



Week 1 U/11 & U/13

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Preparation-HAND EYE COORDINATION BACK TO FRONT BOUNCE



1. Stand shoulder width apart
2. Tennis ball in each hand, bounce the ball from behind the legs
3. Catch both balls
4. Continue for 30 seconds
5. Repeat above one more



Preparation-HAND EYE COORDINATION



1. Cobra steps forward with right leg stance
2. Bounce ball between legs from right hand to left hand
3. Continue for 30 seconds
4. Repeat with left leg forward for 30 seconds
5. Repeat one more time for each leg



Warm-up



1. 1 x 8 HIP EXTENSIONS

2. 1 X 8 SIDELYING LEG LIFT

3. 1 X 6 SINGLE LEG BALANCE HANDBALL



Dynamic Warm-up



- Note – *Run fast* for 5-10meters after each of the below exercises

Setup

- 3 markers 3meters to 10 meters apart
1. KNEE HUGS
 2. HAMSTRING KICK
 3. THIGH STRETCH
 4. REPEAT THE ABOVE ONE MORE



Dynamic Warm-up



1. HEEL KICKS
2. MARCH
3. SIDE TO SIDE
4. SIDE TO SIDE FACE THE OTHER WAY
5. HAMSTRING SWEEPS
6. REPEAT THE ABOVE ONCE MORE



DRILL 1 (KICKING) – HIT THE BIN



Objective: kick drop punt and hit the bin at different distances

Setup:

- Use a bin or something of similar size to kick at
- Set up three markers between 3 to 5 meters apart depending on space
- Equipment: football/stopwatch and anything to create the markers/Bin

Explanation:

1. Start at the closest marker kick and for 60 seconds aim for the bin, kick then quickly following up.
2. Move to marker 2 then three and complete the above for 2 minutes each.

Time:

- 5 Minutes



DRILL 2 (KICKING) – AROUND THE WORLD BURPEE KICK



Objective: aim to hit the bin as many times as possible whilst getting tired

Setup:

- Use a garbage bin or large object to kick at.
- Set up 7 markers evenly spaced in a half moon shape.
- Equipment: Ball/bin/markers

Explanation:

1. Start at either marker at right angles to the bin. Aiming for the bin (object) do a burpee, kick a drop punt, aiming for the ball to spin backwards.
2. Lean over the ball, toe pointed to ground, bottom point of ball angled at foot. Swing leg straight towards bin whilst kicking.
3. Run and retrieve the ball as quick as possible moving to the next cone.
4. Burpee, kick, follow-up for 5 more minutes

Time:

- 4-6 Minutes



DRILL 3 (HANDBALL) – Reaction Handball



Objective: In 60 seconds, handball and retrieve as many times as possible from 2 meters.

Setup

- Find a wall and mark out 2 meters from it

Explanation:

1. For 60 seconds handball with preferred hand against wall.
2. Get it back as quick as possible.
3. Repeat once more then do the same on non-preferred hand.

Tip: Have top point of ball facing the sky

Time:

- 4-6 Minutes



DRILL 5 (PICK UP) – The Pick Up



Objective: Accelerate as quick as possible getting body behind the ball and picking it up with one go!

Setup

- 2 markers from 5 to 15 meters apart depending on space.

Explanation:

1. Sprint from first marker, get body behind ball slide fingers along the ground and pick it up
2. Drop football and sprint to next cone
3. Drop to your belly a jog back to start marker.
4. Repeat for 5-6 minutes

Time:

- 5-6 Minutes



DRILL 6 – STRENGTH & FITNESS



Objective: Complete the required exercises with the best technique possible.

Set up:

- Find a bench or something stable you can jump off no higher than 40 cm.

Explanation:

- Refer To video and complete the following exercises 3 times!
- SEE OVER
- 4-6 Minutes



DRILL 6 – STRENGTH & FITNESS



1. 5 x JUMP & LAND



2. 10 x SQUATS



3. 15 x BRIDGING



DRILL 6 – STRENGTH & FITNESS



4. 10 x PUSHUP (knees or toes)



4. 30 sec x PLANK (knees or toes)

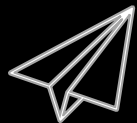


4. REPEAT 2 more times





Questions about this session or Enquires about Coaching, Training, Workshop Facilitation



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