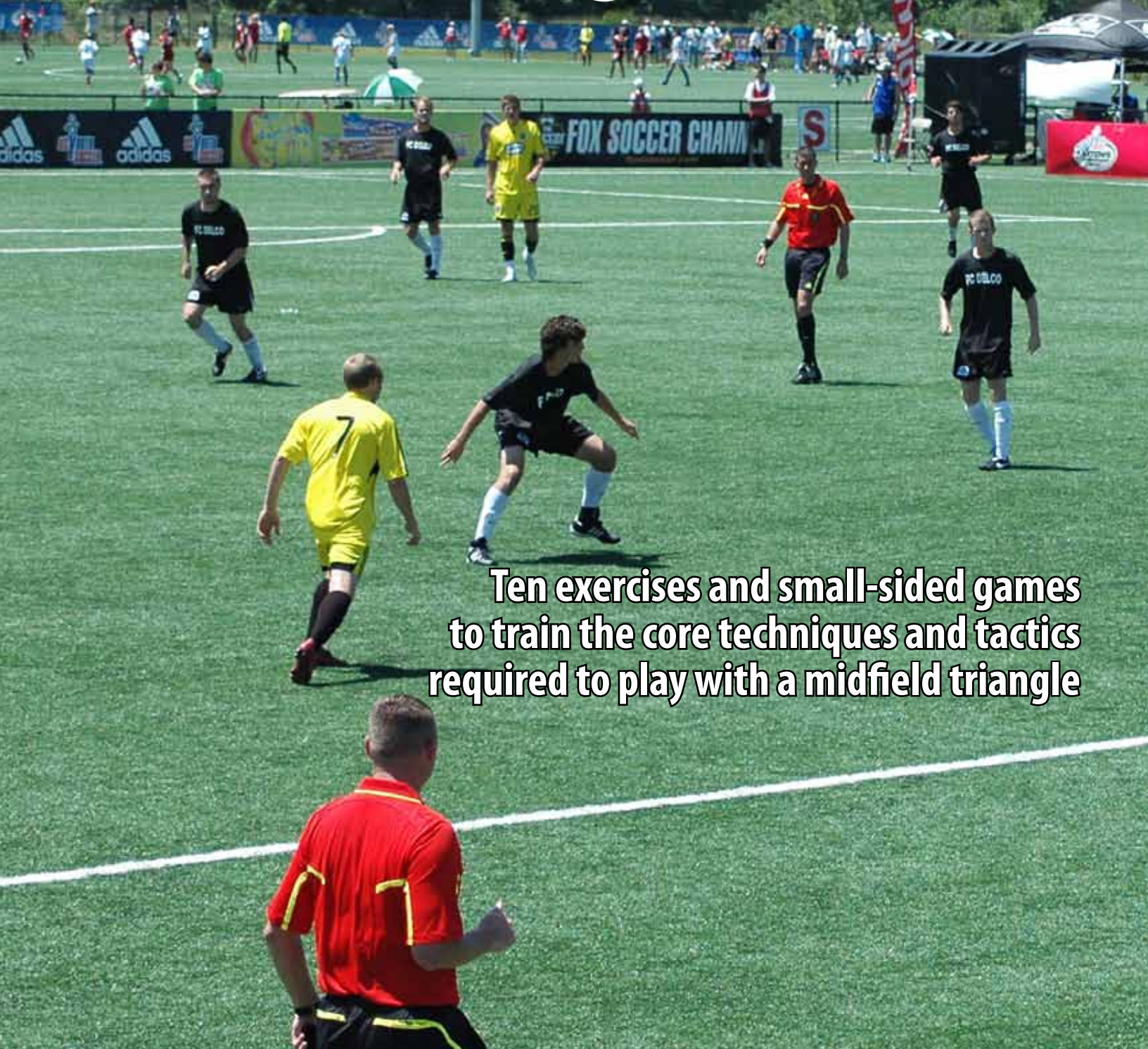




Training the Triangle Midfield



**Ten exercises and small-sided games
to train the core techniques and tactics
required to play with a midfield triangle**

Training The Triangle Midfield

Ten exercises and small-sided games to train the core techniques and tactics required to play with a midfield triangle

By
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Edited by Tom Mura



INTRODUCTION



This is a collection of drills and exercises you can use to train in any triangle midfield formation. The exercises are designed to get the players moving the ball quickly in an organized and disciplined fashion, elements needed to be successful in the triangle midfield. Some of these exercises are generic enough that they can be used with all players as they will focus on all of the elements of technical training (preparation, skill and speed). Use them to develop a quicker technical mentality for your players while also

developing them in the training exercises shown in the Triangle Midfield Book. It is important that you first focus on the technical aspects of the triangle midfield and making sure that the qualities you need for each position are present in the players you have in these positions. Here are some suggestions of qualities you should be looking for:

Attacking Central Midfielder- You need players that are very good technical players. They need to read the game very quickly and must be dangerous when going forward to attack the goal. The player should have good physical speed but, more importantly, explosive technical speed and the ability to receive and play with a soft touch. They must see the field very well and be able to distribute the ball to create attacking opportunities. This player is your playmaker and considered to be the HEART of the triangle midfield. They must also be very fit.

