

## INDEPENDENT SESSION 8

### Working on:

- Landing skills & stability
- Retrieving a loose ball
- Getting round players to intercept the ball
- Shooting Challenge #2

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 heartrate. Repeat the circuit twice.</p> <p>10 jumping jacks 5 burpees 10 high knees 10 mountain climbers 10 heel flicks 5 burpees 10 jumping jacks</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>LANDING SKILLS: LEG STRENGTH &amp; STABILITY</b> These exercises will help develop greater stability and leg strength when jumping and landing. Complete each exercise for 1 minute and repeat 3 times.</p> <p>1. Large hop in a square -Starting on right leg, take off and land on left leg. Try and cover approx. a metre -Stabilise on left leg, then hop backwards, landing on left leg. Try to cover approx. a metre -Stabilise on left leg, then take off to the side and land on right leg. Try to cover approx. a metre -Stabilise on right leg then hop forwards landing on right leg. Return to starting point. -You should have moved in a square shape landing at each corner. -Repeat for 1 minute.</p> <p>2. Squat with 90 degree twist -Complete a squat facing forwards -When coming out of the squat, jump and turn 90 degrees to the right. -Land, stabilise then quickly spring up, turning 90 degrees back so you are facing forwards. Land in a squat.</p>	<p>With all of these exercises, QUALITY over speed is fundamental. The landing needs to be controlled and balanced. Knees should always land in line with toes and should not buckle inwards.</p> <ol style="list-style-type: none"> <li>1. Soft knees on all landings.</li> <li>2. Cushion landing by bending knees and sinking down slowly.</li> <li>3. Engage core and glutes</li> <li>4. A sign that you are doing it right is if you can land really quietly. To do this, everything needs to be controlled, relaxed and soft.</li> </ol>	<p>This video is excellent for giving you some more ideas to further develop your leg strength and stability: <a href="#">Sasha Solo Session Leg Stability</a></p> <p>You can add a ball to any of these exercises by tapping it with your fingers from hand to hand. This will add an additional layer of instability which you will have to compensate for: engage your core and really focus on a controlled.</p>

-Repeat, turning to the left.  
-Repeat for 1 minute.

### 3. Combo move 1

-Come up onto tiptoes (calf raise), hold for 3 seconds  
-From there jump into wide squat, hold or pulse for 3 seconds  
-Jump legs in  
-Go straight back into calf raise.  
-Repeat for 1 minute.

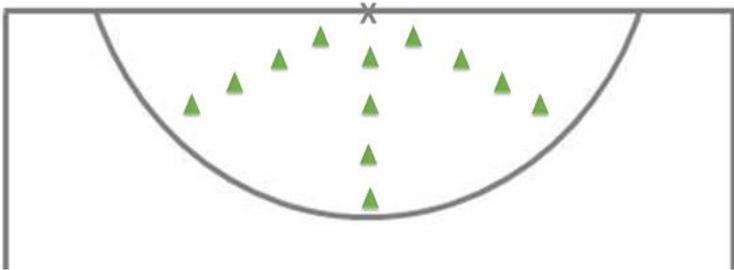
### 4. Combo move 2

-Quick feet on the spot for 3 seconds  
-Into wide squat with pulses for 3 seconds  
-Jump in, then single leg jump to right then left x 2 each side- aim to cover approx. 1 metre (4 hops in total) Stabilise on each landing.  
-Return to quick feet  
-Repeat for 1 minute.

## SHOOTING

### SHOOTING CHALLENGE #2

These shooting exercises will test your consistency at varying distances. You will need to mark out 3 lines of 4 cones as shown below.



1. Start at the front of the left line. Take a shot from each spot, only moving onto the next one once you have scored. Complete for all 3 lines. How long does it take to score a goal from every spot?

2. Start at the front of the left line. Take a shot from each spot- the aim is to score as many goals in a row as you can, moving to the next spot in line after a goal. If you miss a shot, you have to move back to the previous spot. How far can you get in 2 minutes without missing a shot?

1. Set your shot, making sure you're in a balanced position and you are looking at the post.

2. If you are finding this difficult and becoming stressed- a BIG DEEP breath will help resettle and focus.

To progress each shooting challenge exercise do the following:

1. Add more markers

2. Shots only count as goals if they go straight through the goal without hitting the ring.

*EXTRA CHALLENGE: complete the exercise with your eyes shut! How successful are you? How long does it take now? Are your shots still going cleanly through the ring?*

## BALL SKILLS

### RETRIEVING LOOSE BALL

These exercises are aimed at developing speed and efficiency when retrieving a loose ball on the court and making it yours! Speed, quick feet and gathering the ball in as quickly as you can are key!

