

SOLO PLAYER SESSIONS

15/U-Open - Session 3

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20-30 second intervals</p> <ul style="list-style-type: none"> • High knees • Butt flicks • Leg swings left/right leg • Sidestep both ways • Lunges • Jumping jacks • Seated glute stretch • Quadriceps stretch (superman) left leg/right leg <ul style="list-style-type: none"> • 4 x two-footed jump and land on two feet • 3 x two-footed jump and land on right leg • 3 x two-footed jump and land on left leg • 3 x 10m sprint at increasing intensity to finish 	5 - 10 mins
ACTIVITY 1 FITNESS	<p>AMRAP - as many rounds as possible in 4 mins, rest 2 mins and repeat</p> <ul style="list-style-type: none"> • 5 x burpee with jump • 10 x push up/commandos • 10 x squat • 10 x situp • 10 x tricep dips using chair 	10 mins
ACTIVITY 2 SKILL - CHANGE OF DIRECTION, FOOTWORK, BALANCE	<p>Set up 4 cones/markers in a square, approximately 3m apart (shorten or make wider if required). Start in the middle of the square.</p> <ul style="list-style-type: none"> • 2 x running - run to corner 1, push off, come back to middle, corner 2, push off, back to middle. Complete for corners 3 and 4 (turning hips and shoulders, keep eyes forward) • 2 x jump out to corner 1, back to middle, corner 2, back to middle, corner 3, back to middle, corner 4 back to middle • Reverse direction of above • 2 x complete a double hop on right leg out to corner 1, back to middle, corner 2, back to middle, corner 3, back to middle, corner 4 back to middle <ul style="list-style-type: none"> • 2 x complete a double hop on left leg out to corner 1, back to middle, corner 2, back to middle, corner 3, back to middle, corner 4 back to middle • Running and jump/touch - run to corner 1, jump at or touch marker, push off, return to middle, repeat for remaining corners (turning hips and shoulders, keep eyes forward) • 6 x sprint forward 7-10m, plant foot, push back 3ft distance and hold arms/hands up for 4 seconds • Restart sequence until 10 mins is up <p>PROGRESSION - Ask a family member to pass balls as you drive to cones.</p>	10 mins
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min