

# SOLO PLAYER SESSIONS

## 15/U-Open - Session 5

	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>• Fast feet skippy steps</li> <li>• Leg swings left leg</li> <li>• Leg swings right leg</li> </ul>	<b>5 - 10 mins</b>
<b>ACTIVITY 1 FITNESS</b>	<p>AMRAP - In 4 minutes, complete as many rounds of:</p> <ul style="list-style-type: none"> <li>• 10 squats</li> <li>• 20 crunches</li> <li>• 10 x glute bridges with 2-second hold at top</li> <li>• 10 burpees</li> <li>• 10 pushups</li> <li>• 20 x Russian twist (sitting with feet just off ground - twist to touch right hand on left side, then left hand on right side)</li> <li>• 90 seconds rest</li> </ul> <p><b>REPEAT</b></p>	<b>10 mins</b>
<b>ACTIVITY 2 SKILL - BALLWORK/FOOTWORK</b>	<p>20 seconds on, 10 seconds off. Alternating between footwork and ballwork activity. Repeat each skill until 20 seconds is up.</p> <ul style="list-style-type: none"> <li>• Right handed throw and catch against wall (one-handed)</li> <li>• V runs forwards - 3 cones/markers set up in the letter V, about 3-4m apart. Start on point of V, drive out to left cone/point, push off back to start, out to right cone, back to start.</li> <li>• Left handed throw and catch against wall (one-handed)</li> <li>• V runs backwards - 3 cones/markers set up in an upside down letter V. Again, start on point of V but turn shoulders and drive back to left cone/point, return to top, then drive back to right. Work on keeping eyes FORWARD while driving backwards.</li> <li>• Overhead passes</li> <li>• Triangle run - drive straight forwards 3-4m, push off and turn shoulders to run back on left diagonal, sidestep back to start</li> <li>• Chest passes</li> <li>• Triangle run - drive straight forwards 3-4m, push off and turn shoulders to run back on right diagonal, sidestep back to start</li> <li>• Bounce passes right hand</li> <li>• Triangle run - angle drive forward, sidestep to right, backward run to start</li> <li>• Bounce passes left hand</li> <li>• Triangle run - angle drive forward, sidestep to left, backward run to start</li> </ul> <p><b>REPEAT ENTIRE SET</b></p>	<b>12 mins</b>
<b>COOL DOWN</b>	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	<b>5 min</b>