

AGILITY POLES

Two piece agility pole for fitness activities, testing, agility drills, goals, golf holes, team markers, start/finish line markers.

Choose between three types of bases:

1. Heavy duty rubber base for indoor and outdoor use
2. Spring spike base for grass use only
3. Spike base for grass use only

ACTIVITY IDEAS

TRADITIONAL USE

Designed to assess and improve agility. Poles are set up in a line or other configuration.

Participants run through the course and their time is recorded. Great for fitness training, sport team training for hockey, soccer, touch, football

ALTERNATIVE USE

Additional lengths may be purchased and used to set up goals for AFL or other sports.

Clip-on flags are also available, which allows each post to be used as a golf flag, cross-country course marker, soccer corner flag, orienteering or any other activity requiring visible markers. Options are available in both rubber and spike base



Nyda Agility Pole

Rubber Base 43PAR

Spike Spring Base 43PASS

Spike Base 43PAS

INDIVIDUAL / PARTNER / GROUP ACTIVITIES

Set up agility poles in a straight line or other configuration. Students can be timed running through the course and attempt to improve their time. Two, three or four courses could be set up side-by-side for relay or other competitive events.

Variations – runner must touch the ground after passing each agility pole, dribbling soccer or hockey ball, side stepping etc.

TABLOID SPORT ACTIVITIES

A variety of other equipment could be incorporated within a tabloid sport event- such as dribbling soccer balls / basketballs through the course.

Students could also use a skipping rope, pogo ball, egg & spoon, Step 'n' Spin or any other appropriate equipment. Points can be scored for each successful completion of the course.



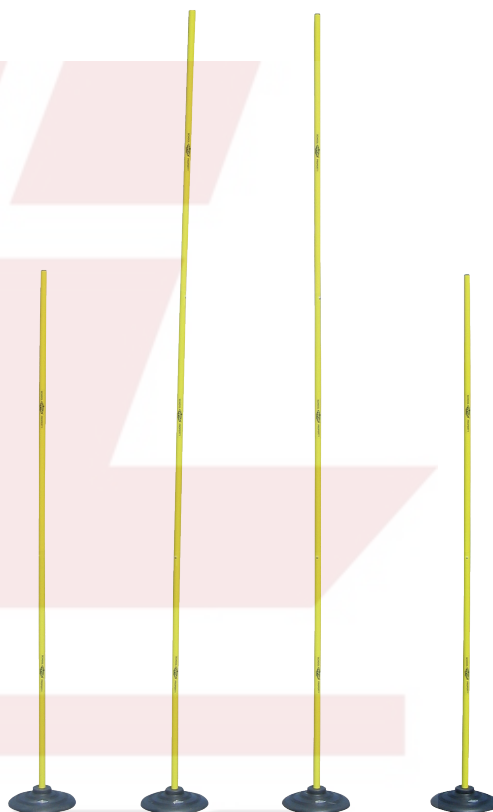
SCOOTER BOARD SKIING

Scot Slalom style through agility poles. Students are to complete the course in teams, as a relay. Difficulty and interest can be enhanced by making students pick up or drop off various items as they complete the course. This may include taking a flag off each pole or throwing a ball / beanbag into a hoop.

Use Nyda Scooter Boards for this activity.

AFL MODIFIED GOAL

By adjusting the height of your agility poles, you can create protable modified goal posts... ready to use anywhere.



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