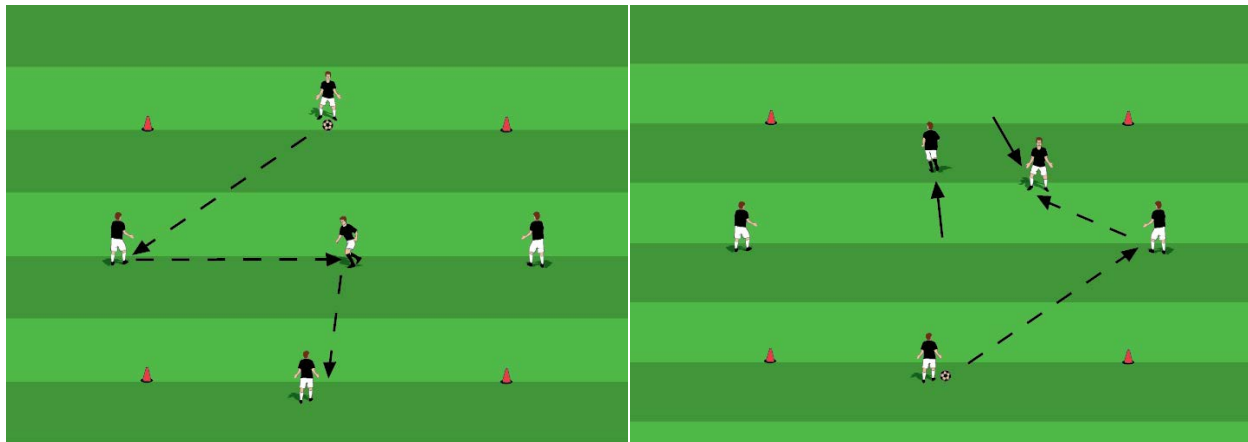
Holding Central Midfielder- This player or players must be the physical presence of your midfield. They will always challenge anyone who attempts to come inside the triangle or anyone attempting to bring the ball into the central part of the field. They must be strong at winning the ball in the air and in challenging 50/50 balls. They are usually the ones responsible for keeping the shape of the triangle, so they must be excellent communicators. In possession they must be 1-2 touch players as they are responsible for linking possession between the defense and the attack. They are often there to re-direct the flow of possession from either one side to the other or one point to another. They must also have a good level of fitness.

Roving Central Midfielder- If you employ one, they must have very similar qualities as the holding central midfielder with a couple of exceptions. First, they must have incredible fitness as they will always be moving and shifting side-to-side, more so than in a normal triangle midfield. They must also be very quick in physical speed as they are responsible for keeping the shape of the triangle. In possession they are there to link possession to the two central options (central attacker and attacking central midfielder). They must also be quick to react to opportunities for withdrawn runs as attacking options.

The following ten drills and exercises should help you to organize and train your triangle midfield. Good luck in your preparations.

QUICK COMBINATION PASSING

Drill Introduction: This is a quick combination passing drill that focuses on building to one-touch play. Create a 25 yard by 25 yard box with cones or disks. In the middle of each of the four lines place a player and add a fifth player in the middle. One ball will be used for this exercise. Have the ball start with one of the outside players and begin the exercise by having that player pass the ball to one of the outside supporting players either their right or left. The receiving player will then pass the ball inside to the middle player who receives and passes to one of the other outside players. Once the middle player passes to one of the outside players they immediately switch with one of the other three outside players. The player who receives the ball then passes it to one of the wide outside players supporting them. Keep in mind that they must be aware that they aren't passing the ball to the outside player who is switching with the middle player, they must pick one of the outside players who is remaining in their position. The player who is coming inside must now adjust to the player receiving the ball. The drill is continuous.



COACHING POINTS

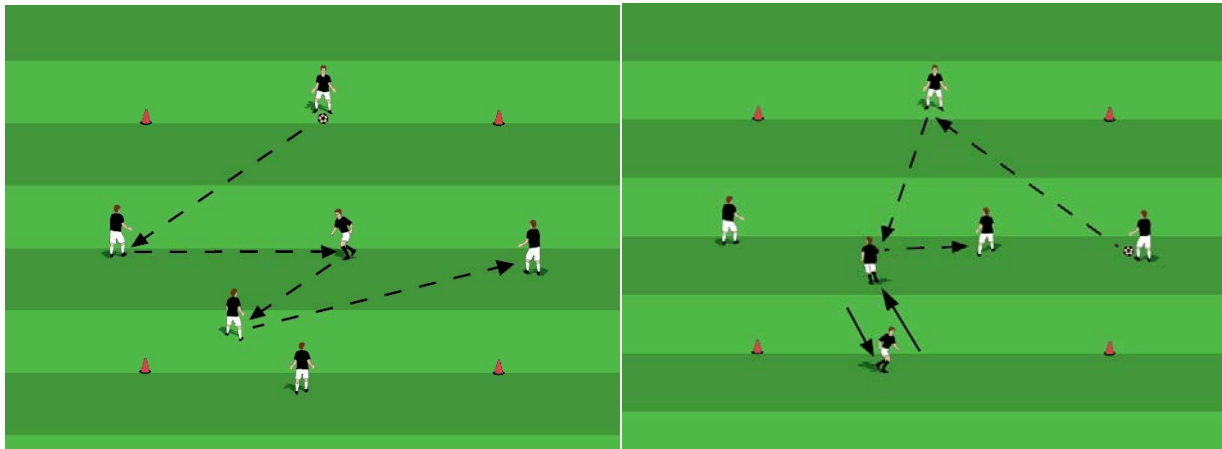
- CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle of the grid.*
- CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for one-touch play.*
- CP: Players need to stay focused so that they stay within the pattern of the drill.*
- CP: Players need to communicate clearly so that they are prepared for where possession is going in the drill.*
- CP: Players need to move at game speed throughout the drill.*

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: It would depend upon your goals and objectives and what your plans are following this drill. This drill is not timed, but it is typically done as part of a progressive warm-up and would cover no more than 10-15 minutes before progressing. As with any drill or exercise you would not progress if the players have not succeeded in establishing the level of success you are looking for.

