

SOLO PLAYER SESSIONS

15/U-Open - Session 4

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20-30 second intervals</p> <ul style="list-style-type: none"> • Skipping • Butt flicks • Leg swings left/right leg • Sidestep both ways • Lunges • Seated glute stretch • S-runs • 4 x two-footed jump and land on two feet <ul style="list-style-type: none"> • 3 x two-footed jump and land on right leg • 3 x two-footed jump and land on left leg • Zig zag run forward • Zig zag run backwards • 3 x 10m sprint at increasing intensity to finish 	5 - 10 mins
ACTIVITY 1 FITNESS	<p>Tabata - 20 seconds of work, 10 seconds rest for 4 minutes = 1 Round. 1 minute rest in between rounds</p> <p>Rounds 1&2:</p> <ul style="list-style-type: none"> • 5m shuttle run • Push ups • Bench/box jump • Russian twist (sitting on ground with feet slightly in air, twisting side to side to touch opposite fingers on ground) <p>Rounds 3&4:</p> <ul style="list-style-type: none"> • Burpees • Situps • Lunge split jumps • Commandos 	20 mins
ACTIVITY 2 SKILL - BALANCE AND CONTROL	<p>Two rounds of;</p> <ul style="list-style-type: none"> • 4 x 90-degree jumps for height, ensuring balance on landing • 4 x 180-degree jumps for height • Hop forward for 3 hops on left leg for distance • Hop forward for 3 hops on right leg for distance • Hop backward for 3 hops on left leg • Hop backward for 3 hops on right leg • Hop in a zigzag pattern for 4 hops on left leg with control • Hop in a zigzag pattern for 4 hops on right leg with control 	5 - 10 mins
COOL DOWN	Walking/very slow jogging with active stretches every 15-20 secs	5 min