

Quick Feet Donuts

Games, Drills, and Exercises

For Fun and Fitness

by Joe Dinoffer

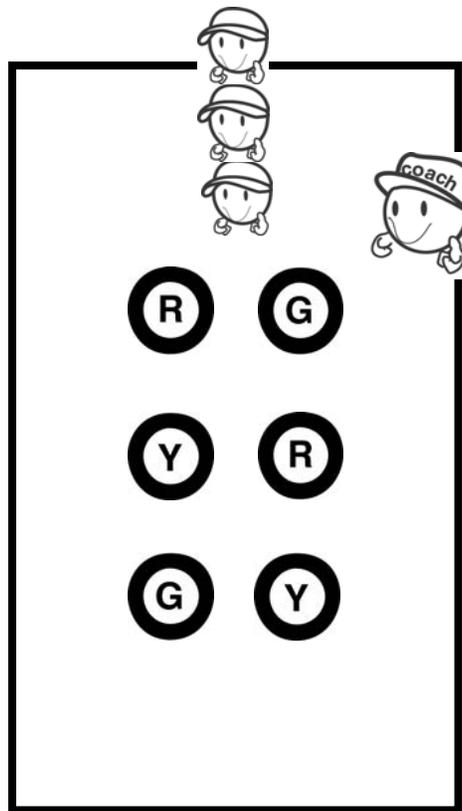
President, Oncourt Offcourt, Ltd.

About the Author

Joe Dinoffer has had an extensive "world class" career in the tennis industry, having conducted clinics and exhibitions in over 50 countries, personally logging over 30,000 hours of instruction in English, Spanish, and German. He is a USPTA and PTR Master Professional, a distinction that has been awarded to only a handful of tennis professionals in the world. He is also the founder and president of Oncourt Offcourt, Ltd., a company exclusively serving the needs of tennis, fitness, and physical education coaches with innovative training aids and educational tools.

Joe is the author and editor of 9 books, 18 DVDs and hundreds of magazine articles, having written numerous articles for *Tennis Tennis Life*, and *Racquet Sports Industry Magazine*. He has also appeared numerous times on television on The Tennis Channel in the United States.

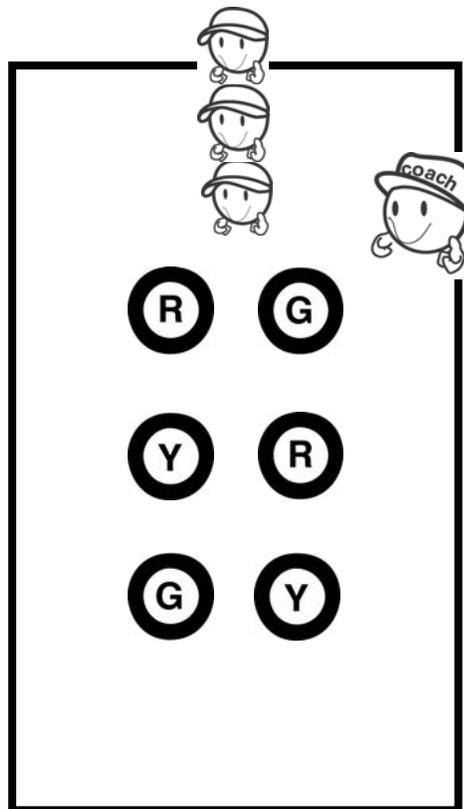
#1 Six-Donut Patterns - Part One



INSTRUCTIONS: Stand behind the set of six donuts and, on command or a whistle from the coach, hop with two feet inside the first pair of donuts and continue to the last. Then, turn around and hop back. Options:

- See how many times the athlete can hop through the set of donuts in 15 seconds.
- See how long it takes the athlete to reach ten sets, back and forth.
- Hop with two feet in each donut, going around in circles.
- Hop with two feet into and then out of each donut, going around in circles.
- Try skipping and also high knee skipping through each donut in a circle.
- Track each athlete's results from workout to workout to encourage improvement.

