

COORDINATION WITH A BALL - 1 OF 5



Date: 26 June 09 **Measurement:** 15 x 10 yds
Time: . **Players:** Min of 3
Duration: 10-15 mins (4 sets each) **Level/Age Group:** 8+

Description: PLAYER SIDE TO SIDE THROUGH FLOOR POLES.

Objective: TO DEVELOP COORDINATION

Coaching Points: 1. For maximum quickness and mobility, be on the balls of your feet.
2. When manoeuvring sideways, bend the knees and take shorter strides.

Progression:

Notes:

COORDINATION WITH A BALL - 2 OF 5**Date:** 26 June 09**Measurement:** 26 June 09**Time:** .**Players:** Min of 3**Duration:** 10-15 mins (4 sets each)**Level/Age Group:** 8+**Description:** 2 FOOTED SIDE JUMP OVER CONES/HURDLE, THEN PASS BACK TO SERVER**Objective:** null**Coaching Points:** 3. Maintaining good technique and 100% effort throughout the drill is crucial.**Progression:****Notes:**

COORDINATION WITH A BALL - 3 OF 5

Date: 26 June 09 **Measurement:** 15 x 10 yds
Time: . **Players:** Min of 3
Duration: 10-15 mins (4 sets each) **Level/Age Group:** 8+

Description: AFTER PASS, 2 FOOTED SIDE JUMP BACK OVER CONES... THEN SIDE-2-SIDE..

Objective:

Coaching Points: USE ARMS FOR BALANCE

Progression:

Notes:

COORDINATION WITH A BALL - 4 OF 5



Date: 26 June 09 **Measurement:** 15 x 10 yds
Time: . **Players:** Min of 3
Duration: 10-15 mins (4 sets each) **Level/Age Group:** 8+

Description: ALTERNATE SIDE STEP (RIGHT FOLLOWED BY LEFT) OVER THE 2 CONES. VOLLIIES BACK TO SERVER

Objective:

Coaching Points: FOCUS ON GOOD TECHNIQUE, THIS IS HIGHLY IMPORTANT

Progression:

Notes:

COORDINATION WITH A BALL - 5 OF 5



Date: 26 June 09 **Measurement:** 15 x 10 yds
Time: . **Players:** Min of 3
Duration: 10-15 mins (4 sets each) **Level/Age Group:** 8+

Description: ALTERNATE SIDE STEP (LEFT FOLLOWED BY RIGHT) BACK OVER THE 2 CONES. 5 YARD SPRINT TO YELLOW CONES

Objective:

Coaching Points: Do 4-6 repetitions each player.

Progression: 1. After the volley, introduce a give and go with the 1st server before sprinting between yellow disc cones.

Notes: