



Week 4 U/11 & U/13

Developed & Presented By Zach & Dean Casamento

Coach. Trainer. Facilitator

Melbourne Corporate Health T/A

CORPORATE WELLBEING AUSTRALIA





THANKYOU TO  
HUDSON STEPHENSON  
FOR HELPING ZACH  
FILM WEEK 4 – YOU  
ROCK HUDDY!



SMALL GROUP  
OUTDOOR  
PERSONAL  
TRAINING?  
PERSONAL  
COACHING?

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# Preparation- PARTNER HAND EYE COORDINATION



1. Stand 3 big adults steps away from each other
2. BALANCING ON RIGHT FOOT throw the ball to each other – one throws with right one throws with left
3. BALANCE ON LEFT FOOT Change – hands > repeat steps 1 and 2 for 30 seconds
4. Now both use the right hand for 30 seconds then left hand for 30 seconds changing feet also after 30 seconds



# Dynamic Warm-up



- Note – *jog back to the first marker after each exercise*
  - 2 markers 10-15 adult steps apart. Do the following: *refer to video..*
1. CALVE WALK
  2. HAMSTRING SWEEPS
  3. THIGH STRETCH
  4. MARCH
  5. HOP
  6. KICK
  7. REPEAT THE ABOVE ONE MORE



# DRILL 1 – KICKING READY



*Objective: to run fast and get the legs ready for kicking*

*Setup:*

- Set up 3 markers 15 meters apart (15 adult big steps)
- Equipment: football/markers

*Explanation:*

1. In pairs, both start on end markers, together run fast towards each other one holding the ball
2. Handball the ball when close to each other then come to a complete stop
3. Turn around and run back to you start cone
4. Follow steps 1 - 3 for 2 minutes .
5. Lengthen the markers an extra 5 big steps and do the same whilst kicking for 2 minutes

*Time:*

- 4 Minutes





# DRILL 2 (KICKING) – KICK LIKE BACHAR HOULI



*Objective: kick the ball to your partner keeping k*

*Setup:*

- Optional - markers
- Equipment: 1 ball

*Explanation:*

1. 10 big adult steps apart kick a drop punt on preferred side for 60 seconds
2. Now on the non preferred side for 60 seconds
3. Complete steps 1-2, 5 big adults steps further for 60 seconds

Time:

- 4-6 Minutes



# DRILL 3 (HANDBALL) – 1 V 1 COBRAS HANDBALL



*Objective: Hit the target and avoid getting a letter!*

*Setup:*

- At the height of your child's chest set up a target to hit that's 2-3 adults steps away
- Have a marker to start at

*Explanation:*

1. Partner 1 handballs at target, then partner 2
2. If partner 1 hits and partner 2 misses then partner 2 gets the letter C for COBRAS
3. If partner 1 misses and partner 2 hits partner 1 gets a letter
4. Game finishes once 1 partner spells out COBRAS!

Tip – When handball angle the seam of the football towards the sky

Time:

- Until COBRAS is spelt





# DRILL 4 (GOAL KICKING) – The Jamie Elliot



*Objective: Kick and goal and get to the other side of the D!*

*Setup*

- Goals- 5-10 big adult steps 7+ markers in the shape of a D – refer to video

*Explanation:*

1. Pairs start at either end of the D
2. On go! Pairs kick for goal using any type of kick.
3. When goal is kicked move to next marker
4. Game is over once 1 partner kicks all goals and reaches the opposite start marker.
5. Repeat again kick for goal in opposite direction



Time:



# DRILL 5 – COBRAS FOOTYFITNESS TEST



## Setup

- Two markers 3 meters (3 big adult steps) apart.
- The TEST - Carried out in this specific order
  1. **5 X PUSHUPS - Toes for U/13 | Knees for U/9-U/12**
  2. **10 X SQUATS**
  3. **10 X 3meter agility runs**
  4. **5 x Single Leg Hops (Left foot then right foot)**

## Instructions

1. Complete the above test exercises in the specific order.
2. Refer to Cobras Footyfit Fit Test Video for specific exercise technique.
3. U/9-U/10 complete 3 Rounds | U/11-U/13 complete 5 Rounds

Aim - Complete the Cobras Footyfit Fitness test as quick as you can.

Record your scores and add to the Cobras Footyfit Test Recording Sheet or share on WhatsApp Page.

Questions? Contact Dean Casamento 0438834003 |  
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# THANK YOU

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*ON BEHALF OF ZACH, MYSELF AND THE CLUB THANK YOU FOR  
BEING PART OF THR COBRAS FOOTYFIT PROGRAM*

SMALL GROUP PERSONAL TRAINING  
AND ONLINE PERSONAL AND  
BUSINESS COACHING AVAILABLE

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