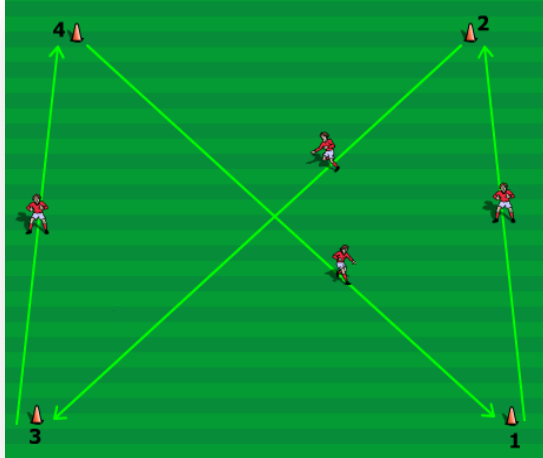




SAQ Training



X-Box

Set Up

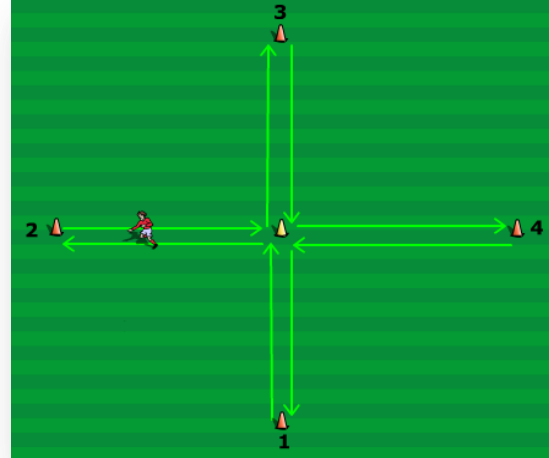
- 15x15 yard box
- 4 markers
- 1 ball (can be used)

Description

Players begin by back-pedaling to Cone 2. At Cone 2, they sprint diagonally to Cone 3. Again they backpedal to Cone 4 and again sprint back to the finish. A ball can be incorporated with activities such as toe-taps, inside-inside etc. can be performed.

Coaching Points

Players should keep their balance and be looking over their shoulder when back-pedaling. Acceleration is important as is quickness in getting round cones. When using a ball, watch for control and speed.



Your Own Compass

Set Up

- 5 markers
- 5 yards from centre
- 1 ball (can be used)

Description

Players begin at the centre cone. They sprint out to Cone 1 and back to the centre. They then repeat the process for Cones 2, 3 and 4. When they reach Cone 1 again they should stop and rest. They should work at full intensity and can incorporate a ball.

Coaching Points

Players should be quick on their feet and turn fast. Ensure players complete the circuit both left and right. It can be changed by calling out colours or numbers for each of the cones so that you can also work their reactions.