



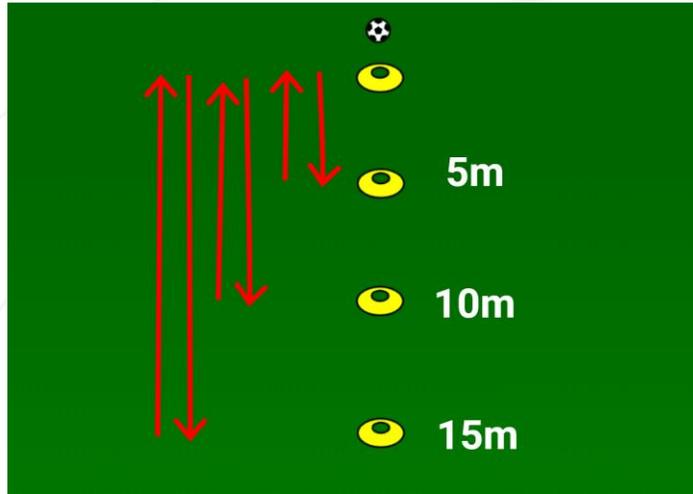
FITNESS AND CONDITIONING

Individual Skill Development



FITNESS AND CONDITIONING

Shuttle run



Equipment: 1 ball and 4 cones.



What to do: Place 4 cones that are 5m away from each other. Perform a shuttle run where you run to each distance whilst returning to the starting line. Do 5 sets at 85-100% speed.

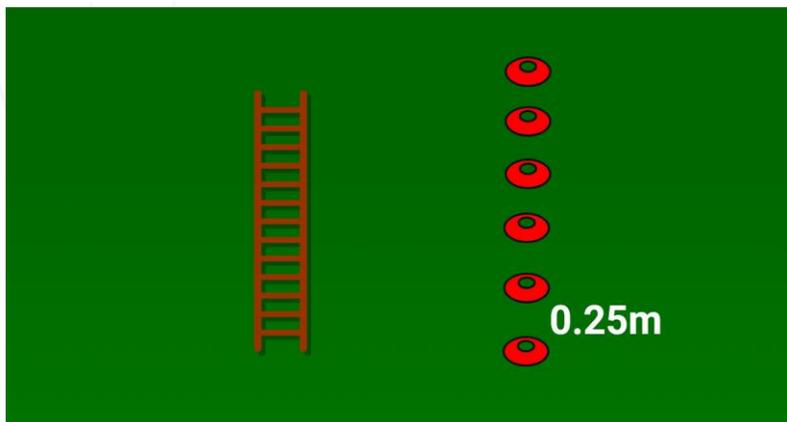


Variations/Progressions: Perform the shuttle run using a ball.



Keep in mind: You can add/remove a distance.

Agility Ladder



Equipment: 1 agility ladder or 6-8 cones.



What to do: Alternating steps in each space, 2 steps in each, shuffle side-to-side, hop in-hop out.



Variations/Progressions: There are many variations of ladder work. Look for different ways and try it.



Keep in mind: Try to not touch the ladder/cones. Accuracy first and then speed.