

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20-30 second intervals</p> <ul style="list-style-type: none"> • Jogging around within a small space or on the spot • High knees • Lunges • Hamstring stretch • Butt flicks • Leg swings left/right leg • Grapevine both ways • Seated glute stretch <ul style="list-style-type: none"> • Quadriceps stretch (superman) left leg/right leg • 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 SHUTTLES	<p>Complete the following for 2 rounds:</p> <ul style="list-style-type: none"> • 10 x 10m up and back (5 seconds rest between each rep) • Rest 1 minute • 10 x 5m return (5 seconds rest between each rep) • Rest 1 minute 	10 mins
ACTIVITY 2 SKILL - FOOTWORK AND BALLWORK	<ul style="list-style-type: none"> • 10 hard shoulder passes against wall - right hand • 6 x figure 8s around cones/markers 0.5m apart • 10 hard shoulder passes against wall - left hand • 10 x jumps over cones/markers sideways • 20 x ball figure 8s/wraps through legs, no drops • 10 x fast feet forwards and backwards between cones • 20 x catching a bounce pass between the legs from front to back and back to front • 6 x explosive squat jumps (extend by adding 180-degree turn) • Wrap ball around knees, waist, head x 5 each <p>REPEAT UNTIL 10 MINUTES HAS ELAPSED</p>	10 mins
COOL DOWN	Walking/very slow jogging with active stretches every 15-20 secs	5 min