

### INDEPENDENT SESSION 3

#### Working on:

- Core stability
- Change of direction
- Ball skills- take, turn
- Shooting- step shot

ACTIVITY & INSTRUCTIONS	COACHING POINTS	PROGRESSIONS
<b>WARM UP</b>		
<p><b>WARM-UP CIRCUIT</b> Complete the following exercises one after the other. The aim is to get warm and raise your heart rate. Repeat the circuit twice.</p> <p>10 heel flicks 5 jump squats 10 side steps (take 3 side steps to right, tuck jump, then repeat to the left = 1) 10 plank jacks (plank position, jump legs together then apart = 1) 10 high knees 5 jump squats 10 heel flicks</p> <p>Stretching: Dynamic stretches to include legs, glutes, arms &amp; shoulders</p>	<p>Ensure you complete all of the movements/exercises at pace but with quality.</p> <p>Dynamic stretches need to be worked for at least 30 seconds each.</p>	
<b>FITNESS &amp; CONDITIONING</b>		
<p><b>CORE STABILITY</b> Complete a 12 minute core stability workout hosted by England Rose Laura Malcolm (full video in Coaching Points column). 6 exercises in total. Work for 30 seconds, rest for 30 seconds. 90 seconds rest in between rounds. Complete twice.</p> <p>Explanation of each exercise:</p> <p>1. Plank with ball below chest. Bring alternate knee up to chest, hitting the ball. Slow and steady movement.</p> <p>2. Sit up with ball roll. Get into a sit-up position with head and shoulders off the floor and legs raised with knees bent. Reach forward and place ball on knees. Let it roll off to stomach, retrieve and repeat.</p> <p>3. Russian twists with netball. Come up into a seated position with feet off the floor, knees bent. Twisting at the waist, holding a ball, tap the ball on the floor either side of your bottom.</p>	<p>Watch the core stability workout delivered by England Rose Laura Malcolm: <a href="#">Laura Malcolm Core Stability workout</a></p>	<p>Do each exercise for 1 minute with minimal rest in between.</p>

4. Sit up with ball above head. Complete a full sit up, knees bent and feet on the floor, with the ball held high above your head. Keep arms straight.

5. Leg bend with ball. Lie on the floor with legs bent, head and shoulders relaxed. Place ball between feet. Straighten then bend legs, still gripping the ball.

6. Dead bug with ball. Lie on the floor with legs straight. Holding the ball in your right hand, and the other arm by your side. Bend left leg, bringing knee up to chest at the same time as bringing the ball to knee. Straighten arm and leg. Repeat. To make it harder, bend both legs so both feet are off the floor.

## SHOOTING

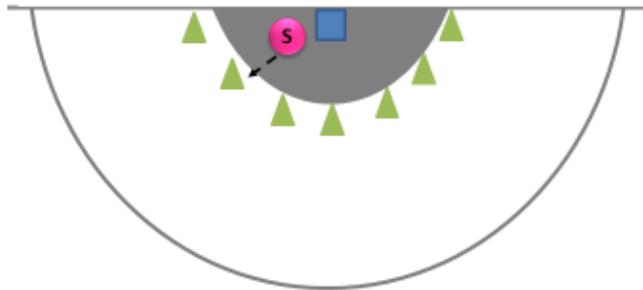
### STEP SHOT: BACK-STEP & SIDE-STEP

#### Back-step:

Start with the ball right under the post in the shaded area of the circle. Lay out 8 markers approx. 1.5m away from the post (outside the shaded area of the circle).

Self-feed the ball, landing with 2 feet. Get yourself balanced and take aim. Just as you are about to take the shot, take a step back, aiming to be level with a marker. Shoot.

Take 10 shots stepping back on each foot from each marker.



#### Challenge:

1. How many goals can you score in 2 minutes? Repeat until you beat your score.
2. Set up further away from the post. Take 50 shots- how many can you score? Repeat until you beat your score.
3. How many back-step shots can you score in a row? Give yourself a time limit of 5 minutes.

#### Side-step:

Set up a line of markers getting further away from the post (as shown). Different coloured markers would be preferable.

#### Coaching points for back-step:

1. Receiving the ball, turn to the post and get into a shooting position (all within 1 second!)
2. Take a step back with non-landing foot (if you landed 1-2) or step back with foot of choice
3. Bring landing foot off the floor- do not place it back down again- this would be footwork!
4. Execute the shot

- 1 second: take aim
- 2 second: take step back
- 3 second: shoot!

