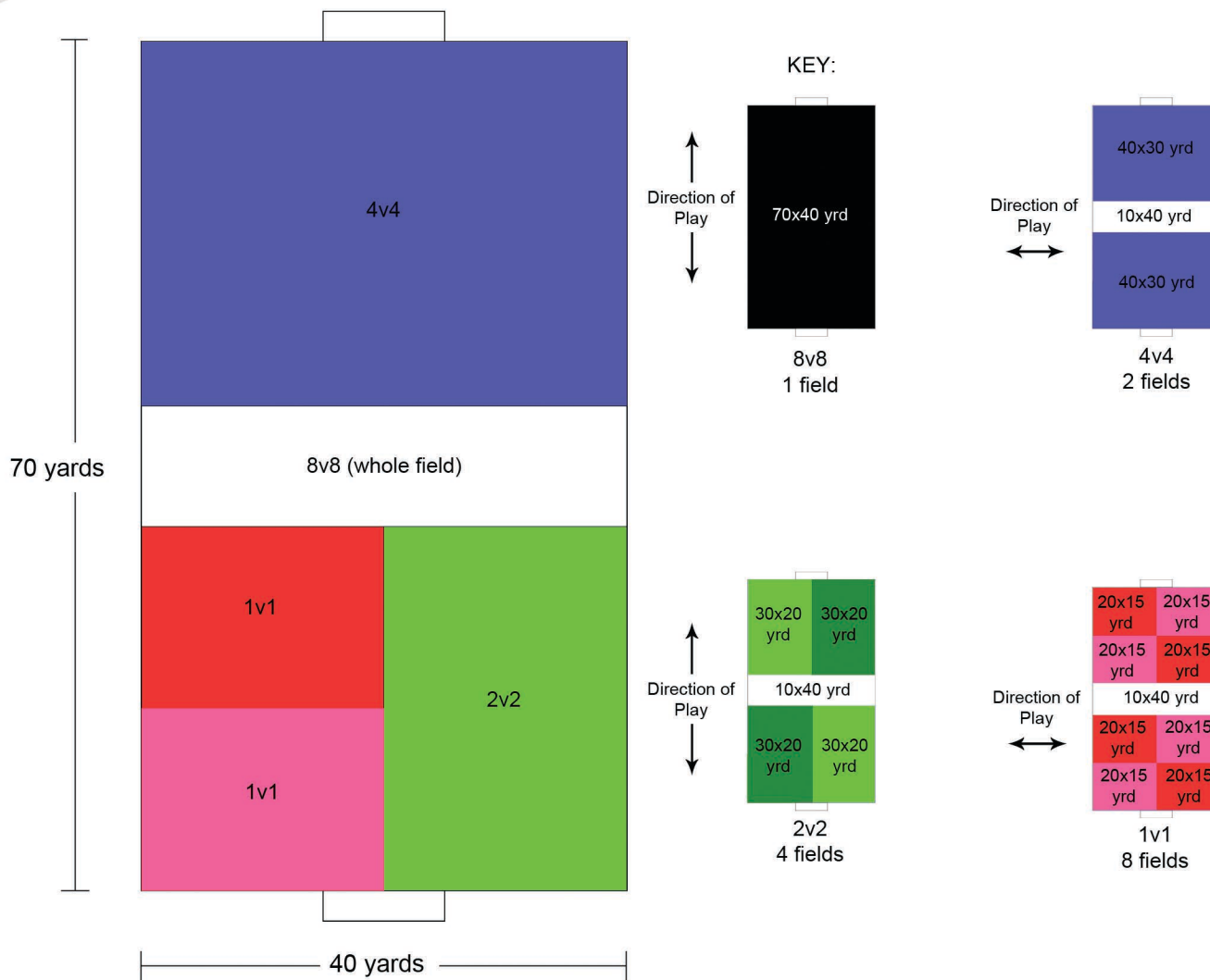


Field Plans

Team/Club:

Season:

These diagrams show the organization of the fields so that coaches can progress the session in a quick and untimely manner. Coaches should start with a 70x40 yard field divided into 8 1v1 areas as shown in the diagram. Please note that measurements are length x width by direction of play and all are in yards, with the exception of the Illinois Agility Test which is in metres.



Illinois Agility Test

Two courses should be set up in the 10x40 yard area in the middle of the field.

Description: The length of the course is 10 metres and the width (distance between the start and finish points) is 5 metres. 4 cones are used to mark the start, finish and the two turning points. Another four cones are placed down the centre an equal distance apart. Each cone in the centre is spaced 3.3 metres apart.

Equipment required: flat non-slip surface, cones, stopwatch, measuring tape.