QUICK COMBINATION PASSING 2

Drill Introduction: This is a quick combination passing drill that is a progression of the first exercise and requires focus on building to one-touch play. Create a 25 yard by 25 yard box with cones or disks. In the middle of each of the four lines place a player and add two additional players in the middle. One ball will be used for this exercise. Have the ball start with one of the outside players and begin the exercise by having that player pass the ball to one of the outside supporting players to either their right or left. The receiving player will then pass the ball inside to one of the middle players who receives and passes the ball to the other middle player. The second middle player after receiving the ball passes to one of the outside players, then switches out with an open outside player. The player who receives the ball then passes it to one of the wide outside players supporting them. Keep in mind that they must be aware that they aren't passing the ball to the outside player who is switching with the middle player, they must pick one of the outside players who is remaining in their position. The player who is coming inside must now adjust to the player on the outside receiving the ball. The outside player receiving the ball passes into the player who has switched to enter inside. The drill is continuous.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle of the grid.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for one-touch play.

CP: Players need to stay focused so that they stay within the pattern of the drill.

CP: Players need to communicate clearly so that they are prepared for where possession is going in the drill.

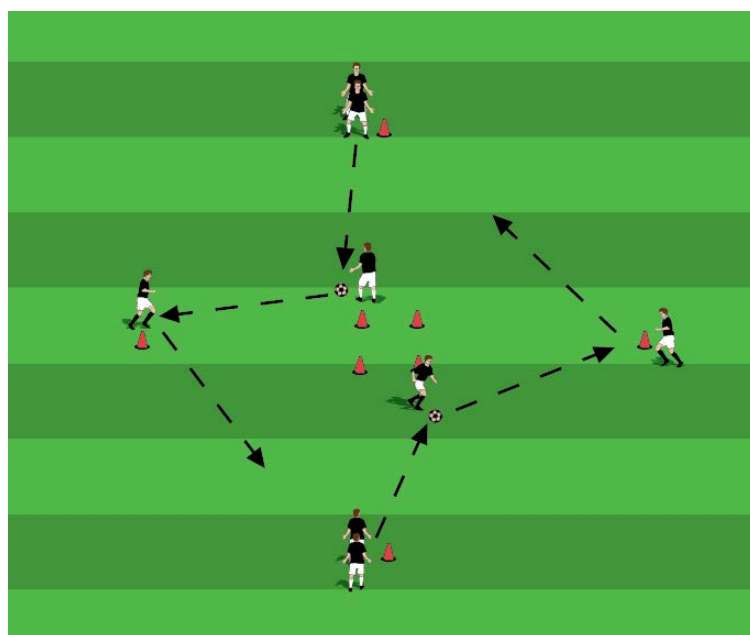
CP: Players need to move at game speed throughout the drill.

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: It would depend upon your goals and objectives and what your plans are following this drill. This drill is not timed, but it is typically done as part of a progressive warm-up and would cover no more than 10-15 minutes before progressing. As with any drill or exercise you would not progress if the players have not succeeded in establishing the level of success you are looking for.

DUTCH DIAMOND PATTERN PASSING

Drill Introduction: This is a quick combination passing drill that is designed to build in passing patterns similar to ones found in the triangle midfield. Create a 2 yard by 2 yard square. From the middle of each line of the square walk out 12 yards and place a cone. You should end up with a small square inside of a large diamond. Put a player on each cone of the large diamond for a total of four players. Have two of the players across from one another with a ball. Place an extra player behind this player so that there are now six players placed. Place two more players in the middle by the small square, one each facing the player with the ball. I would suggest you refer to the diagram to make sure you understand the setup and that I have done well at explaining the positioning of the players for you. Begin the drill by having the middle players check to the one of the cones next to them and then back to receive the ball. As the player checks the outside player with the ball passes the ball in to the middle player and then starts to follow their pass to take up the position in the middle. The middle player receives the ball and passes it back outside to the player to their left and follows their pass to take up the position outside. The player receiving the ball then passes to the player in waiting outside to their right. The drill is continuous with two soccer balls in play at all times.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle and towards the next player.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for one-touch play.

CP: Players need to stay focused so that they stay within the pattern of the drill.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill.

CP: Coach the quality of the technique. (Striking the ball properly, follow through, and exploding once they pass the ball)

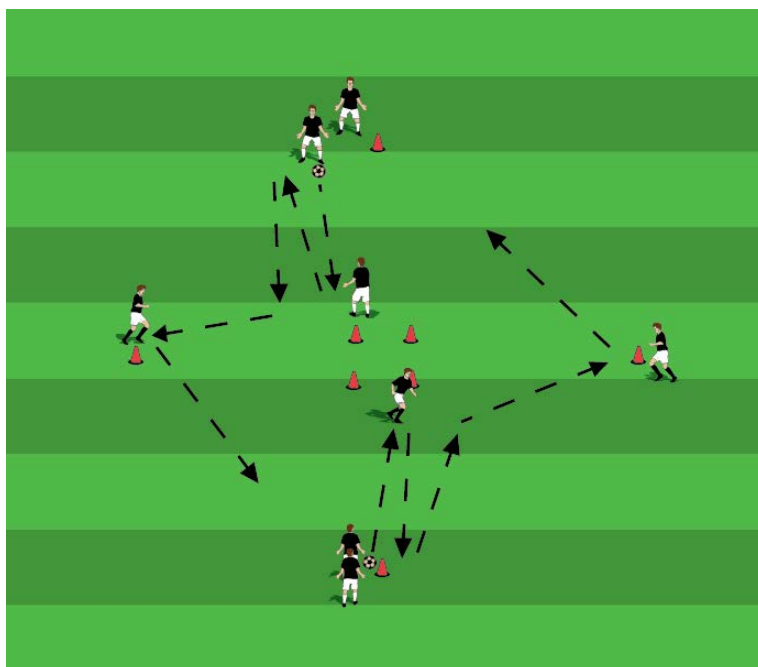
CP: Players must pass and follow.

Equipment Needed: 8 Cones and soccer balls

Recommended Duration: It would depend upon your goals and objectives and what your plans are following this drill. This drill is not timed, but it is typically done as part of a progressive warm-up and would cover no more than 10 minutes before progressing. Make sure players switch the direction of the passes so that they are working to the left and to the right. As with any drill or exercise you would not progress if the players have not succeeded in establishing the level of success you are looking for.

