

Footwork Activities

Equipment Needed

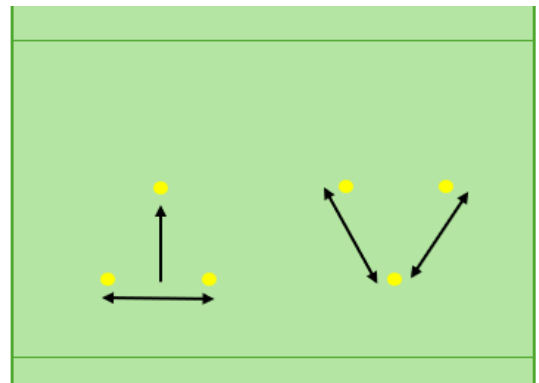
- Ball
- Dots/ Cones
- Teammate require from Activity 5 &6

Warm Up

- x3 jog 15m
- x5 squats
- x5 jump squats
- x6 Fast feet, jump sprint
- x6 Fast feet left/right, jump, turn sprint

Activity 1

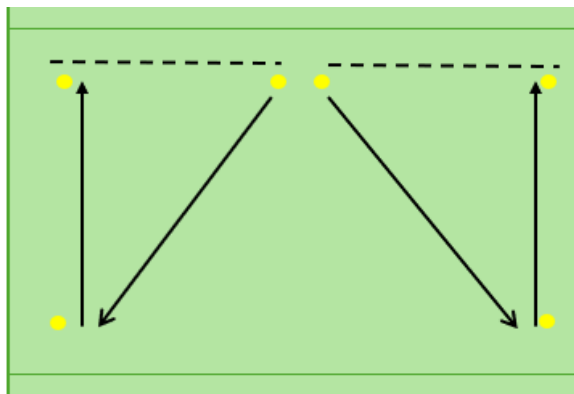
- Set up dots into a triangle, work on quick footwork and sharp change of direction.
- Start with working back and forth and then once in the middle working to the top cone and back
- Then move to starting at the single dot working on an angle up the top dot and back to the bottom like working in a V motion.
- Work 60 seconds on and 60 seconds off 5 times



Activity 2

Use of forward, side and return runs. Complete the activity 5 times each on left and right sides. 30 second rest between each repetition and 1 minute rest between right and left sides. Each of the cones are placed 5 metres apart.

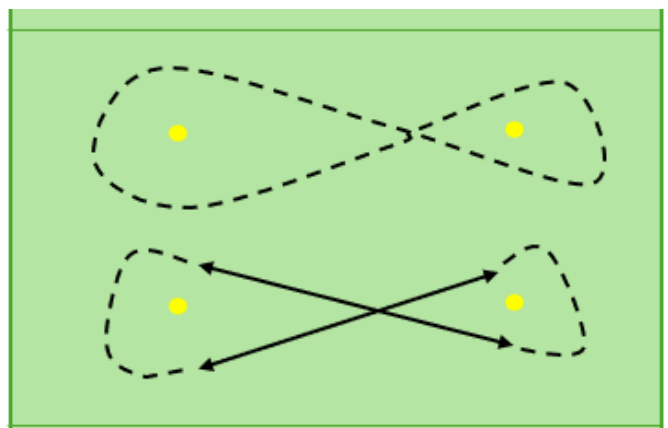
- Sprint forward
- Side step across
- Return run back to start



Activity 3

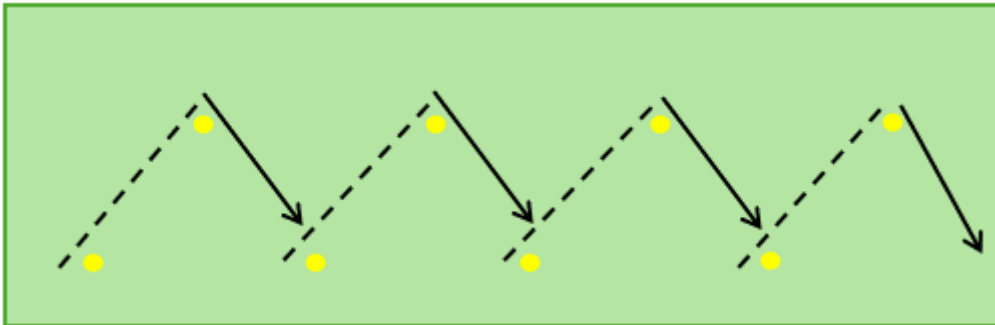
Sidestep and run combination. Complete figure 8 with eyes and body always facing forward.

- On the first figure 8 sidestep through the dots
- On the second figure 8 sidestep around the dots but sprint hard between the dots.
- Continue for 3 reps with 5 repeats of the activity.



Activity 4

Change of direction. Complete the activity 5 times, with a walk back to the starting position. Cones placed approximately 3 metres apart.



First Progression

Sidestep left side past the dot turn hips and sprint down to the next dot, continue until the end, walking back to the starting dot, repeat 5 times, alternating your starting and sidestep.

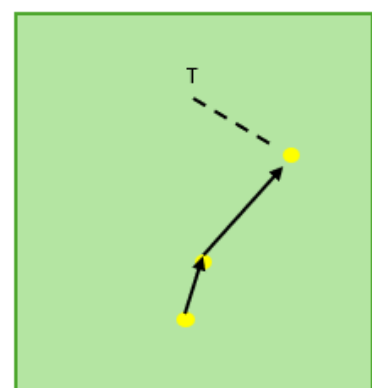
Second progression

At the starting position, sprint past the dot, sharp change of direction to the next dot, pushing as hard as you can, keeping your head and eyes up, hips, feet and shoulders should always be facing the way you are running.

Activity 5

Start at the bottom cone

- Drive straight, once you hit the first dot, change direction.
- Stopping and pushing off on the outside foot to hit the next dot at speed
- Receiving the ball into space
- Repeating 5 times per left and right



Activity 6

Change of Direction and body angles

- Start at the bottom dot, drive out and up, past the dot
- Sidestep down to the left bottom dot, keeping your head and eyes up
- Drive up past the dot and sidestep down to the bottom left dot
- Repeat 5 times (then introduce a ball on the straight drives)
- Keep head and eyes up, ensuring players and moving onto the ball on the straight drives.