#### Coaching points for side-step:

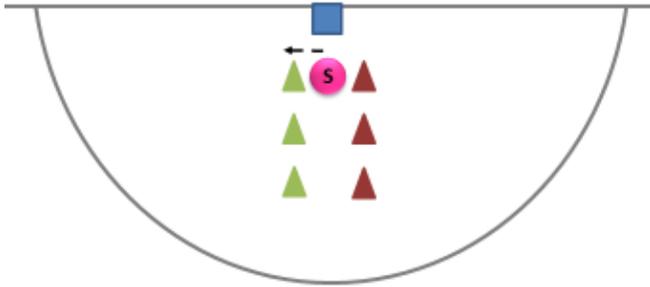
1. After receiving the ball, turning to the post and getting into a shooting position (all within 1 second!)
2. Take a step to the side with non-landing foot (if you landed 1-2) or step to the side with foot of choice
3. Bring landing foot off the floor- do not place it back down again- this would be footwork!
4. Execute the shot

- 1 second: take aim
- 2 second: take step back
- 3 second: shoot!

#### To progress:

1. Revisit the challenges and try to beat your scores.
2. If you have a willing volunteer to help you- get them to feed you the ball so you can move when you catch it. They can also mark you while you shoot.

Start at the set of markers closest to the post. Stand in between the markers and self-feed the ball. Get yourself balanced and take aim. Just as you are about to shoot, take a single step to the right and take the shot. Repeat, taking a step to the left. For each set of markers, take 10 shots (5 to left, 5 to right).



*Challenge:*

1. How many goals can you score in 2 minutes from each set of markers? Repeat until you beat your score.
2. Take 50 shots- how many can you score? Repeat until you beat your score.
3. How many side-step shots can you score in a row? Give yourself a time limit of 5 minutes.
4. Approach the post from a variety of angles (not just straight on).

**BALL SKILLS**

**TAKE, TURN, OFFLOAD**

You will need a ball, markers and a wall.

1. Set up approx. 3m away from the wall. Start with your back to the wall. Self-feed the ball up high enough so that you have to jump to catch it. Turn in the air, landing facing the wall. As soon as you have landed throw the ball against the wall. Drive to catch it. Reset and repeat x 20, turning both ways.

Watch this video demo of taking (catching) the ball, turning quickly and offloading (passing) the ball.

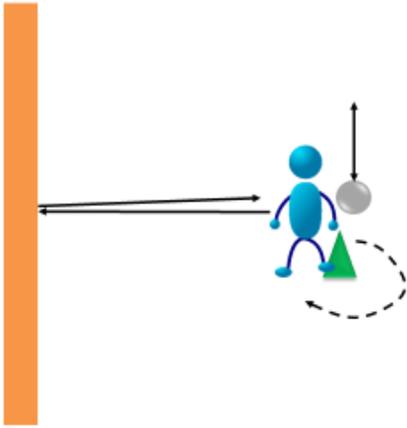
[Take, turn, offload](#)

1. Elevate onto the ball, reaching out with both hands
2. As soon as you catch the ball, turn head, shoulders and hips to face the direction of play
3. Whole body, including feet, should land facing the direction of play
4. Release the ball quickly after landing

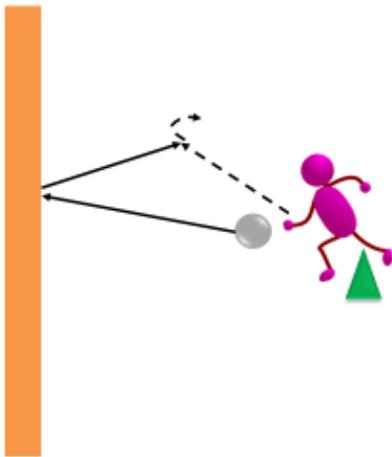
Work on turning both ways (left and right).

To progress:

1. Move further away from the wall
2. Try to make the exercises continuous and more game like by keeping your work rate and intensity high.



2. Set up approx. 4-5m away from the wall. Start with the ball facing the wall. Throw the ball against the wall, and immediately drive onto it to receive it. Turn 180 degrees (either in the air or on the ground) so that you now have your back to the wall. Self-feed the ball ahead of you so that you have to run to retrieve it back on the starting cone. Repeat x 20, turning both ways.



