

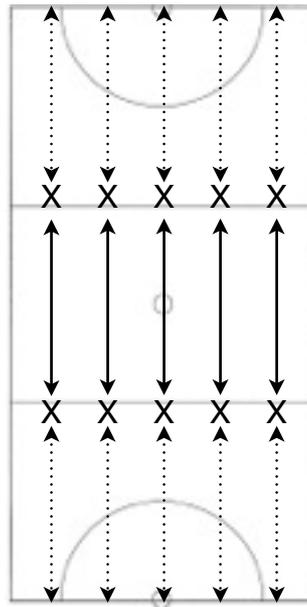
Fitness & Agility

1. Shooter Pressure Sprints. (5 minutes)

Jog, sprint, jog until all shooters have shot 10 goals.

2. Pairs Passing. (5 minutes)

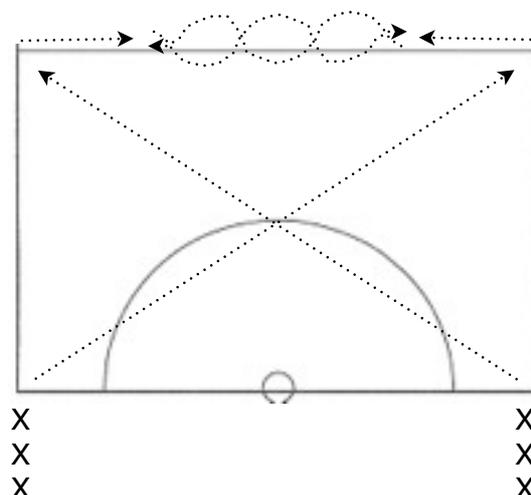
10 shoulder passes, put ball down, turn and sprint to end of court and back again. Repeat x 10, rest, repeat x 5.



Focus: Concentrate on keeping good technique even when tired.

3. Mix Ups. (5 minutes)

Split team into 2 groups. 5 Start in each corner of the court. On staggered start, each side sprints the diagonal, then zig zags through players as they jog along the transverse. Return to same corner and start again.



4. Agility Footwork Tasks (10 minutes)

Work in pairs. Working 10m up and back (20m each task) x 3.

- Butt Flicks
- Skip (high knees)
- Quick feet forward, backwards back
- Quick feet sideways (both sides)
- Forward 10m, back 5m, forward 5m.
- Backwards, turn, sprint and go.
- Slide 180° on whistle, slide.
- Sprint, 360° on whistle, sprint.

Focus: On butt flicks, keep knees pointing down, flick heel up to kick butt, keep knees together by imagining they are locked together with a steel bar. Keep short steps, fast action. On skip, when lift one leg, the other should be fully extended. Drive elbows back vigorously, short ground contact, short steps. Drive with knee, not foot. Keep eyes up in all activities.

5. Line Sprints. (5 minutes)

Sprint to 1st transverse x 3, sprint to 2nd transverse x 3, sprint to end of court x 3.

6. Sprint Up, Back and Push Off. (5 minutes)

Use dots to mark point at top of circle, and half way back to start. Players sprint to top of circle, run backwards to half way, then push off hard and sprint through 1st transverse. Repeat x 5.

7. F'd B'd transverse sprints (5 minutes)

Start on goal line. Two foot jumps f'd and b'd over goal line x 10, then sprint to next transverse. Repeat f'd b'd jumps x 10, then sprint to next transverse, then repeat again and sprint to end of court. Repeat x 3.

8. Lateral transverse sprints (5 minutes)

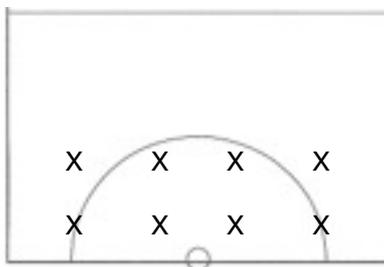
Start on goal line. Two foot jumps side to side over goal line x 10, then sprint to next transverse. Repeat lateral jumps x 10, then sprint to next transverse, then repeat again and sprint to end of court. Repeat x 3.

9. High Fives. (5 minutes)

Work in pairs, standing a third apart from each other. Players run into middle and meet, jump and high 5 each other then run backwards back to start. Repeat x 5.

10. Partner Chase. (5 minutes)

In pairs. Stand approximately 2-3m behind one another. On 'GO', both players jump straight up in air, land and sprint forwards. When coach calls out 'TURN', they both turn around and back person tries to tag front person before they get back to goal line.



