



Pre Training Expectations

Stage 1 – Locomotion (7 mins)

- Bike 80 – 100rpm (6mins)
- Double leg skipping (2 x 20secs, 20 sec rest)

Stage 2 – Mobility (All 30 secs = 2:30 mins)

- Back Rolls
- Bent knee side to side
- Angry Cat/Happy Cat
- Alternate arm/leg raise
- Glute/hip raise

Stage 3 – Ball handling drills

- Grip work – 1000 touch activities, ricochet, pyramid
- Rebound nets
- Gathering loose balls – ball towards/ball away
- Marking – overhead centres, side and slide, unders and overs
- Short kicking (20m) – 3 v 1 defender, 4 v 2 defenders