DUTCH DIAMOND PATTERN PASSING 2

Drill Introduction: This is a quick combination passing drill that is designed to build in passing patterns similar to ones found in the triangle midfield. It is a progression of the previous drill. Create a 2 yard by 2 yard square. From the middle of each line of the square walk out 12 yards and place a cone. You should end up with a small square inside of a large diamond. Put a player on each cone of the large diamond for a total of four players. Have two of the players across from one another with a ball. Place an extra player behind this player so that there are now six players placed. Place two more players in the middle by the small square, one each facing the player with the ball. I would suggest you refer to the diagram to make sure you understand the setup and that I have done well at explaining the positioning of the players for you. Begin the drill by having the middle players check to the one of the cones next to them and then back to receive the ball. As the player checks the outside player with the ball passes the ball in to the middle player and then stays behind the ball. The middle player receives the ball and passes it back outside to the same player. The outside player receives the ball again and passes back to the middle player and in front of them then follows in to the middle. The middle player receives and passes the ball to the outside player to their left and follows their pass to take up position outside. The player receiving the ball then passes to the player in waiting outside to their right. The drill is continuous with two soccer balls in play at all times.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle and towards the next player.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for one-touch play.

CP: Players need to stay focused so that they stay within the pattern of the drill.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill.

CP: Coach the quality of the technique. (Striking the ball properly, follow through, and exploding once they pass the ball)

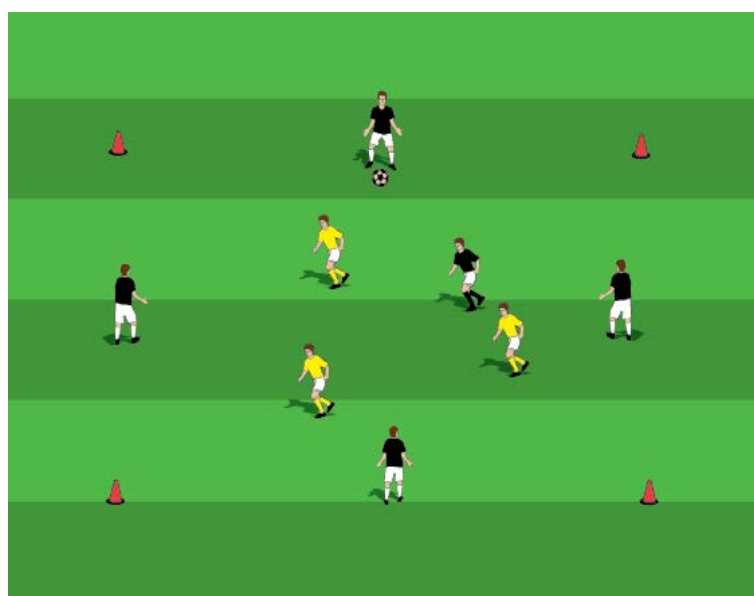
CP: This progression builds in one give-and-go passing pattern.

Equipment Needed: 8 Cones and soccer balls

Recommended Duration: It would depend upon your goals and objectives and what your plans are following this drill. This drill is a progression from the previous drill and is not timed, but it is typically done as part of a progressive warm-up and would cover no more than 10 minutes before progressing. Make sure players switch the direction of the passes so that they are working to the left and to the right. As with any drill or exercise you would not progress if the players have not succeeded in establishing the level of success you are looking for.

5 VERSUS 3 POSSESSION PLAY

Drill Introduction: Set up a grid that is 25 yards long and 20 yards wide. Have five players inside the grid work on possession and protecting the ball working against three defenders. Set the five players up in a 1-3-1 formation as shown in the diagram below. The defenders can set up and defend any way they wish. Give the team possessing the ball a target score of a certain number of passes. The more advanced they are higher the number should be. It is also helpful with advanced players to have them start at 5 passes and increase it by 5 every time they score. The defenders also need the ability to score. If they win possession of the ball they can either complete three passes for a point or dribble out of the grid for two points. The five players should be very aggressive in not allowing them to complete the passes or to dribble out of the grid. Make sure to point out the patterns and show how they apply in this small-sided games exercise so they can make the connection to the game.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle and towards the next player.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.

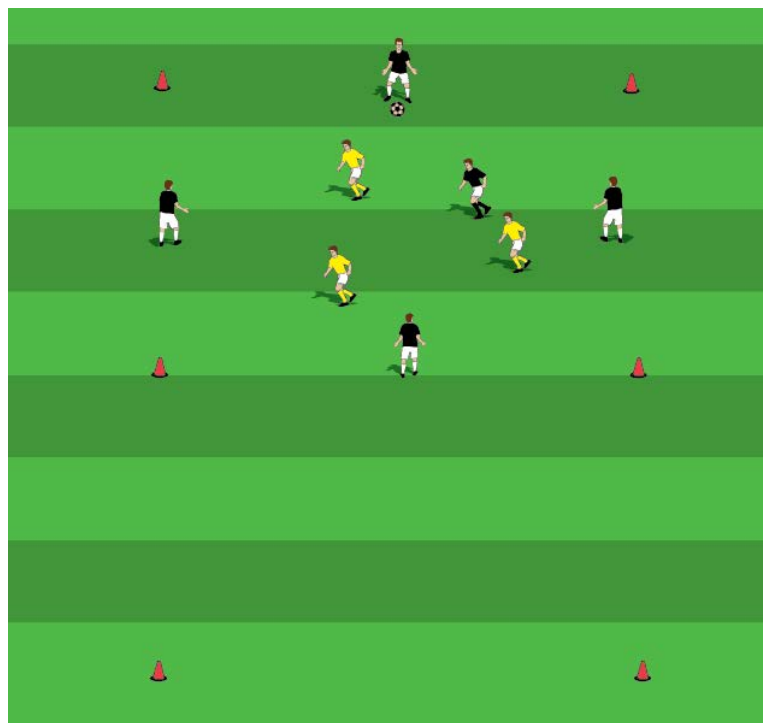
CP: Coach the quality of the technique. (Striking the ball properly, follow through, and exploding once they pass the ball)

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: This is a natural step after pattern passing or technical passing exercises. This introduces the basics of the triangle midfield shape. Make sure players are in the 1-3-1 formation to better simulate the triangle midfield. How long you stay within this drill will depend upon how long your players have been working with the system and what problems you are encountering with your midfielders playing the system. It would be recommended that you have your players work within this drill no more than 15 minutes before progressing to a transitional form of this drill or into some other aspect that advances their demands with their training.

