

**ACTIVITY #1**

**Set up:** Players start in 2 lines. use the width of the field and place 2 cones 5yds inside both touch lines as shown. Also place another cone 5yds from the start. This is the marker to let the next person in the line know they can start. All movements are to be done 4 times or as stated.

- Instructions:**
- A) Players start off with light Jogging (50%) from start all the way back to the back of the line
  - B) Players kick there bums and jog back
  - C) Players bring knee up one at a time and jog back
  - D) Players side step facing out and Jog back (2)
  - E) Players side step facing in and jog back (2)
  - F) Every 3 steps players swing leg forward as high as possible touching opposite hand, (Hamstrings) and Jog Back

**Coaching Points:**

- G) Players skip, nice and easy for the first 2, final 2 looking to generate height and jog back
- H) Players light jog every 3 steps picking knee up and bringing into chest, jog back

I) Groin up and out, jog back (2)

J) Groin out and in, Jog back (2)

**Set up:** Alternate step and Lunge, jog back (2)

**ACTIVITY #2**

All the movements below are done 3 times.

**Instructions:**

Players are now going to be working at 75% of there maximum speed.

- A) Players start at 0 and jog to cone 1, they then sprint (75%) to cone 2, jog to come 3 and then jog back to the start.
- B) Players Jog to cone 1, spin 360 degrees and then sprint (75%) to cone 2, jog back
- C) Players Jog to cone 1, do a forward roll, get up and sprint (75%) to cone 2, jog back
- D) Players back peddle to 1, turn and sprint (75%) to cone 2, jog back.

**Coaching Points:** Once this is complete - Dynamic stretching is to take place, see attached sheet called "Dynamic Stretching"

**ACTIVITY #3**

**Set up:** Players Pass and Move inside the full field.

**Instructions:** Players should work at 50%, 75% and 100% while there bodies get warm. Players should stretch in between.

**Coaching Points:** Passing: Accuracy/Eye on the ball/Pace/weight/timing/part of foot/part of ball  
 Recieving: Body behind the ball/Attack the ball/1st touch decision/eye on the ball/Head Up.

