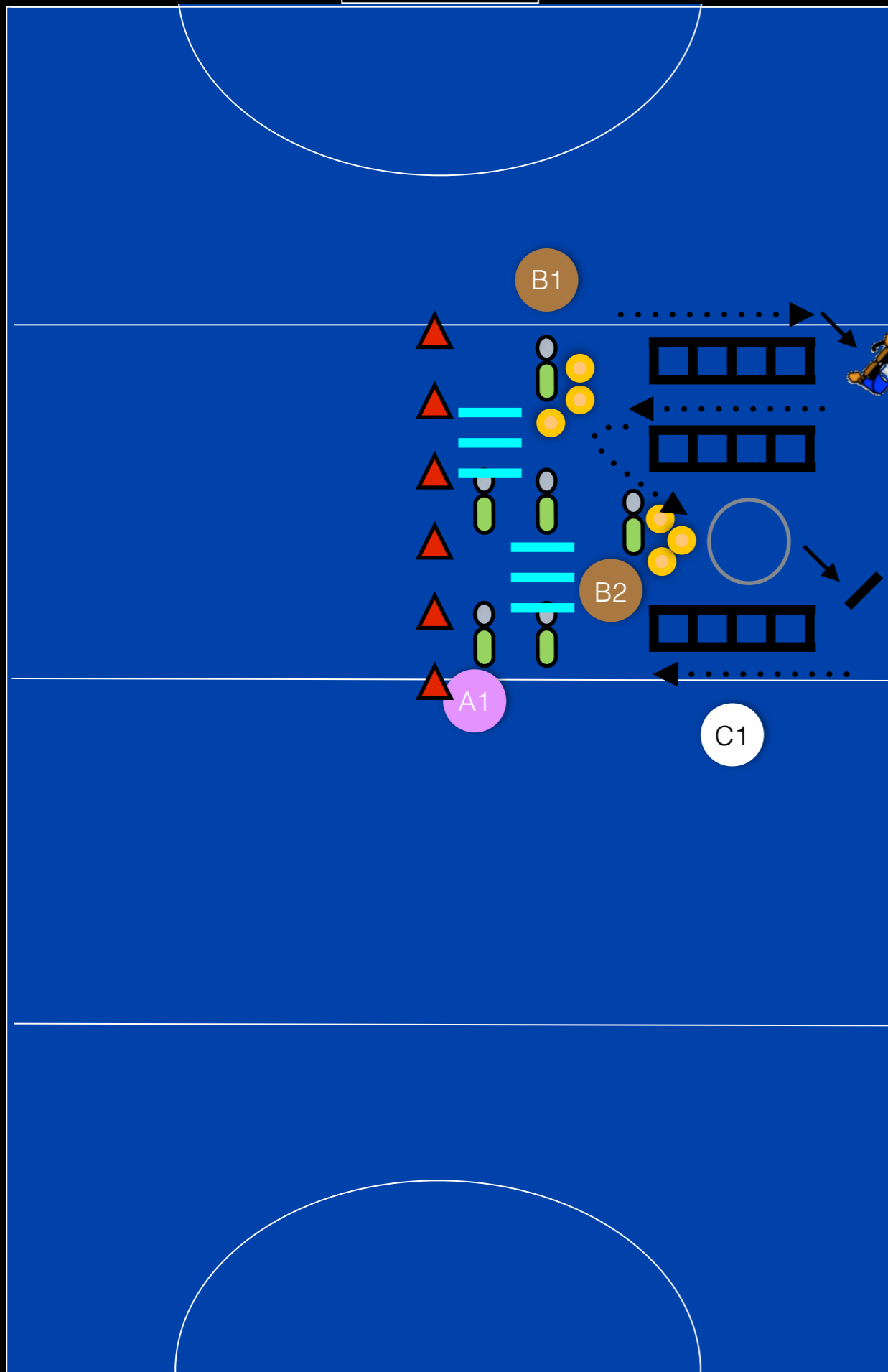









Agility Drill



A1 starts at marker and makes side shuffle to right. Accelerate forward over low hurdles. Side shuffle to left and then accelerate over low hurdles. Collect ball from B1 station. Lift ball and carry thru ladder juggling. Have shot at GK (GK to control clear wide). High knees thru ladder then collect ball from B2 station. Freestyle dribble into space. This can have ramps, tyres or any obstacles to encourage creating. Player then makes push pass on the move to board (or 2nd GK). In final ladder A1 both feet in and both feet out. Coach to target feet with tennis ball. Encourage stick to protect feet.