5 VERSUS 3 POSSESSION PLAY WITH TRANSITION

Drill Introduction: Set up a grid that is 25 yards long and 40 yards wide. Cut the grid in half so that you have two grids that are both 25 yards by 20 yards. Have five players inside one of the grids work on possession and protecting the ball working against three defenders. Set the five players up in a 1-3-1 formation as shown in the diagram below. The defenders can set up and defend any way they wish. The drill begins with the five players working on protecting the ball and keeping possession. At an appropriate time and on the coach's signal the five players will look to switch grids, get their shape as quickly as possible, and settle down and protect the ball again. They can only enter the other grid on the coach's signal and then cannot enter until the ball is played to a play which enters the grid to receive it. At that time the rest of the players can enter and must get their shape as quickly as possible. If the defenders win the ball they immediately bring the ball into the opposite grid and try to hold possession for as long as possible. The five players must go and get the ball and then bring it back into their original grid, get their shape, and settle down to possess the ball and protect it. Keep in mind that this drill is very demanding on fitness.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open to the middle and towards the next player.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.

CP: Make sure players are shifting up towards the ball to give proper support.

CP: Transition is about increasing speed, especially in attacking play. Make sure players are moving fast between grids

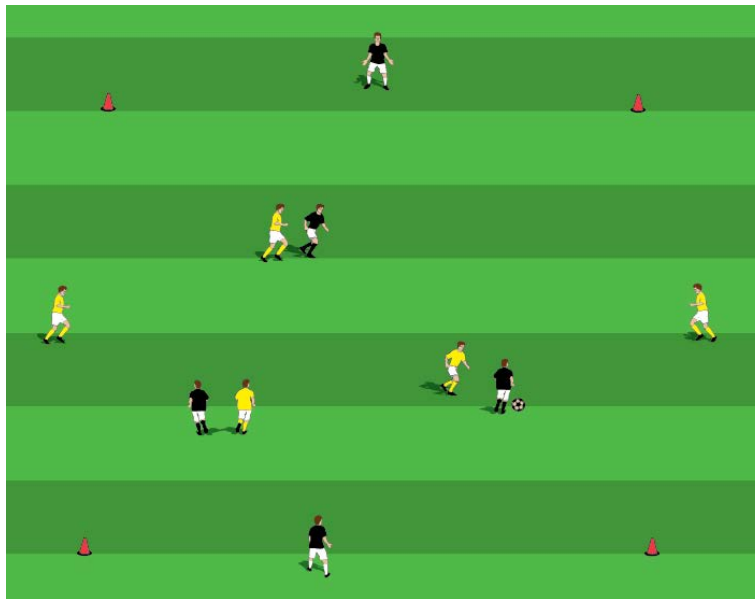
CP: Start teaching players about options in possession (i.e. central attacker as 1st Option).

Equipment Needed: 8 Cones and soccer balls

Recommended Duration: This is the progression from 5v3. It would be recommended that you have your players work within this drill no more than 15 minutes before progressing to a transitional form of this drill or into some other aspect that advances their demands with their training. Remember, this particular progression can be very demanding with fitness. Be sure not to over tax them in this drill.

3 VERSUS 3 WITH TARGETS

Drill Introduction: Set up a grid that is 30 yards by 30 yards. Play inside the grid is 3v3. Have one team work north to south and the other team work east to west. On each north to south end place a supporting target player in that color for that team. On each east to west end place a supporting target player in that color for that team (Refer to the diagram below to make sure your set up is correct). Have one team begin with possession while the other team defends and tries to win possession. The team with possession looks to protect the ball and pass it into the open target on one end. Once they do this they look to get possession back and play into the opposite target. If the other team gets possession they look to do the same; play from one target to the next on their ends. The game is continuous.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.

CP: Make sure players are shifting up towards the ball to give proper support.

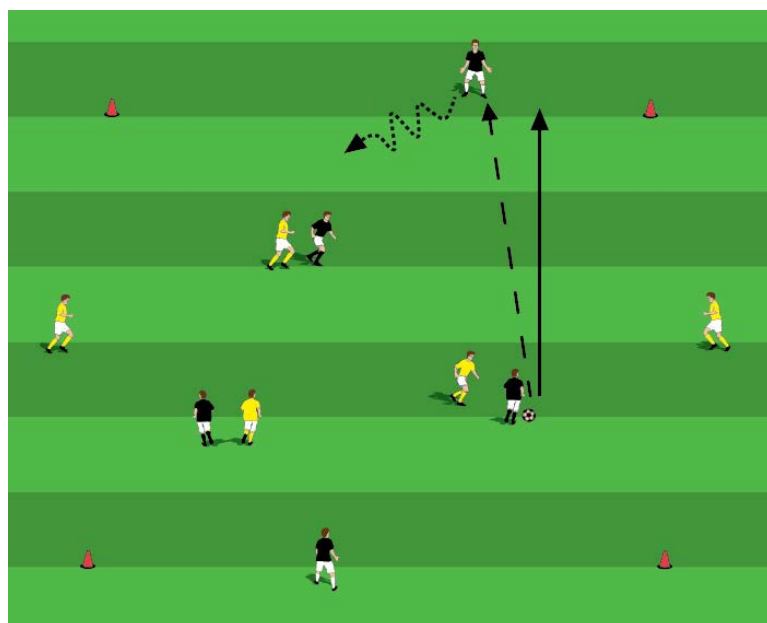
CP: Emphasize options in possession. The deep target when open is always the 1st option.

