

# SOLO PLAYER SESSIONS

## 9-14 Years Old - Session 2

	ACTIVITY DESCRIPTION	DURATION
<b>WARM UP</b>	<p>20 second intervals x 2 rounds each</p> <ul style="list-style-type: none"> <li>• Arm circles, forwards and backwards</li> <li>• Star jumps</li> <li>• High knees</li> <li>• Butt flicks</li> <li>• Pushups</li> <li>• Leg swings left leg</li> <li>• Leg swings right leg</li> </ul>	<b>5 min</b>
<b>ACTIVITY 1 BALLWORK</b>	<p>Throwing against brick wall (set up a target with tape or chalk) x 2 rounds</p> <ul style="list-style-type: none"> <li>• 10 right-handed</li> <li>• 10 left-handed</li> <li>• 10 chest</li> <li>• 10 bounce each hand (add drive onto ball if you wish)</li> </ul> <p>Body wraps and ball control</p> <ul style="list-style-type: none"> <li>• Figure 8s through legs</li> <li>• Wrap around waist, knees, head x 10 each</li> <li>• Short shoulder pass standing close to wall, trying to catch and control ball with same hand x 8 each side</li> </ul>	<b>10 min</b>
<b>ACTIVITY 2 SKILL - CHANGE OF DIRECTION</b>	<p>Set up 5 cones or markers (bottles etc) in a zig-zag pattern, 5m apart each</p> <ul style="list-style-type: none"> <li>• Complete 5 x zig-zags at high intensity, with a 5m sprint at the end of each and jog back to start. Rest for 1min and then repeat set 2 more times</li> </ul> <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• Plant outside foot near cone</li> <li>• Turn hips and shoulders in direction you wish to go</li> <li>• Keep your chin/head up</li> <li>• Pump your arms</li> </ul> <p><b>PROGRESSIONS</b></p> <ul style="list-style-type: none"> <li>• Change distance of cones (smaller/bigger distance)</li> <li>• Get a friend or family member to throw a ball, or player picks up a ball at last cone and throws against a wall</li> <li>• Repeat zig-zag in reverse (backwards running step)</li> <li>• Place cones/markers in random patterns, and drive to each of them in a different order each time (changes of direction may be both forwards and backwards). Still sprint 5m after completing final cone</li> </ul>	<b>10 min</b>
<b>COOL DOWN</b>	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	<b>5 min</b>