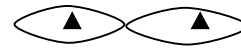


Figure 8 cones

4 x 2 set soft witches hats set up side by side 1½ metres apart

Run around the cones in a figure 8 motion using side steps, back steps and a drive forward through the middle.

Extension: Add a ball, thrower at the front, passing to worker on the drive forward. Use two handed or either hand chest passes from both thrower and worker.



T

Teaching Points : Head up, visualise where cones are placed, small steps, side slip, DO NOT CROSS FEET,

Cone Zig Zag

8 tall cones set in a zig zag pattern approx 2 metres apart

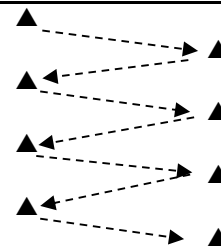
Using only 3 steps, players move to inside of each cone, and then change direction and move to the next cone.

Extension:

1. Add a ball, thrower (T) to stand at the end and pass to a player moving forward.

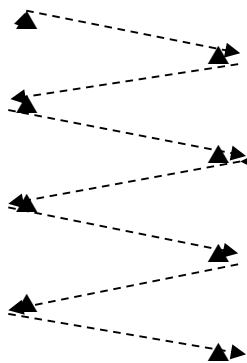
2. Increase distance between cones - 5 metres (Diag.2)
Worker to drive to outside of each cone, again changing direction by pushing off on the outside foot

Diag 1



T

Diag 2



T

Teaching points : Light on feet, soft knees, good balance, push off outside foot, driving arm action

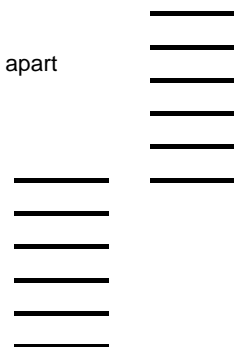
Chalk Ladders

Draw 2 x 12 line ladders as per diagram

Rungs 30cm apart, ladders 2.5 metres apart

1. Using only 1 ladder - One player at a time on the ladder using various footwork patterns. Eg,

- a) 1 step in each space , forward motion
- b) 2 steps in each space, always stepping forward on the same leg. (Repeat using other leg)
- c) Repeat 1 with high knees
- d) Skipping action high knees in front.



2. Extension: Using both ladders side slip to second ladder and repeat various actions, plus very fast feet.

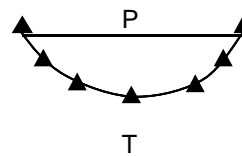
Teaching points : Light on feet, soft knees, balance, heads up, do not look sideways when moving to second ladder, use driving arm action

Radial Run

Using goal circle, position 7 cones evenly around circle line, starting and finishing at base line intersection. Refer Diagram

Worker starts at post, moves to cone, push off outside foot to change direction and move back to the post. Again push off outside foot and move to the next cone .Repeat this sequence to each cone around the circle.

Extension: Increase speed of movement. Use drive out, side step back. Introduce a ball (T) passing to different points.



Teaching points : *Change direction of body at the centre cone so that body is still facing down the court. Stay light on feet, soft knees, balance head up always looking down the court*

Clock Face

Players stand in the middle of an imaginary clock face, facing coach C

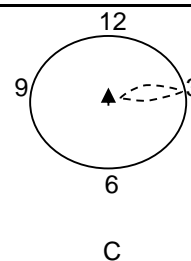
Coach calls a time, ie 3 o'clock,

Using various footwork, pre-determined by the coach, player moves quickly to the number on the clock face, then back to the middle.

Start with basic numbers 3, 6, 9, 12.

Variations: One foot on number, two feet together on number, two feet on number (one at a time)

Introduce the other numbers on the clock - 1,2, 4,5, 7,8, 10,11



Teaching Points : *Stay light on feet, soft knees, head up, fast recovery to the middle, lead with foot closest to the number*

Skipping

Using small ropes, 1 each

1. 50 skips, with rebound, 30 sec rest, repeat (Reduce by 10 each time, then increase by 10 each time, back to 50)
2. 30 skips without rebound (peppers). As above
3. 40 skips - 10 with rebound, 10 without, 10 with, 10 without. Rest 30 secs. Repeat 5 times.
4. Skipping on the run. 4 fast lengths of the court. 15 seconds rest

Teaching Points : *Stay light on feet, heads up, balance and control on the run*