

Dynamic Warm up

“The difference between try and triumph is a little umph”

Loosen up Phase

- Jog half lengths x 6
- Side slip up and back
- Curved run up and back
- Grape vine up and back

Stretching Phase

- Leg swings -5 left/ 5 left/ 5 across
- To transverse line
 - Traveling lunges
 - Travelling squats
 - Hamstring
 - Leg and arm raises
- Static stretch if required

Mobility Phase

- 1/3 only
- Curved run- sharper -up and back
- Forward run and back pedal -up and back
- High knees to top of circle and run through
- Heel flicks to top of circle and run through
- Skip for height
- Run and touch ground
- Arm swings
- Vertical jumps with soft squat landing
- Side jumps with soft squat landing
- Tuck jumps/box jumps with soft landing

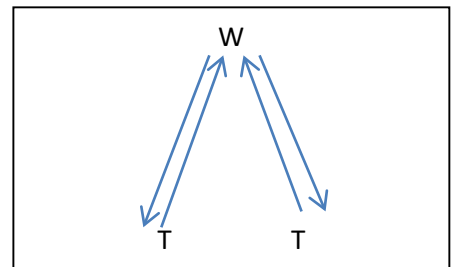
Mobility/ coordination Phase

- 2 lines
 - Zig zag at pace
 - Pitter patter 5m sprint then jog through

(7 minutes) Drinks Break

Specific Technique phase

- **Ball work in groups of three**
 - 5 passes each side static alternate side
 - 5 passes high ball each side alternate side



- 5 passes rapid fire, 5 one side then the other
- 5 passes each side at 45 lead, sharp turns
- 5 passes each side high ball on lead, sharp turns
- **Centre court**
 - (as per Amelia's direction)
 - Hitting the circle drill :
 Thrower (**T**) on transverse, Worker (**W**) takes short ball to middle of court (ball back to **T**), **W** drives to sideline and takes another ball (ball back to **T**), **W** outside turns and drives pocket to receive a lob ball, **T** drives top to receive a ball from **W** who then drives out of pocket to transverse line and receives ball back from **T** and returns it to start of the line.
 - Work in with goalers around the circle – attacker working at feeding into the goalers, ball placement to other feeder around the circle and strong holds. Defenders working feet to get around the body putting strong pressure on attacker.
- **Defenders**
 - (As per Fiona's direction)
- **Shooters**
 - (As per Meg's direction)
 - movement, change of direction, drive to post – put shot up (Strong, decisive movement with head to ball / balance and shoot/roles, flick backs and straight leads)
 - Put up as many shots as you wish.

(15 minutes) Drinks break

Team activities

- Long court drill - rotation of 3

Bench all team members

- Sit in positional order- goalies through to defenders
- Drink bottles under chair
- Towels back of chair
- REVIEW personal goal card

Final Activity

- Short team drill – rotation of 3 - lots of chatter

Shooters to the post whenever they choose.

Starting 7 players

- **With 15 secs on the clock players must be on the court in a huddle to do team chant.**

Bench Players

- **Positive loud encouragement to court player AT ALL TIMES!**