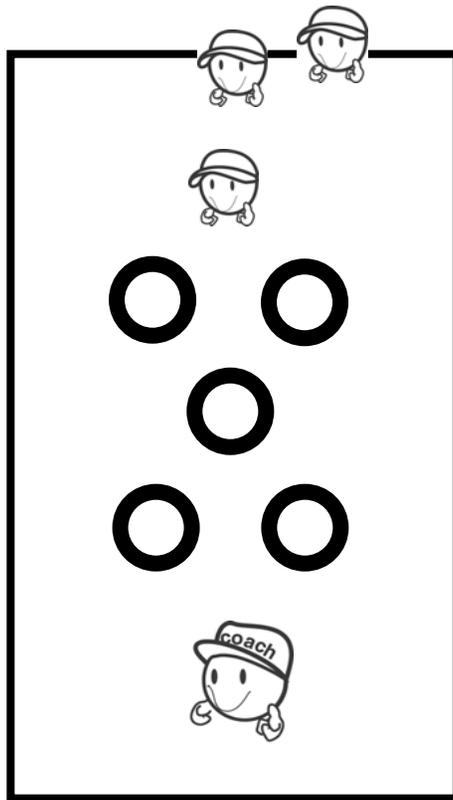
#2 Six-Donut Patterns - Part Two



INSTRUCTIONS: Stand behind the set of six donuts and, on command or a whistle from the coach, try these options:

1. On one foot only, see how many times the athlete can hop through the set of donuts in 15 seconds.
2. Hop with one foot in each donut, going around the pattern in circles. Alternate feet after each lap. See how long it takes the athlete to complete ten circles.
3. The coach calls out a color at the last second and the athlete hops on one foot through the course, avoiding that color that was called out. R-Red, Y-Yellow, G-Green.
4. Run around the circle of donuts with one step in and one step out of each donut.
5. Track each athlete's results from workout to workout to encourage improvement.

#3 Five-Donut Patterns

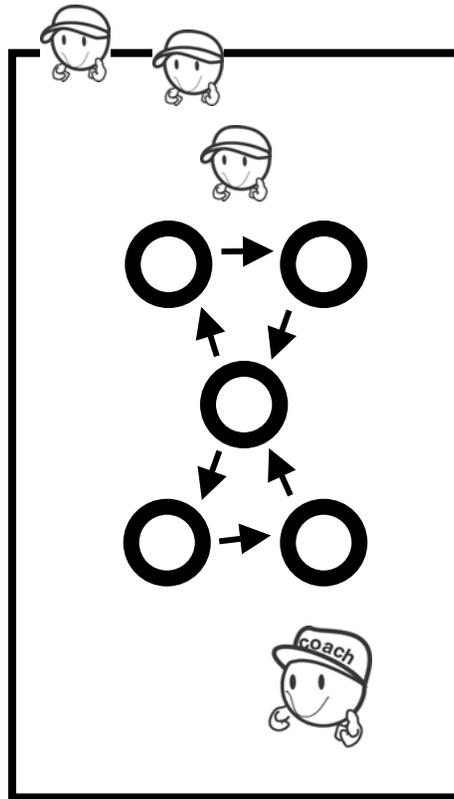


INSTRUCTIONS: Hop with two feet inside the first pair of donuts, then one foot in the middle, and then two feet at the end. Turn and return to the starting point to count one sequence. Options:

1. See how many times the athlete can move through the set in 15 or 30 seconds.
2. See how long it takes the athlete to reach five or ten sets, back and forth.
3. Hop with one foot in each donut, going around in circles.
4. Hop with two feet into and then out of each donut, going around the pattern.
5. Try skipping and also high knee skipping through each donut in a circle.

Set performance goals and track each athlete's results from workout to workout to encourage improvement.