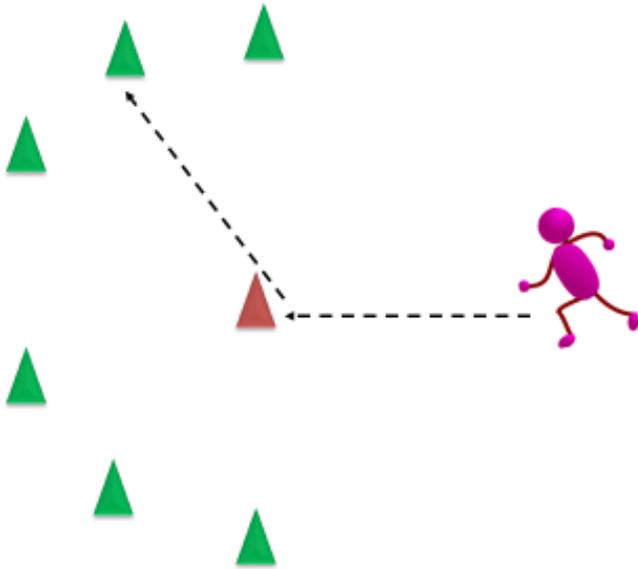
## FOOTWORK & MOVEMENT

### CHANGE OF DIRECTION

#### Single change:

Using 6 cones fanned out, and 1 cone in the middle. Start approx. 4m away from the middle cone.

Sprint towards middle cone. Upon reaching the middle cone, plant one foot and change direction, sprinting towards one of the other cones. Return to your starting point and repeat x 20. Ensure you visit all of the cones and mix up the order in which you visit them.



#### Multiple changes in varying directions:

Place 6 cones out at random in your working space. Identify a starting point and an end point marked with a cone (preferably with a different colour cone). Sprint to each cone, mixing up the direction and angles with which you are travelling, visiting each cone before driving to the end cone.

At all times you should be looking straight ahead and facing the end cone, and only turning your hips and back peddling/side stepping if needed.

Watch this video for a demonstration of how to change direction.

[Change of direction demo](#)

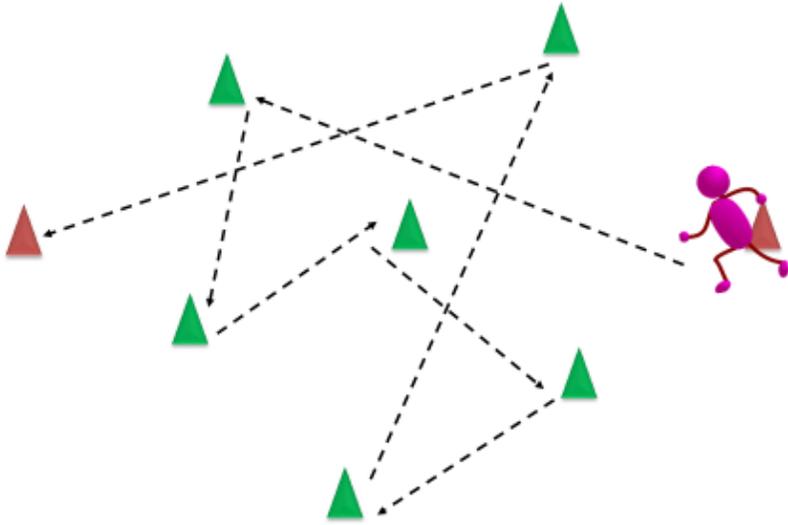
Coaching points:

- plant outside foot (if you want to change direction to your right, plant the left foot)
- knee of planted leg should be soft, taking the weight of your body
- turn head, hips, shoulders to face the direction you want to change and run to while pivoting landing foot
- push off planted foot and drive in the new direction
- use arms to create balance and momentum
- keep eyes and head up at all times
- steps should be small and quick

To progress:

1. If you have a volunteer, get them to feed you the ball immediately after you have changed direction. Drive onto the ball at speed. Take and turn.
2. Watch this video by Sacha Corbin for more change of direction ideas. You will need some cones and a small space.  
[Change of direction by Sasha Corbin](#)

Once you have reached the end cone, rest for 10 seconds then repeat, mixing up the order you visit the cones x 20.



## COOL DOWN

Follow this 4 minute cool down routine to ensure you properly stretch out after your session:

[Cool down routine](#)