Key:








-  : Ramp or board
-  : Flat marker
-  : Cone
-  : Ball
-  : Hit / Ball movement
-  : Player movement with or without ball
-  : Low Hurdle



Agility Drill

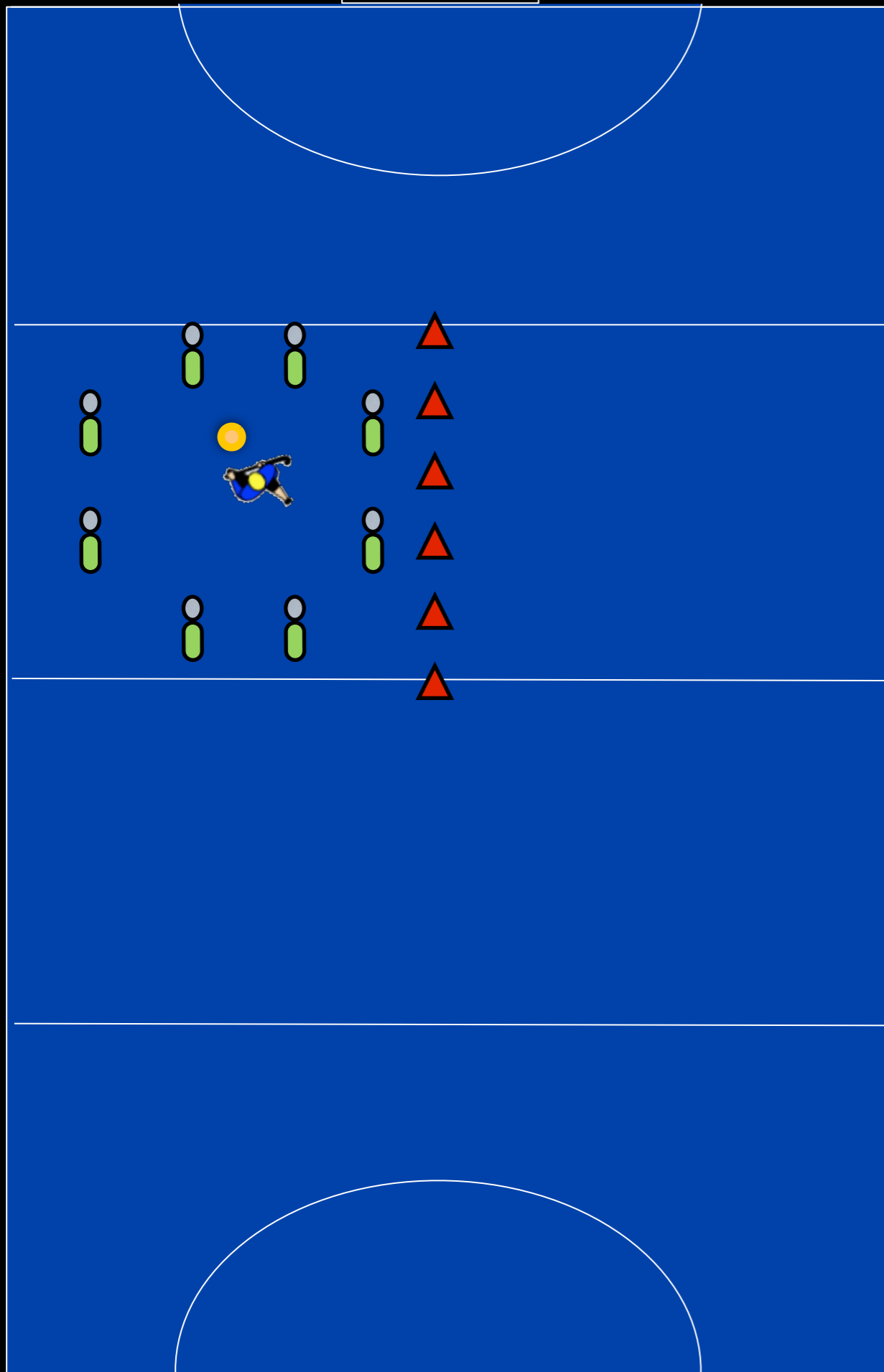
A1 starts at cone and carries on angle towards ladder. Lifts ball up and juggles as they have fast feet through ladder. A1 then plays ball off crazy catch (or rebound board) and carries through creative zone. This can include obstacles of your choice. A1 then will carry the ball either side of their body with high knees through ladder. They will then carry hard out of ladder then flick the ball towards GK on the move. GK to control/clear ball with glove. A1 will then proceed to last ladder and protect feet with stick as coach tries to hit feet with tennis balls.

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Communication & Change of Direction



- 1) Players to free dribble inside space. On coach command find partner - cue in - complete pass and give a command i.e. L 2 R three times or juggle on receive.
- 2) All players to start on a flap with a ball. On a players command (direction left or right) run to the middle with ball and leave ball. Collect ball to either your left or right (depending on command) and carry back to that flap with purpose and eyes up.