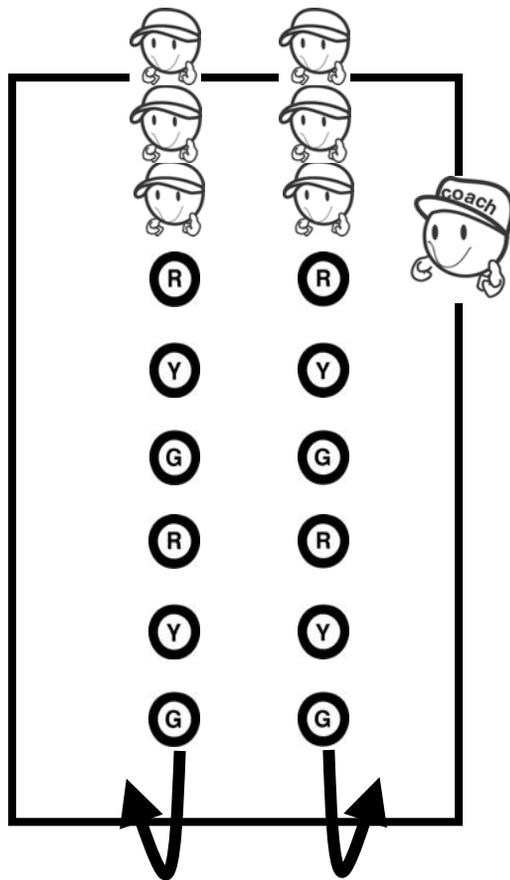
#4 Five-Donut Triangle Patterns



INSTRUCTIONS: Create triangles out of the five-donut pattern to hop through. In other words, start with one or two feet in any of the four outside donuts and then hop into the middle and then to an outside donut to create a triangle. Keep track of how many triangles can be created. Here are some other Options:

1. See how many triangles are created in 15 or 30 seconds.
2. See how long it takes the athlete to reach a certain number of triangles, like ten.
3. Hop with two feet in each donut. Then take two hops outside the pattern to create smaller triangles around the group of donuts. Just use the outside four donuts.
4. Try skipping and also high knee skipping to create triangles as well.

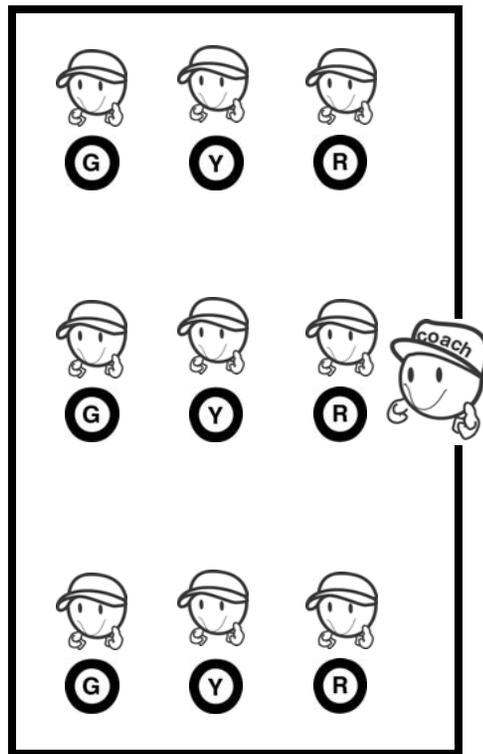
#5 Plyo-Hop Patterns



INSTRUCTIONS: Plyometric exercises build upper leg strength to develop speed and agility for improved performance in all sports. You can either place the donuts in a line as we have done, or any number of shapes and patterns. In this exercise, have the athletes move through the course one at a time with the following options:

1. Hop with two feet in each donut.
2. Hop with one foot in each donut.
3. Skipping and high knee skipping - forwards, sideways, and backwards.
4. Hop with two feet into and then out of each donut.
5. Move through the line with a carioca step.
6. Sprint through the line.
7. Track each athlete's results from workout to workout to encourage improvement.

