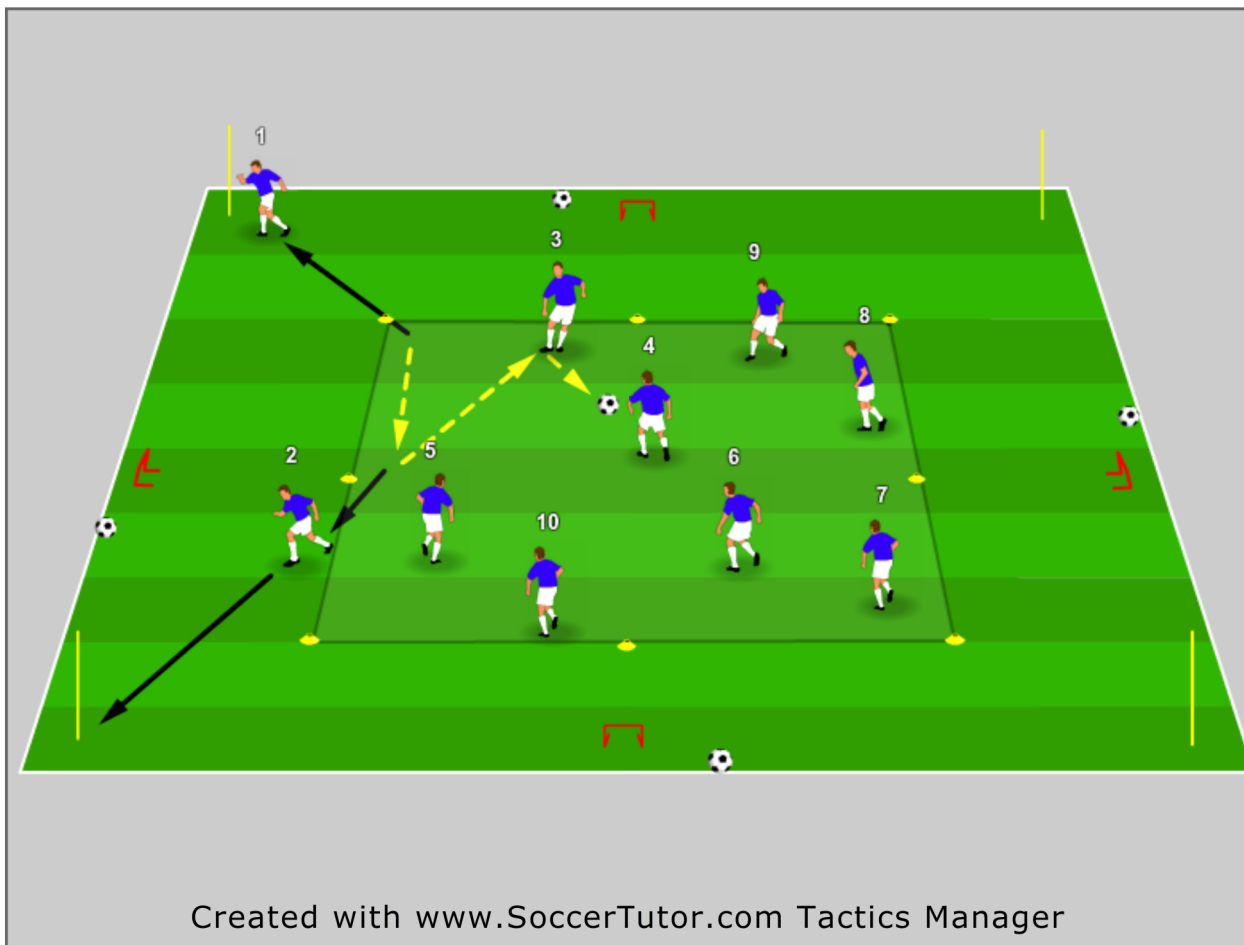


Conditioning with the Ball - by Fitness Coach Roger Spry



Date: 10/Aug/2011 **Measurement:** 30 x 30 Yards
Time: N/A : N/A **Players:** 1
Duration: N/A **Level/Age Group:** U11 – U14 (Intermediate)

Description: Set up 20 yard area with a 10 yard square inside it. Number players 1-10. Player 1 starts by passing to player 2 who then sprints and touches a yellow pole and back in the yellow square again. Player 2 must do the same after passing to player 3 and so on. Players have just 1 touch. 4 Hurdles and balls are positioned on each end of the square for other variations like jump over hurdle and back before returning to square and also 4 toe taps on ball, scissors, stepovers or juggles before returning to square.

Objective: To develop quick play, coordination, agility and conditioning with the ball.

Coaching Points: 1. Play the way you're facing. 2. Open your body so you can see the whole area and players. 3. Players should always be on moving. 4. Communication is key, players need to call out their number loudly. 5. Perform the tasks, quickly whilst maintaining good technique.

Progression: 1. Players have to touch 2 yellow poles. 2. Introduce another ball, total of 2 balls in the middle. 3. Sprint, over a hurdle then touch a pole. 4. Sprint perform 4 toe-taps, 4 scissors then sprint jump over hurdle. 5. There are many different combinations...