

	ACTIVITY DESCRIPTION	DURATION
<b>WARM UP</b>	<p>25-30 seconds per exercise, two rounds</p> <ul style="list-style-type: none"> <li>• Arm circles, forwards and backwards</li> <li>• High knees</li> <li>• Push ups</li> <li>• Butt flicks</li> <li>• Leg swings left/right leg</li> <li>• Star jumps</li> <li>• Quadriceps stretch (superman) left/right leg</li> <li>• Walking lunges</li> <li>• Seated glute stretch</li> <li>• Mountain climbers</li> </ul>	<b>10 mins</b>
<b>ACTIVITY 1 BALLWORK</b>	<p><b>Body wraps and ball control</b></p> <ul style="list-style-type: none"> <li>• Figure 8s through legs x 20, no drops</li> <li>• Catching a bounce pass between the legs from front to back and back to front x 20 successful attempts</li> <li>• Wrap around waist, knees, head x 10 each</li> <li>• REPEAT</li> </ul> <p><b>Throwing/catching</b></p> <ul style="list-style-type: none"> <li>• Throw ball against wall and drive forward to catch x10 in a row</li> <li>• Throw ball in air in any direction (like a lob pass) and run on to catch it, landing with a one-two step like in a game</li> <li>• 10 x throw ball from front, over head/shoulder and catch behind back, then throw back over head from behind your back, catching in front.</li> <li>• REPEAT</li> </ul>	<b>10 mins</b>
<b>ACTIVITY 2 SKILL - DODGE</b>	<p>Set up two cones/markers 1m apart, alongside each other.. Start at cone 1, sprint towards cone 2, push off at the cone and drive forward on an angle for 4-5m before slowing down. Jog back to start. Complete 10x to the right and 10x to the left.</p> <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• Plant outside foot near cone</li> <li>• Keep the distance small between the two cones, but movements must be explosive</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>• Complete a double dodge (push off from both cones and drive forward)</li> <li>• Get a friend or family member to throw/drop a ball, or player picks up a ball after two dodges, and throws</li> <li>• Set up another set of cones/markers 2m in front of the first set. Complete double dodge at set 1, run forward, double dodge at set 2, run backwards to set 1 and repeat</li> </ul>	<b>5 mins</b>
<b>COOL DOWN</b>	Walking/very slow jogging with active stretches every 15-20 secs	<b>5 min</b>