Topic: Acceleration

|  |
| --- |
| ***Dynamic Warm-Up*** |

* Get Loose
  + Jog/Arm circles
  + Skip/Arms high
  + Shuffle/Arms across
* Get in Rhythm
  + High Knees
  + Butt Kickers
  + Open Gate
  + Close Gate
    - Personal Body Scan - Stretch what needs stretched
* 1v1 Preparation (check shoulder – numbers; hand off player – or stay with if necessary)
  + Jog/Backpedal
  + Mirror Speed
  + Mirror Cuts
  + Cut and Race to Gate (find number when “ball in the air” to “win the header”)
    - Personal Body Scan - Stretch what needs stretched
* Team Movement (MUST TALK)
  + Shift left and right
  + Press and Drop
  + Visualization: Pass Invisible Ball
    - Personal Body Scan - Stretch what needs stretched
* Tag

|  |
| --- |
| ***Cooperative Challenge – “Pre-Test”*** |

* Short Burst Sprints - Timed

|  |
| --- |
| ***Individual Challenge*** |

Learn Technique

* Tall and Fall
* Wall Press
* Circle Drill

Practice

* Mountain Climbers
* Press and Drop
* Box Cones

|  |
| --- |
| ***Competition*** |

* Ball Drop/Steal the Bacon
* Zig Zag

|  |
| --- |
| ***Cooperative Challenge – “Post-Test”*** |

* Short Burst Sprints – Beat Time

|  |
| --- |
| ***Cool Down – Static Stretching*** |

* Stretch out all major muscle groups. Important to keep muscles lean and supple. This helps prevent soreness and fights against injury.