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: It would be recommended that you have your players work within this drill no more than 15 minutes before progressing to a transitional form of this drill or into some other aspect that advances their demands with their training. Remember, this particular progression can be very demanding with fitness. Be sure not to over tax them in this drill.

3 VERSUS 3 WITH TARGETS AND TRANSITION

Drill Introduction: Set up a grid that is 30 yards by 30 yards. Play inside the grid is 3v3. Have one team work north to south and the other team work east to west. On each north to south end place a supporting target player in that color for that team. On each east to west end place a supporting target player in that color for that team (Refer to the diagram below to make sure your set up is correct). Have one team begin with possession while the other team defends and tries to win possession. The team with possession looks to protect the ball and pass it into the open target on one end. Once they do this they immediately switch places with the target so that the target enters inside and the player who passed the ball now becomes the target. If the other team gets possession they look to do the same; play from one target to the next on their ends. The game is continuous.



COACHING POINTS

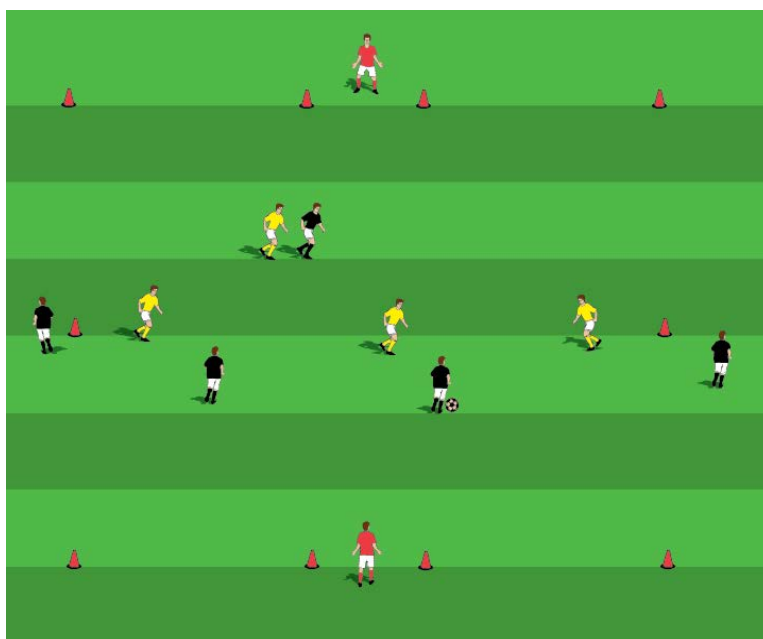
- CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open.*
- CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.*
- CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.*
- CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.*
- CP: Make sure players are shifting up towards the ball to give proper support.*
- CP: Emphasize options in possession. The deep target when open is always the 1st option.*

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: It would be recommended that you have your players work within this drill no more than 15 minutes before progressing into some other aspect that advances their demands with their training. Remember, this particular progression can be very demanding with fitness. Be sure not to over tax them in this drill.

3 VERSUS 4 WITH TARGETS AND SUPPORT PLAYERS

Drill Introduction: Set up a grid that is 30 yards by 44 yards. The size of the grid is a key because you want your midfield to dominate in an area that is 15 yards on either side of midfield that is as wide as the 18 yard box. This would be an area that is 30 yards long by 44 yards wide. On the 44 yard width end place a 6 yard cone goal on each end and put a target player inside each cone goal. This target will work with whichever team has possession inside the grid. If the players are younger I would recommend making the cone goal wider. Encourage the target player to move inside that area between the cones and not to just stand in one spot. On the 30 yard outside lines place a supporting player outside each line that only supports the triangle midfield and not the defenders. They should wear the same color as the triangle midfield players. These players will simulate the play of outside midfielders, withdrawn wing attackers or wing defenders. Inside the grid place your triangle midfield playing against four defending players. Tell the defending players that they are responsible for defending the entire area and must have coverage in the entire grid. The triangle midfield will start with possession and is looking to play from one target to the other target. Remind them that their first objective is to always protect the ball and to not give it away. They can use the supporting players out wide to help keep possession. If the defenders win possession they also look to play the ball from target to target, but they are not allowed to use the supporting players wide to do this.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open.

CP: Work with the Triangle MF on keeping their shape.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.

CP: Emphasize options in possession. The deep target when open is always the 1st option.

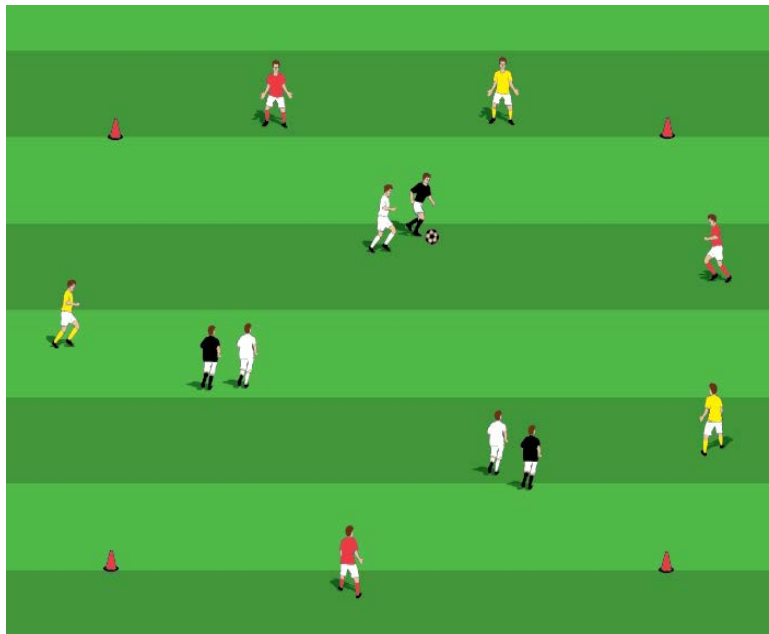
CP: PROTECT THE BALL!!!

