

TRAINING SESSION SKILL SPECIFIC WARM UP (10-12 Minutes)

ACTIVITY	ACTIVITY NOTES
1. Jog / light activity 2-5 minutes	Either jog around the oval or go through movements like star jumps
Get players in pairs with a ball between two	
2. In pairs handball to each other for around 30 sec	Skills
3. In pairs face each other and handball to each other while completing side to side movement down the ground x 20-30m complete x2	On whistle or call players change direction and go back the other way
Dynamic Stretches <ul style="list-style-type: none"> ➤ <i>Players partner up and go through leg swings</i> ➤ <i>Back roles into groin stretch</i> ➤ <i>Lumbar side to side roles</i> 	
4. In pairs face each other and handball to each other while one player runs backwards and the other runs forwards x 20-30m x 2	On whistle or call players change over who runs backwards and forwards
5. In pairs – one player handballs the ball up high then into the ground (one up-one down) x 15-30 seconds	On whistle or call players change over who feeds the ball into one up-one down
Dynamic Stretches <ul style="list-style-type: none"> ➤ Calf pumps ➤ Squats on the spot ➤ Lunge and return 	
6. As a group start jogging around the oval on call accelerate for 5-10 metres or left/right changes in direction x 30 sec – 1min	Aim is to get some acceleration and changes in direction