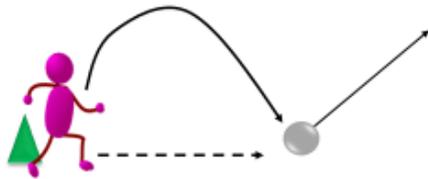
#### 1. Bounce and retrieve

Use a marker/cone to mark starting point.

-Start on the cone with the ball.

-Bounce the ball relatively hard in front of you, after the first bounce sprint to retrieve the ball.

-Repeat 10 times.



#### 2. Ball against wall, turn & retrieve

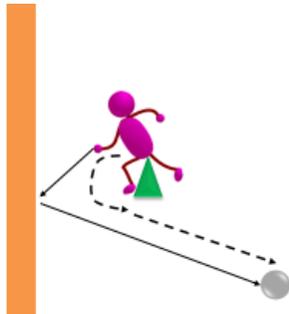
-Stand facing the wall, with the ball.

-Throw the ball against the wall with your right hand so that it bounces off to the right.

-Turn and sprint to retrieve the ball.

-Repeat on the left. Keep alternating sides. Vary the height and power with which you throw the ball to challenge yourself.

-Repeat 10 times each side.

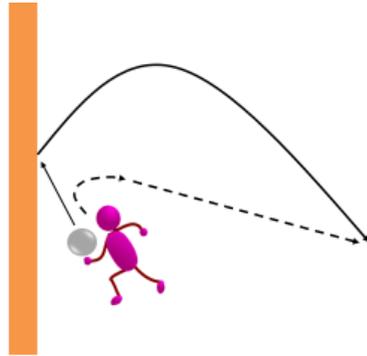


1. Use small quick feet to chase after the ball
2. When approaching the ball, get low with feet under shoulders, avoid lunging if you can.
3. Using your closest arm gather the ball in, bringing your second hand to the ball quickly to gain control
4. Stand upright as soon as you have control of the ball.

To progress:

1. Increase the power with which you throw the ball so that it goes further- you will have to sprint faster to gather it in quickly!
2. Use two balls! Throw one ball and then the other immediately afterwards, turn and retrieve both balls as quickly as you can.

3. Ball over head, turn & retrieve
- Start facing the wall with the ball.
  - Throw the ball with enough force at the wall using an overhead pass so that the ball rebounds over your head.
  - Immediately turn and sprint after the ball.
  - Gather it in and repeat x 10.



## FOOTWORK & MOVEMENT

### GETTING ROUND PLAYER TO RETRIEVE BALL

These exercises will help you to develop quick feet to get round a player to retrieve the ball. Aim for speed and control at all times. Make sure you work on coming round the cone/obstacle both ways.

You will need a ball, a small cone, tall cone and a chair. If you do not have access to these things, be creative and find some small, medium and large (but safe!) obstacles you can easily move around.

#### 1. Small cone

- Start in front of the cone with the ball.
- Drop the ball in front of you.
- Move round the cone before retrieving the ball.
- Complete 10 each way (20 in total)



#### 2. Large cone

- As above, start in front of the cone with the ball.
- Drop the ball in front of you.
- Move round the cone before retrieving the ball.
- Complete 10 each way (20 in total)



Watch this video for demonstrations of each of the exercises and coaching points:

[Fast feet and getting round player](#)

Key coaching points:

- head and chest up
- eyes always on the ball, don't turn your back
- quick feet and small steps
- avoid making contact with the obstacles.

1. Challenge yourself by not dropping the ball so that it bounces too high and you are already back round the cone before it bounces a second time. The ball should be bounced so that you are really having to work hard and are on extension to retrieve it.

2. Vary the direction of the bounce, so not just immediately in front of you.

3. Use two balls: drop them both at the same time, run round the obstacle then retrieve them both as quickly as you can. You should aim for one before the second bounce and the other before the third bounce!

### 3. Chair

- Start in front of the chair with the ball.
- Drop the ball in front of you.
- Move round the chair before retrieving the ball.
- Complete 10 each way (20 in total).



## COOL DOWN

Complete the following stretches, ensuring you hold each for at least 20 seconds.

