



# COBRAS FOOTYfit Program

Week 1 U/11 & U/13

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# WARM UP



## *TWO OPTIONS*

### *1. 3 Minutes Shuttle Run*

*5 markers, 2 adult steps apart from each other*

### *2. 1 Slow Lap of football oval*

# Preparation- HAND EYE COORDINATION Between the legs dribble



1. Cobra steps forward with each leg bouncing a tennis ball in between legs
2. Continue for 60 seconds





# SWITCH RUNNING MUSCLES ON

1. BALANCE ON ONE LEG WITH IT SLIGHTLY BENT
2. HANDBALL AGAINST WALL FOR 20 SECONDS  
LEFT FOOT THEN RIGHT FOOT
3. REPEAT ONCE MORE FOR EACH LEG



# Dynamic Warm-up

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

## Setup

- 3 markers 3meters to 10 meters apart

1. CALVE WALKS
2. KNEE HUGS
3. FRANKENSTIEN WALK
4. SIDE TO SIDE ONE DIRECTION
5. SIDE TO SIDE ONE DIRECTION
6. HEEL TO BOTTOM STRETCH



# DRILL 1 (ACCELERATE>SLOW DOWN)

*Objective: Accelerate fast then take short quick steps coming to a complete stop*

*Setup:*

- 1 ball and two markers about 5 meters apart
- Equipment: football, markers

*Explanation:*

1. Run fast off first cone, slow down quickly coming to a complete stop, bounce, run back to first cone and kick ball two times double length of body over head
2. Repeat once more

*Time:*

- 2 x 60 seconds with 20 seconds rest in between

# DRILL 2-Z CUTS “QUICK CHANGE OF DIRECTION



*Objective: Quickly change direction taking short fast steps*

*Setup:*

- 4 markers in the shape of a Z roughly ½ meter apart
- 1 marker 3 meters away,

*Explanation:*

1. Start at bottom of the Z and quickly zig zag between each of the four markers
2. Accelerate to marker 2 meters away drop to the ground
3. Get back up and accelerate to first marker
4. Complete for 60 seconds with 20 seconds rest two times



# DRILL 3-Z CUT SHORT KICK



*Objective: Hitting target*

*Setup:*

- 4 markers in the shape of a Z roughly  $\frac{1}{2}$  meter apart, 1 marker 3 meters away, bin 3-5 meters away
- *Explanation:*
  1. Start at bottom of the Z and quickly zig zag between each of the four markers
  2. Accelerate to marker 2 meters away and kick a drop punt aiming to hit bin or object
  3. Complete for 60 seconds with 20 seconds rest two times







# DRILL 4 (FALLING) – Front fall

*Objective: falling safely*

*Setup*

- 3 markers 3 to 5 meters apart

*Explanation:*

1. Start on knees, fall to the ground.
2. As soon as hands hit the ground bend elbows
3. Get up quickly pick up ball bounce at second cone
4. Run around third cone, drop ball at first cone
5. Repeat for 60 seconds
6. Rest 20 seconds and complete again for another 60 seconds



# DRILL 5 (SIDE STEP)



*Objective: Quickly change direction and side step around cone*

*Setup*

- 3-4 markers in a line

*Explanation:*

1. Start at cone 1, run to cone 2 hold ball out with left hand push hard in opposite direction of left foot.
2. Repeat the same with opposite arm as you approach the next cone
3. Repeat for 60 seconds
4. Rest 20 seconds and repeat again for 60 seconds





# DRILL 6 – STRENGTH & FITNESS

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

*Set up:*

- Nothing!

*Explanation:*

- Refer To video and complete the following exercises 2 times!
- SEE OVER
- 2-3 minutes

DRILL 6 – 20 seconds exercise 10 seconds rest> repeat each exercise twice



1. DOUBLE LEG FORWARD AND BACK
2. PUSHUPS –KNEES OR TOES
3. DOUBLE LEG SIDE TO SIDE
4. VERTICAL JUMPS

X 2

# DRILL 6 – STRENGTH & FITNESS



4. 10 x PUSHUP (knees or toes)



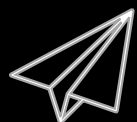
4. 30 sec x PLANK (knees or toes)



4. REPEAT 2 more times



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



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