

The Power Behind Performance®

AGILITY MAZE™

IMPORTANT INFORMATION
PLEASE READ AND KEEP

DISCLAIMER

The following guidelines should be observed when using the Agility Maze™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Agility Maze™ on a level surface free from obstructions.
- The Agility Maze™ is intended for use only as described in this document.
- Power Systems, Inc. assumes no liability for injuries, accidents or damages that may occur with the use or misuse of the Agility Maze™.

For more information on the Agility Maze™
or other training products and programs contact:

Power Systems Inc.
www.powersystems.com
1-800-321-6975

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AGILITY MAZE™

The Agility Maze™ is a portable footwork training tool designed to enhance quickness and agility. The maze itself is comprised of a 50' long nylon strap anchored on each end by a weighted bag. Along the length of the strap are 10 weighted bags that can be positioned anywhere along the strap allowing the user to configure a variety of training patterns

This guide will offer several drills for use with the Agility Maze™. The maze uses, however, are as broad as your imagination. For best results, use drills that are specific to your particular sport and position.

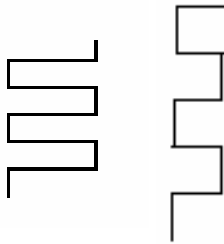
MAZE PREPARATION

Position the Agility Maze on a level surface free from any obstructions. Ideal training surfaces include practice and game fields and gymnasium floors. The weighted bags secure the maze along the training surface and provide visual cues to athletes on when to change direction. Some set up variations are shown below:

ZIG-ZAG



STEPS



COMBINATION



DRILLS (based on the configurations provided)

ZIG-ZAG PATTERN

This pattern is designed to promote quick changes of direction. Often athletes will change direction yet maintain an overall linear path. This pattern will help the athlete maintain their course of direction while being able to move laterally. Vary the degree of the angle between sections to change the demands of the drill.

Sample training pattern 1:

1. Start at the end of the Agility Maze. On command quickly accelerate towards the first junction taking short, quick steps.

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2. At the junction quickly change direction and continue to follow the path of the course. Emphasize a strong change of direction, cutting off either the inside or outside foot.
3. Continue through the maze repeating this pattern until you have completed the length of the maze.

Sample training pattern 2:

1. Start with your shoulders perpendicular to the start of maze. On command, run forwards or backwards quickly following the course of the maze. Keep the hips low and swivel at the waist. Do not allow the head to turn instead always face the same direction during this drill.
2. At the junction quickly plant and shift towards running in the opposite direction; i.e. if you were running backwards you should now be running forwards.
3. Continue pattern for the remainder of the maze.

Sample training pattern 3:

1. Start with your feet together with toes up against the strap of the maze. On command hop quickly through the course of the maze. With each jump make sure that your toes are facing the strap of the maze prior to each jump. Refer to the diagram below for the proper sequence.



STEP PATTERN

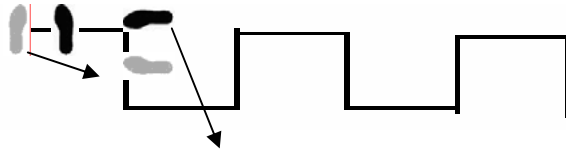
The step patterns are designed to promote a very sharp change of direction from a linear direction to a lateral direction. As depicted earlier in this document the length of the intervals can be adjusted to emphasize one pattern of movement over another. Work with your coach / trainer to create the course that is most specific to your training needs.

Sample training pattern 1:

1. Start at one end of the maze with your shoulders square to the maze. On command run quickly to the first junction.
2. At the junction quickly plant with the outside foot and push yourself laterally along the path of the maze. Emphasize keeping the shoulders over the toes and the hips low. The lower the center of gravity the quicker the change of direction can be accomplished.
3. Continue this training pattern for the duration of the maze.

Sample training pattern 2:

1. Start with your shoulder perpendicular to the start of the maze. On command quickly begin shuffling laterally along the path of the maze. Be sure to keep the hips low and do not cross the feet while shuffling.
2. At the junction, quickly pivot / drop step and continue shuffling along the course of the maze. Refer to the diagram below for proper footwork.(Arrow denotes the foot that leads the change of direction)



COMBINATION PATTERN

The combination pattern is just one example of how the angles of varying degree can be incorporated into the same training pattern. Combine the foot work patterns detailed above or create your own goal specific pattern. The key is repetition to develop a greater degree of coordination, balance and overall agility.

ADD WEIGHT BELT / WEIGHTED VEST FOR ADDED RESISTANCE

- A weighted belt or weighted vest can be worn for added resistance when performing any of these drills. Do not add more resistance until you have mastered the drills using only your body weight.
- Power Systems, Inc. offers an excellent selection of weighted vests, belts and other weighted body wear. Contact a Customer Service Representative at 1-800-321-6975 for pricing and availability or visit us on the web at www.power-systems.com.

TRAINING RECOMMENDATIONS

Use the Agility Maze™ before strength training if both are to be done on the same day. Perform agility and foot quickness drills before doing resistance running or plyometrics. This will allow the athlete to effectively perform these drills before any muscle fatigue occurs.

- Perform 2-3 Agility Maze™ workouts per week. Allow 48-72 hours between workouts to facilitate recovery.
- Select 4-6 drills/patterns for each workout.
- Perform 3-5 sets of each drill. Keep the total number of sets per workout under 20.
- Allow sufficient recovery between each set so that maximum effort can be given to the drill.

The key when using the Agility Maze™ is to minimize the ground time with each foot contact. The quicker the athlete's feet are off from the ground, the better the reaction time and ability to change direction.

Consult your coach or other qualified individual to assist you in designing your training program.

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