Key:

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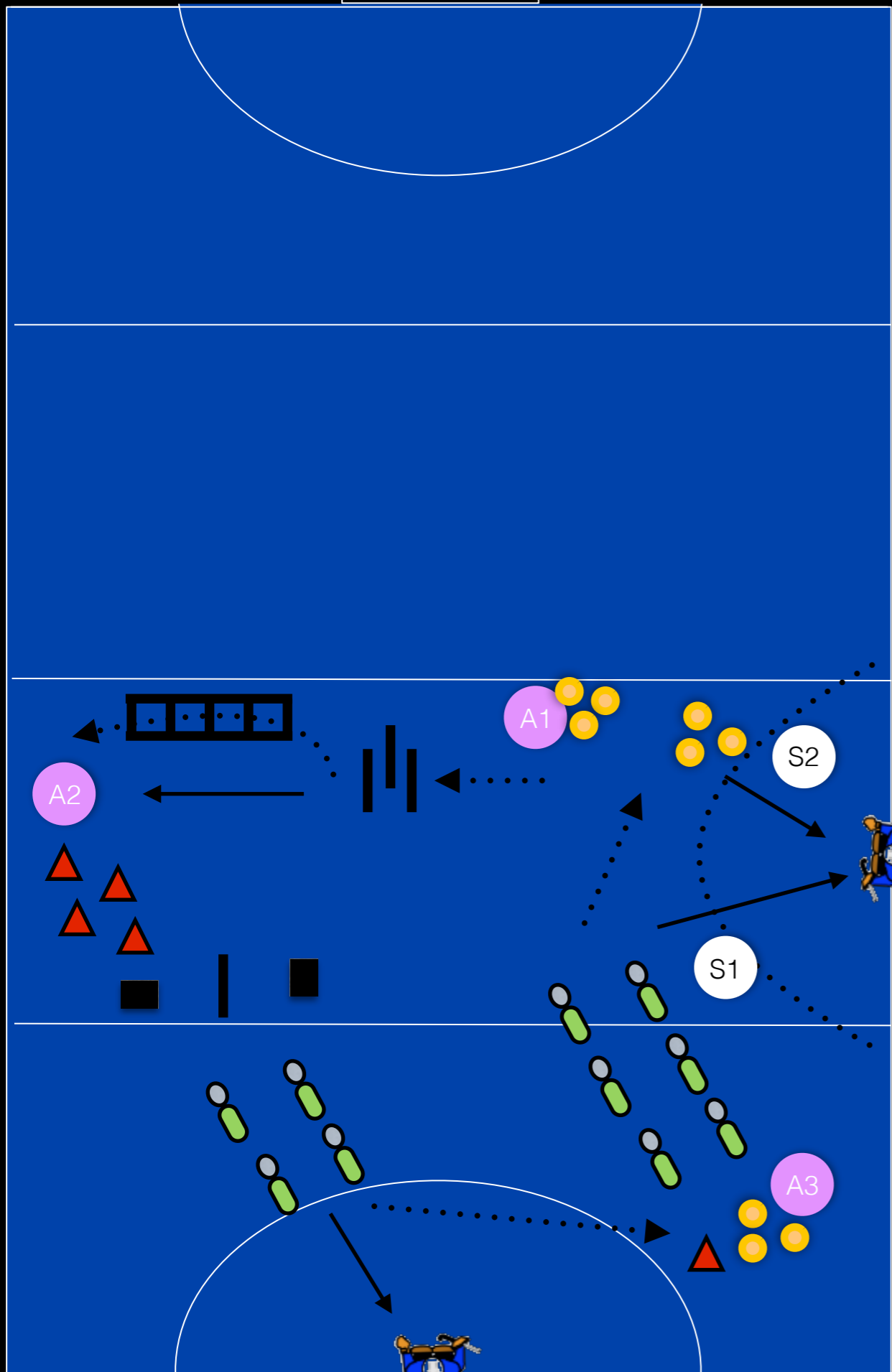
Warm Up Circuit 2

A1 collect ball and carry over/thru ramps making pass to A2. A1 to proceed thru ladder.







A2 to S Dribble around cones before playing ball off crazy catch. Collect and eliminate ramp before playing ball off 2nd crazy catch before entering lane for a 1v1.

From the 1v1 the winner takes the shot at GK before leading across circle to join A3 to make as many short passes between as they go thru lane.

Player with the ball from final pass takes S1 while other player collects ball for S2



Key:

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-  : Ball
-  : Hit / Ball movement
-  : Player movement with or without ball