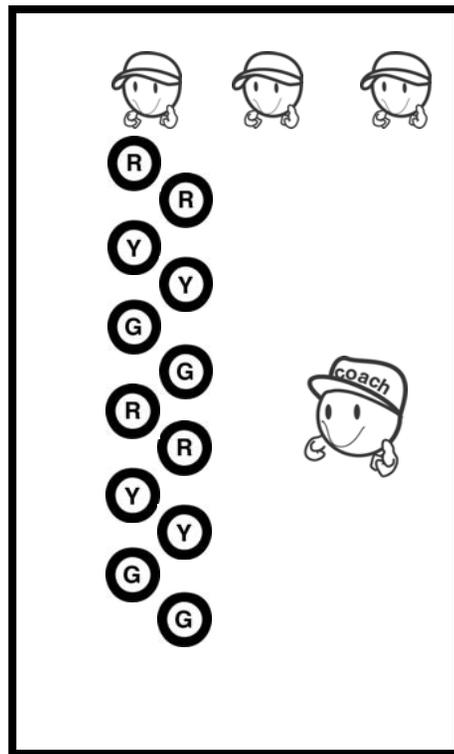
#6 Plyometric Simon Says



INSTRUCTIONS: Simon Says is one of the greatest game concepts of all time. In this situation, use the rules of Simon Says to create exercise patterns in an enjoyable atmosphere. Here are some options to get you started. You'll quickly see that the variations are practically endless.

1. Hop in place with one foot.
2. Hop in place with both feet.
3. Hop in and out of the donut.
4. High knee jogging in place.
5. Skipping inside the donut.
6. Switch donuts with your neighbor.
7. Balance on one foot.
8. Do push-ups with feet inside the donut.
9. Add balls and bounce them in the donut and move around the donut in a circle.
10. Challenge the group to see how many people can stand inside one donut.

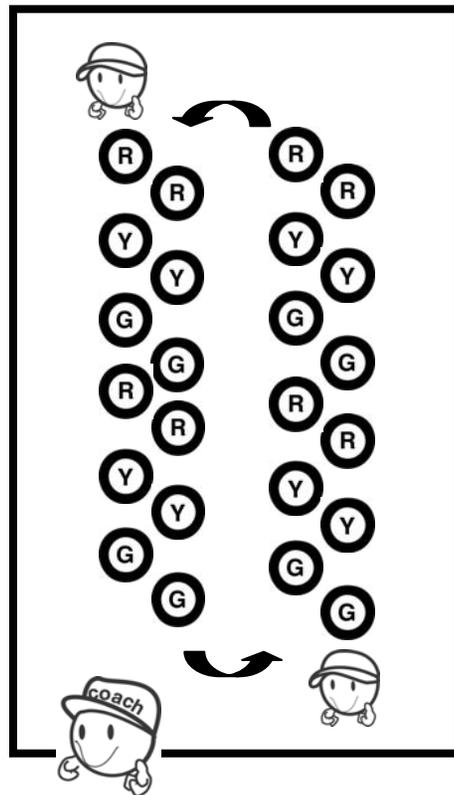
#7 Donut Ladders



INSTRUCTIONS: Footwork ladders have long been used in football to enhance movement, balance, and agility skills. In recent years they have become increasingly popular in training for all sports and also as general skill builders. The exercise variations are practically endless, but here are some ideas to get you started:

1. Run as quickly as possible
2. Run with high knees.
3. Skip forwards, sideways, and backwards.
4. Hop with one foot and two.
5. Hop with one foot and two landing on every other donut.
6. Hop with two feet inside and then outside.
7. Do a hopscotch pattern, hopping with two feet inside each donut and alternate with both feet straddling each one as well.

