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.