11. Response Turns. (5 minutes)

Work in pairs. First player starts behind goal line, run towards transverse. When their partner yells 'turn' they turn and run the rest of the way backwards. The next player then goes and their partner yells out 'turn'. They must respond quickly to command which can come at any time.

12. Crazy Groups. (5 minutes)

Use full court. Players skip in space in centre third. On the whistle, they sprint around the nearest goal line marker and back onto court to for groups of the specified number.

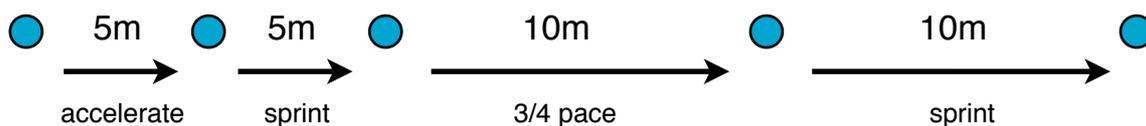
13. Line Sprints. (10 minutes)

Work in groups of 5.

- 5 sprints to first transverse, walk back
- 5 sprints to second transverse, walk back
- 5 sprints to end of court, walk back

14. Hollow Sprints. (5 minutes)

Use full court. Players skip in space in centre third. On the whistle, they sprint around the nearest goal line marker and back onto court to for groups of the specified number.



15. Random Ropes. (10 minutes)

Spread 10 skipping ropes around the court. Players grab a rope, skip x 10, drop ropes and sprint to another rope. Continue for 1 minute, 30 secs recovery. Repeat x 5. Change style of skipping, e.g. peppers, slow, backwards.

20. Tennis Ball Relay. (5 minutes)

Groups of 3. 6 balls each at transverse. Run 10m, pick up ball and return it to group. Next person goes. Two balls each. Repeat - move tennis balls to 5m distance.

21. Pairs Passing. (10 minutes)

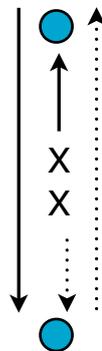
Set cones up throughout space - one per player in pairs. Each player stands at a cone. They shoulder pass to their partner for 30 seconds. When whistle blows, person without the ball drives to new cone with new partner and starts passing again. Repeat x 4. Have a short break then start again.

22. Fast Feet Turn and Sprint. (5 minutes)

Players competing against a partner across a 5m distance. Start;

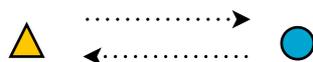
- Facing inwards
- Facing outwards
- Facing forwards
- Facing backwards

Complete 2 reps of each.



23. Triangle Passing. (10 minutes)

Mark out standing points using dots, and sprinting points using cones. Work in 3s. Shoulder pass around the triangle for 10 passes, then put ball down, turn and sprint out to cone and back again. Pick up ball and repeat. Continue working at high intensity for 1 minute, 30 secs rest then repeat. 5 reps in total.



24. Pyramid Runs. (5 minutes)

Sprint to first transverse, jog back. Sprint to second transverse, jog back. Sprint to end of court and jog back. Repeat x 3.

25. Agility Ladder. (10 minutes)

- One foot (both side lead). Add sprint at end.
- Two foot (both side lead). Add sprint at end.
- Lateral run (both directions)
- Forward forward back back (both sides)
- 1 2 out, 1 2 out (side run)
- Face front. R, L, R, out - L, R, L out
- Cheetah chase

26. Court Circuit. (10 minutes)

- Start at centre circle
- Double dodge, sprint to transverse side
- Jump twice
- Sprint to corner of court
- Turn and sprint to goal circle junction
- Sidestep around circle edge to half way point
- Sprint to goal post and high jump
- Forward forward back back to left hand corner of court
- Turn and sprint to transverse
- Double step over 5 hurdles
- Sprint diagonal to finish
- Repeat x 5