Equipment Needed: 10 Cones and soccer balls

Recommended Duration: It would be recommended that you have your players work within this drill no more than 30 minutes before progressing into some other aspect that advances their demands with their training. Remember, this particular progression can be very demanding with fitness. Be sure not to over tax them in this drill.

3 VERSUS 3 TRANSITIONAL SPEED GAME

Drill Introduction: Set up a grid that is 30 yards by 30 yards. Create four teams of three with each team wearing their own color. Two teams will work together in the drill to keep possession and to work on transition. For example, if you have teams in red, black, white, and yellow you might have red and white work together while black and yellow work together. This is what we will use as the example in this drill. Have two teams inside the grid (one from each partnership). For this example we will put black and white inside the grid. The other two teams spread around the outside of the entire grid and are there to help their team keep possession. The drill begins with one team keeping possession and trying to complete 5 consecutive passes. Once they do they look to pass and switch with their supporting color on the outside. As they are switching out remember that a player can only switch if they receive a pass from the supporting color (i.e. a white player must pass to a red player to switch out. It cannot be a red to a red to switch). If the opposing team wins possession they try to do the same. If they win possession as the other team was in the process of trying to switch, then they must win it back as quickly as they can and then they can switch right away. Once the switch is complete the drill begins again with that team trying to get five consecutive passes before switching again. The players on the outside can move and adjust slightly, but cannot defend or challenge one another for possession. The drill is continuous.



COACHING POINTS

CP: Players should prepare to receive and pass the ball by being on their toes and having their hips open.

CP: Work with the Triangle MF on keeping their shape.

CP: Players should work on targeting their passes by looking to pass to a certain foot to help them prepare for their next pass.

CP: Players need to communicate clearly so that they are prepared to receive and so that the quality of the passes remains high.

CP: Players need to move at game speed throughout the drill and show urgency when possession is lost.

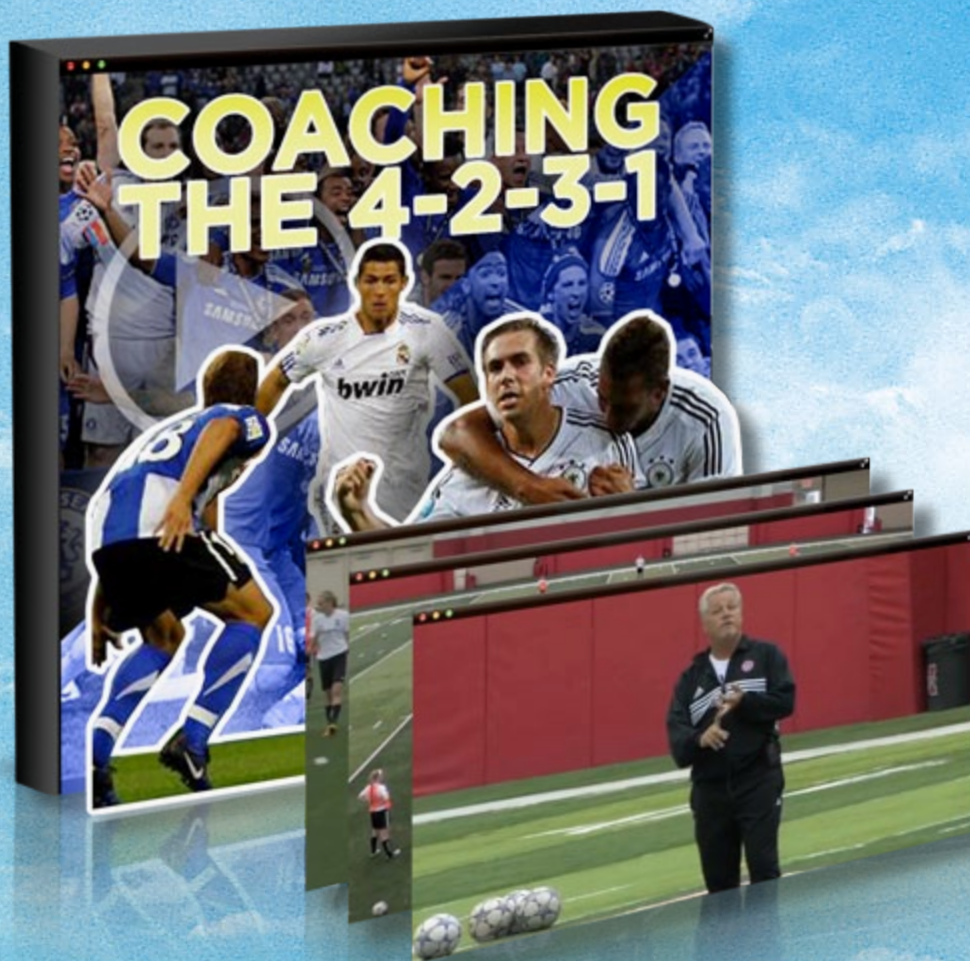
CP: Emphasize options in possession. The deep target when open is always the 1st option.

CP: PROTECT THE BALL!!!

Equipment Needed: 4 Cones and soccer balls

Recommended Duration: It would be recommended that you have your players work within this drill no more than 30 minutes before progressing into some other aspect that advances their demands with their training. Remember, this particular progression can be very demanding with fitness. Be sure not to over tax them in this drill.

