

2015-16 HKUST Sports Team Fitness Training Workshop Spring Semester
Workshop Description

Workshop 1: Agility & Footwork Drills for Efficient Movements [9 Mar 2016 (Wed.) 1900-2030]

Good agility and footwork makes efficient movements possible. Agility and footwork drills help athletes to be quicker in changing direction, faster in acceleration and more efficient in moving.

Changing directions quickly means stopping fast and starting fast, which requires agility, coordination, explosive power and strength.

This workshop is for HKUST sports team members who wish to improve their agility, balance, coordination, power and speed. Participants will learn the correct postures and execution of the chosen agility and footwork drills. Safety considerations, training tips and exercise progressions will also be included.

Both males and females are welcome.

Participants should wear sportswear and non-marking sports shoes.