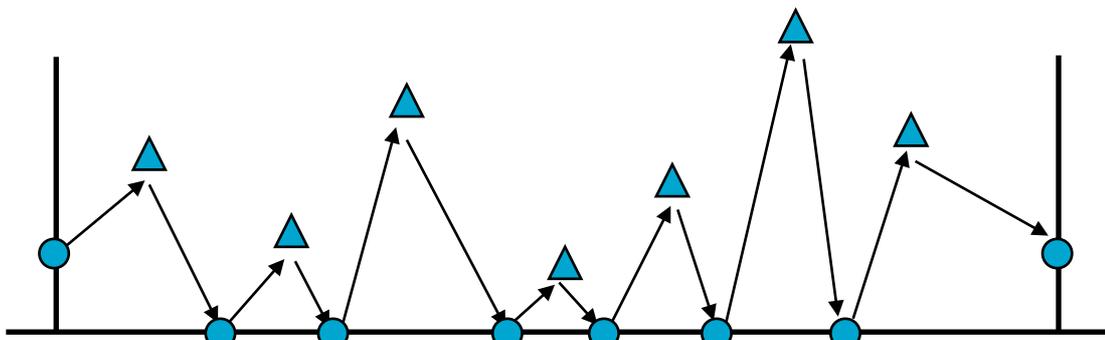
27. Better Balance. (5 minutes)

- Stand side on to a wall or fence. Jump as high as you can and land facing the other way - knees bent, back straight.
- Run back on an angle, jump and land (with an imaginary ball)
- Run forward at speed, land balanced (2 feet), step back, step to side, then sprint in different direction.
- Throw ball in air, slightly behind line of body. Jump up and pull the ball down quickly (arms should be straight when catching the ball).
- Lie on the ground with the ball held on the chest. Throw the ball into the air, stand up and catch the ball before it hits the ground.

28. Drink Bottle Runs. (5 minutes)

Pair up with one person standing opposite other at either end of court. Put drink bottle on first transverse line. On 'GO' one person has to run to first transverse, pick up bottle, turn and get back to start before being tagged by their partner who is sprinting from the other end of the court.

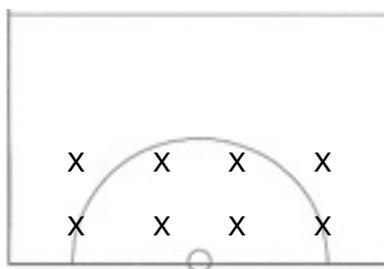
29. Footwork sprints. (10 minutes)



- (a) Drive to each dot in turn. Make sure shoulders are turned in direction of travel and eyes are facing down court.
- (b) Drive to cone then slide to sideline facing down court.
- (c) As (b), but on 2 occasions the player must drive back and repeat a cone.
- (d) Reverse direction through cones. Angle drive backwards to the cone and slide to sideline facing ball position.
- (e) Add a ball to each activity. Ball is passed on drive to cone.

30. Reaction Sprints. (5 minutes)

Front person must react as soon as partner passes them. They try to tag them before they get to other end of court. The back person can pass them on either side of body.



31. Fast Feet Pitter Patter. (5 minutes)

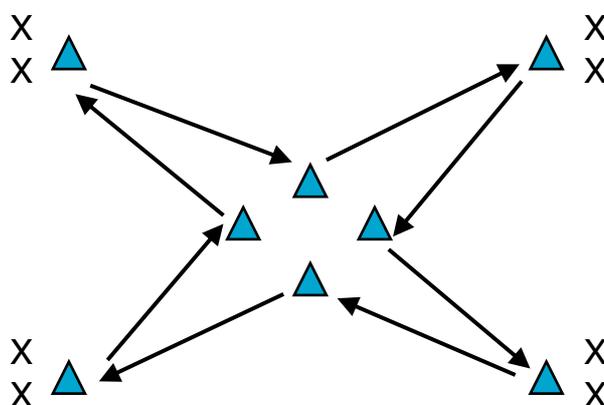
Line up along transverse line. Fast feet pitter patter on spot. Coach calls, R, L, back, down and up. On 'UP', the players do 2 foot jump and land and then sprint 5m. Repeat x 3.

32. Jog Straight, Sprint Diagonals. (5 minutes)

Start at corner on goal line. Jog along the goal line to opposite side, sprint the diagonal to transverse line, Jog along transverse, then sprint diagonal to next transverse. Jog transverse, then sprint diagonal to opposite goal line. Jog back to start and repeat x 3.

33. Four Point Star. (5 minutes)

Set up an 8m square grid on outside, a 1m square grid on inside. 2 players at each large square corner. On 'GO', first person in each pair completes star circuit moving in a clockwise direction. They must touch each marker at each end. When they return to beginning, they tag their partner who then goes. Repeat until each player has done the star circuit 3 times. Winning team is one who finishes first. Repeat again, moving in an anti-clockwise direction.



34. Full Court Relay Moves. (10 minutes)

Set up 8 markers to form 4 working lanes on full court. Two players working in each lane. On 'GO', first player in each lane does the prescribed movement up and back.

