



Week 1 U/9 & U/10

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# Preparation-HAND EYE COORDINATION



1. Place a marker 2 meters away from a wall
2. Cobra throws and catches ball with right hand for 30 seconds
3. Cobra throws and catches ball with LEFT hand for 30 seconds
4. Repeat above 2 more times



# 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. 10 x STAR JUMPS
2. 10 x JUMP SQUAT
3. REPEAT ONCE MORE





# 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) – RAILWAY TRACKS



*Objective:* kick the ball along the ground between the tracks (cones etc)

*Setup:*

- Set up two lanes no longer than 10meters and 1 to 2meters wide
- Include three kicking distances from closets to furthest.
- Equipment: football/stopwatch and anything to create the markers

*Explanation:*

1. Start at the closest marker kick the ball along the ground with toe pointed to ground and swinging leg straight thorough.
2. Accelerate and pick up the ball after it passes last cone.
3. Run back and repeat for two minutes
4. Follow steps 1 & 2 for the next two longer distances . Last distance pick up ball before it STOPS!

Time:

- 6 Minutes



# DRILL 2 (KICKING) – AROUND THE WORLD



*Objective: aim to hit the bin as many times as possible*

*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) 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. Repeat up, around and back 4 times with a 15 second rest in between

*Time:*

- 4-6 Minutes



# DRILL 3 (KICK & HANDBALL) – Kick and Handball Clock



*Objective: Ball control! Kicking the ball overhead with minimal movement. Handballing, get the ball to spin backwards on your preferred and non preferred hand.*

*Setup:*

- No your 12, 3, 6 and 9 O'clock

*Explanation:*

1. Preferred side, facing 12 O'clock, kick the football double length of your body overhead, Mark then bounce.
2. Rotate to 3,6,9, then back to 12 O'clock for 60 seconds.
3. Repeat Once more
4. Repeat steps 1 to 3 on preferred and non preferred hand.

Tip - Catch your first and have football valve facing into your chest

Time:

- 4-6 Minutes



# DRILL 4 (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 3 minutes

## *Time:*

- 3-4 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 ad complete the following exercises two times through.
- SEE OVER
- 3-4 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)

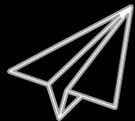


4. REPEAT ONCE MORE





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



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