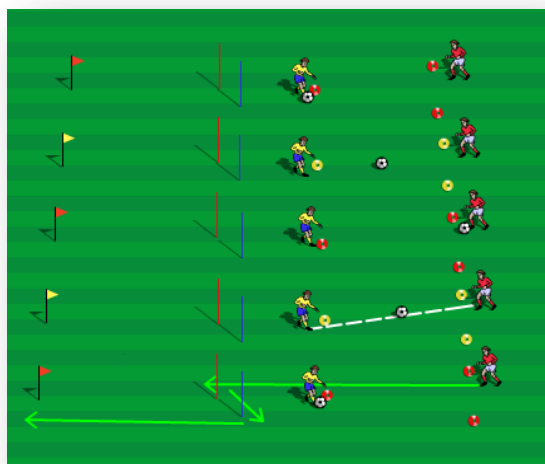




SAQ Training



Speed Sprints

Set Up

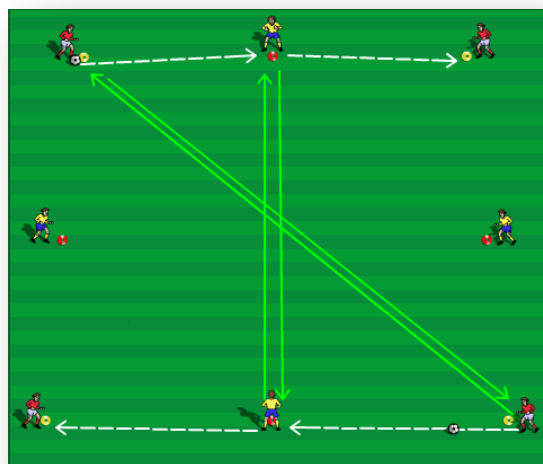
- 3 poles
- 3 markers
- 1 ball

Description

Players begin by Sprinting forward to the red pole and back-pedaling to the blue pole. They then sprint forward to the flag, run around it, and back to the red marker. Players should then make a one-two with the feeding player and then the next player should go.

Coaching Points

Players should keep their balance and concentrate on shifting their body weight when going backwards and forwards. Their technique is also important when passing and receiving. Work players at full intensity.



Union Jack

Set Up

- 20x20 yard box
- 8 markers
- 2 balls

Description

Players begin by passing ball in a clockwise direction as shown. After they pass, they should sprint to the person standing directly opposite them before the next ball reaches them. Forfeits can be introduced for players who do not get to position in time.

Coaching Points

Players should keep their bodies open and have a good first touch to control the ball. In addition, they should make good passes and have good acceleration to ensure that they are in position to receive the second ball.