Lane 1: Continuous change of directions. 4 steps to R, 4 steps to L.

Lane 2: Sprint forwards 4 steps, dig in, recovery step to arms up, pause, repeat.

1 2 3 4

Lane 3: Change of direction R, then L, dig in, back step 2 on diagonal, repeat.

Lane 4: Pitter patter forward for 3 seconds, sprint forwards 3 steps, repeat.

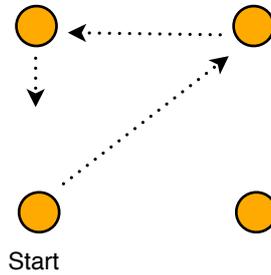
When they return to start, their partner goes. Work for 2 minutes, then rotate lines. Repeat until each pair has completed the course.



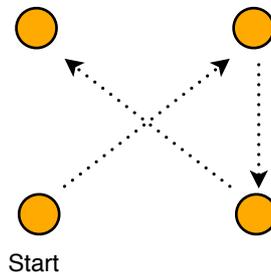
35. Grid Work. (15 minutes)

Work in groups of 3 or 4.

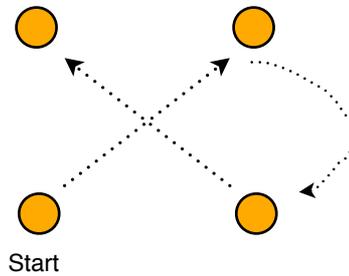
- Angle drive, side-step and step back with both feet and jump. (Repeat x 6, 3 each side)



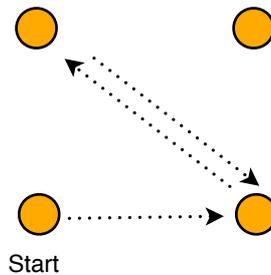
- Angle drive, backwards, angle drive. (Repeat x 6, 3 each side)



- Angle drive, clear, angle drive. (Repeat x 6, 3 each side)



- Side-step, angle drive, angle drive backwards. (Repeat x 6, 3 each side)



- Own combination. (Repeat x 6, 3 each side)

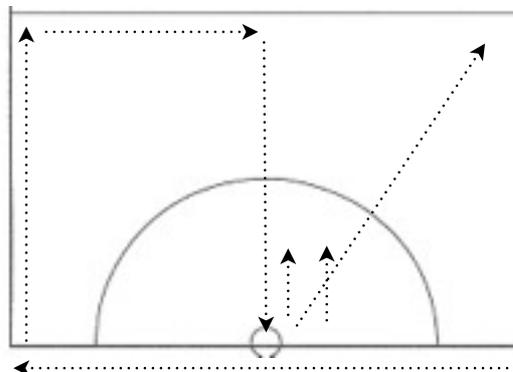
36. Jog, Sprint, Jog. (5 minutes)

Players jog first third, sprint centre third, jog last third. Repeat x 4.

37. Race Against Time. (5 minutes)

In defensive stance;

- slide along baseline
- sprint down sideline
- slide half-way across transverse
- run backwards to goal post
- jump twice
- sprint diagonal to transverse
- Repeat 3 times from each side of court.

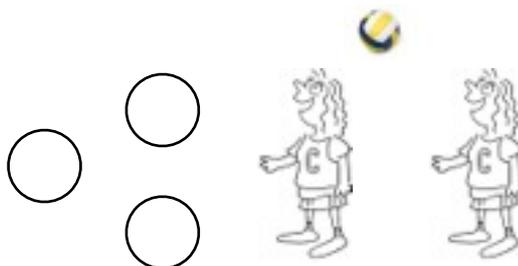


38. 1 Jump, 1 Sprint. (10 minutes)

Working across the court. Players do 1 jump in air, followed by 1 sprint across. They then do 2 jumps in air, followed by 2 sprints. Continue up to whatever number you deem is appropriate for their fitness level.

39. Blind Man's Bounce. (5 minutes)

Partner's stand one behind the other with 3 hoops out in front, 10, 12 and 2 o'clock. The thrower without warning, lobs the ball over the worker's head, aiming for a hoop. If they get a hoop they get one point. The worker gets 5 points for catching it before it lands, 2 if she knocks it away before it lands, 1 if she catches on first bounce. If too easy, move hoops further apart.



40. Side Step and Jump Up. (5 minutes)

Sidestep across to fence and jump high, sidestep back to line and touch. Repeat for 10 jumps.