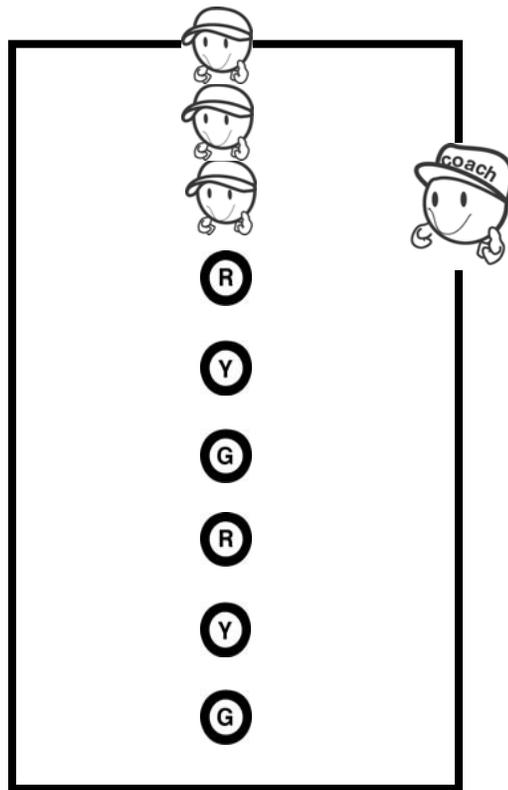
#8 Donut Ladder Tag



INSTRUCTIONS: The game of tag is another exercise that can be skill-building while creating a lot of fun for the participants. In this exercise, begin with two players as shown. Then, on command from the coach or with a blow of a whistle, they both take off running as fast as possible through the donuts, trying to catch up with and tag each other. Options:

1. Use music to start and stop each game.
2. Explain that if anyone steps on or moves the donut, the game starts over.
3. Create multiple patterns and lines through which two or more athletes can move at the same time.
4. Instead of just running through the ladders, try other movements like hopping, skipping, etc.

#9 Sidestepping Donuts



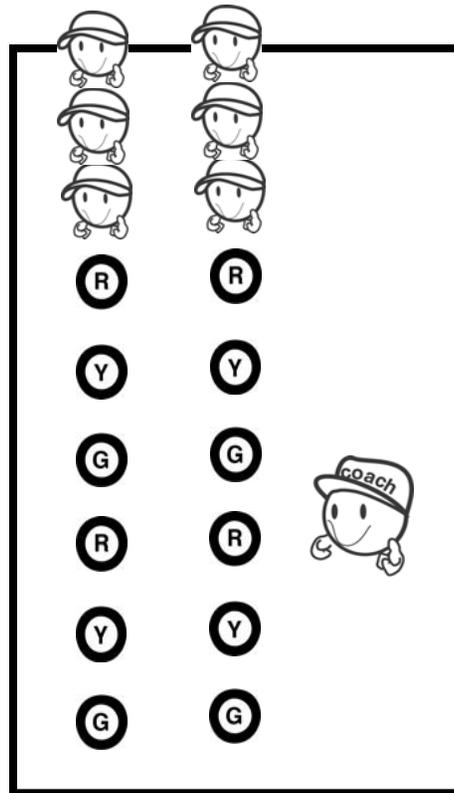
INSTRUCTIONS: Sidestepping is a movement pattern that is essential for many sports. Examples include basketball, tennis, baseball, and many more. Have each athlete sidestep, one at a time, through the donuts.

A quick tip is to have each keep their hands at their sides with palms facing down for balance. In this exercise, have the athletes move through the course one at a time with the following options:

1. Make sure to have the athletes sidestep through the course in both directions.
2. Use a whistle to indicate a change in direction. Example: With each blow of the whistle the sidestepping athlete has to change directions.

Track each athlete's results from workout to workout to encourage improvement.