Coaching the 4-2-3-1 Videos



If you've been looking for a way to coach your team how to play the 4-2-3-1, you've just found it. Coaching the 4-2-3-1 is a special 12-part video series which provides a comprehensive tactical and training guide to this exciting formation. Utilized by Real Madrid, Chelsea and the most successful sides in the Euro 2012 tournament, the 4-2-3-1's flexibility and attacking power is fast becoming the formation of choice for leading coaches all over the world.

Click on this page to learn more about
Winning Soccer Tactics



The author of this eBook and Triangle Midfield, Rob Podeyn has also developed The Agility POD for balance, agility and coordination training. Here is an introduction to this innovative product.



In my travels I have learned and grown a lot as a coach. There have been times I have wanted to do something in training and couldn't find the right tools or equipment in order to accomplish this. This happened quite a bit when it came to the development of coordination, balance, and agility. I had a problem with female players especially in the development and strengthening of their core. My problem began about 15 years ago as I was training goalkeepers. I had a problem with their heels always hitting the ground before they dove. If you know anything about goalkeeper this means that their dive will be flat or back and their legs will end up spinning around. I started rolling up a towel and putting it under their heels as a memory tool to help them. This evolved into my experiences in training and working with college players. I had the typical problems with weak ankles, hip flexor and hip pointer issues, knee injuries, and so on. These are all core issues associated with improper balance, coordination, flexibility, and agility. I tried other products like ones with bladders in them, but they were not flexible enough, didn't give options for other exercises, and were in some cases too taxing when I was looking for the ability to just challenge them. This is when I create a new product called **The Agility POD**. It works on the aspects of balance, coordination, focus, flexibility, and agility in a very flexible environment. You can use it with a ball, you can use it like a ladder, you can incorporate it into circuit training exercises, you can do position specific exercises, and it can be used for therapy and rehabilitation. It can stand-alone or you can combine it with other PODs to get even more abilities from it. The following pages are examples of exercises and drills you can use with **The Agility POD**. For information on additional exercises and drills, or to find out how you can purchase this product, please visit us at our website at www.theagilitypod.com.

The Agility POD

SOCCER EXERCISES– DAILY’S 1



STEP 1– The player starts by standing next to the POD so that it is on their right side. Player goes across the POD stepping in the circle with their right foot and then their left foot and continuing over the POD.

STEP 2– Once the players comes across to the other side of the POD, the players receives a ball approximately waist high that they pass back to their partner.

STEP 3– Players goes back across the POD to the other side and receives a ball to their left foot that they pass back to their partner. The drill works continuously for 30 seconds.

NOTE– Progress through Daily’s:

Inside of the Foot
Thigh Laces

Laces
Chest Laces

Outside of Foot
Head Ball

The Agility POD

SOCCER EXERCISES– DAILY’S 2



STEP 1– The player starts by standing behind the POD. Player comes forward stepping in the circle with their left leg and receiving a pass.

STEP 2– Once the player receives the ball and passes it back they step back off behind the POD.

STEP 3– The player then steps forward again this time on their right leg and receives a ball. The player passes it back and steps off again. The drill works continuously for 30 seconds.

NOTE– Progress through Daily’s:

*Inside of the Foot
Thigh Laces*

*Laces
Chest Laces*

*Outside of Foot
Head Ball*

The Agility POD

SOCCER EXERCISES– GK Drill 1



STEP 1– The GK starts by standing on the POD balancing on their left leg and receives a ball to their hands. The GK receives the ball and throws it back. This is continuous for 30 seconds.

STEP 2– The GK then switches legs and performs the same exercise on the opposite leg for 30 seconds.

NOTE– Progress through the following deliveries:

Ball to the Hands

Ball Down at the knees

Ball in the Stomach

Ball Above Head

Ball Up High

The Agility POD

SOCCER EXERCISES– GK Drill 2



STEP 1– The GK starts by standing over the POD straddling it. The GK hops up and balances on their left leg and receives a ball to their hands. The GK receives the ball and throws it back, then hops back off straddling the POD.

STEP 2– The GK then hops up switching legs and performs the same exercise on the opposite leg. Drill is continuous for 30 Seconds.

NOTE– Progress through the following deliveries:

Ball to the Hands

Ball Down at the knees

Ball in the Stomach

Ball Above Head

Ball Up High

The Agility POD

SINGLE POD EXERCISES

ONE-LEGGED CIRCLE HOPS 2



- Step 1-** Stand behind the POD balancing on one leg for 3-5 seconds.
- Step 2-** Jump up and forward onto the POD landing on the same one leg in the middle of the circle balancing for 3-5 seconds.
- Step 3-** Hop off continuing forward over the POD landing on the same one leg and balancing for 3-5 seconds.
- Step 4-** Switch legs, turn around and work your way back over the POD.

The Agility POD

SINGLE POD EXERCISES

STAIR CLIMBERS



- Step 1-** Stand on one of the corners with both feet keeping your heels off of the ground.
- Step 2-** Slowly lower your right heel until it touches the bottom of the POD while keeping your left heel up.
- Step 3-** Slowly raise your right heel while lowering your left heel until it touches the bottom of the POD.
- Step 4-** Continue in this motion of lowering one heel and raising it alternating heels touching the bottom of the POD for 30 seconds.
- Step 5-** Step off of the POD and rest for 30 seconds.

The Agility POD

MULTIPLE POD EXERCISES

ONE-LEGGED HOPS



- Step 1-** Stand behind PODs and jump up landing in the circle on one leg holding your balance for 3-5 seconds.
- Step 2-** Hop up and forward landing in the circle of the next POD on the same leg holding your balance for 3-5 seconds.
- Step 3-** Continue through all of the PODs.

The Agility POD

MULTIPLE POD EXERCISES

TWO ON/ TWO OFF



- Step 1-** Begin by standing next to the first POD.
- Step 2-** Step in the circle with your right leg and then left leg and continue to the opposite side of the first POD.
- Step 3-** Step forward and do the same in reverse.
- Step 4-** Continue through all of the PODs.