

FUNDAMENTALS



GOAL | All exercises to be performed 2x/week (at training or home)

COACHES/PARENTS | Include a minimum of 3 exercises per session. Ensure players complete all 7 exercises during the week either at training or home.

LEVEL 1

LEVEL 2

LEVEL 3

EXERCISE 1

Jog & look at the coach
3 x 5 skip commands.



Watch for the command



Keep the ball in hands and watch for command



Juggle the ball and listen to the command

EXERCISE 2

Skating Hop
2 x 10 reps
(5 hops on each leg)



Keep the ball in the hands



Touch ground with the ball



Balance and stretch forward with the ball

EXERCISE 3

One Leg Stance
2 x 10 reps
(5 hops on each leg)



Throw the ball



Circle around the leg and throw it



Challenge your balance

EXERCISE 4

Push Up
3 x 10-15 seconds



In a plank position & roll the lower legs on the ball



Keep position & roll the ball between hands and feet



Hands on the ball & challenge your position

EXERCISE 5

One Leg Hops
3 x 5 skip commands.



Hop forwards & backwards



Hop sideways



Follow the command & hop

EXERCISE 6

Spiderman
3 x 10-15 seconds



Touch the ball with alternating feet



Crawling



Crawling with the hands & move the ball with the feet

EXERCISE 7

Roll Over
5-7 x per side



From standing, slowly roll over



Slow walk & roll over



Jog & roll over