#10 Mirror Sidestepping



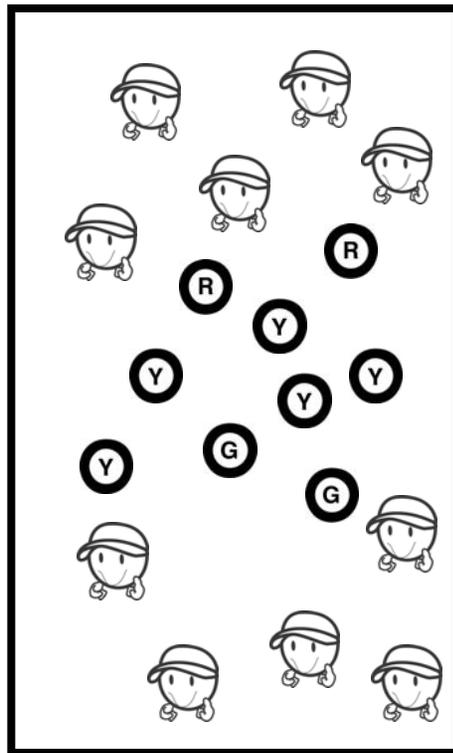
INSTRUCTIONS: Sidestepping is a movement pattern that is essential for many sports. Examples include basketball, tennis, baseball, and many more.

In this exercise, assign one of the athletes as the leader and the other as the follower. Have them face one another, with each starting in the middle of a line of donuts.

Then, on command, the lead sidestepper moves in one direction and then the other, changing directions unpredictably. Try it for 15-second increments and then rotate positions.

An interesting side note with this exercise to try this exercise with boys and girls together. Typically, the girls will outperform the boys since they normally have better overall balance, as their center of balance is lower than their male counterparts.

#11 Swim the Islands

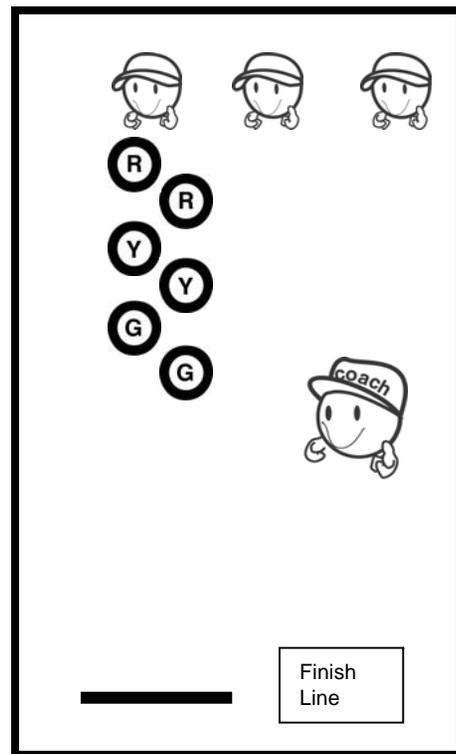


INSTRUCTIONS: This is another example of dozens of games that can be created using donuts. Mixing games for fun and movement are critical to the success of any activity. Remember that children love games and if they have enough fun they will keep coming back. The result is a successful program.

This game is suited for 4 to 7-year-olds. Use one less donut than children in the field. It is very similar to musical chairs. The coach blows a whistle once and the children start to "swim" around the islands. On the second whistle, the children run to the nearest island with only one child allowed on each donut.

NOTE: The game teaches focus and spatial awareness, but the coach must make sure that all children succeed by watching their positions and timing the whistle just right.

#12 Run-ins and Run-outs



INSTRUCTIONS: This exercise uses donuts to help athletes develop explosive acceleration and also deceleration. Run-Ins are for deceleration (i.e. the athletes sprint from a distance away from the donuts and when they reach the donuts they have to decelerate to quick step through the pattern). Run-Outs promote acceleration and can be seen on the diagram for this drill. Here are some options:

1. When the athletes go through the donuts, they can either run normally through them, or change movement patterns to hopping, skipping, or high knee running.
2. This exercise can be performed individually with records kept for each athlete to track his or her improvement. Or, it can be performed as a team relay competition.