

**PDC Plan (first 4 classes): Speed and Agility**

**Programming Day Card - 1**

Warm Up: Tag Tournament

Skill/Review: Presidential Fitness Challenge

Drill: Presidential Fitness Test

Games:

1. Agility T Drill
2. Speed Harness
3. Steal the Bacon
4. Rounder's Race
5. Obstacle Course

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 2**

Warm Up: Whistle Stop

Skill/Review: Sprinting

Drill: Ladder Drills

Games:

1. Figure Runs
2. Speed Harness
3. Indian Run
4. Race Track
5. Obstacle Course

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 3**

Warm Up: Lily Pad Leap

Skill/Review: Hurdles

Drill: Hurdle Stacks / Long Jump / Triple Jump

Games:

1. Banana Steps
2. Speed Harness
3. Exercise Hunt
4. Obstacle Course
5. Field Day Events

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**

**Programming Day Card - 4**

Warm Up: Jingle Jangle

Skill/Review: Long Run / Baton Exchange

Drill: Relay Races

Games:

1. Shuttle Runs
2. Speed Harness
3. Butterfly Run
4. Follow the Leader Field Run
5. Decathlon

**Things to Consider:**

**Facility, Age Group, Enrollment, Skill Level, Equipment**