



Week 4 U/9 & U/10

Developed & Presented By Zach & Dean Casamento

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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 2 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 10 adult steps apart
- Equipment: football/stopwatch and anything to create the 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 adult 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 both feet on the ground

Setup:

- Optional - markers
- Equipment: 1 ball

Explanation:

1. 5 meters 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 an target to hit that's 1-2 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 seem 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

*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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