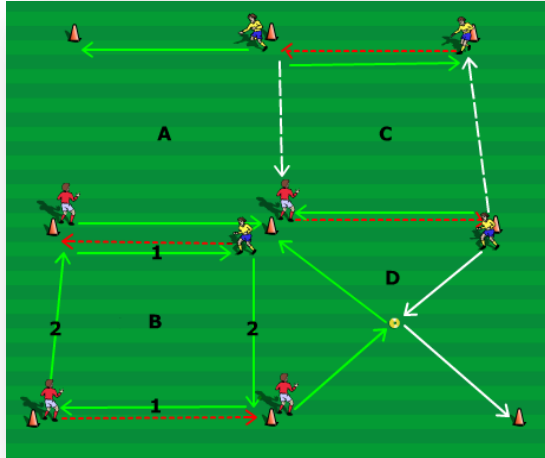




SAQ Training



Agility Boxes

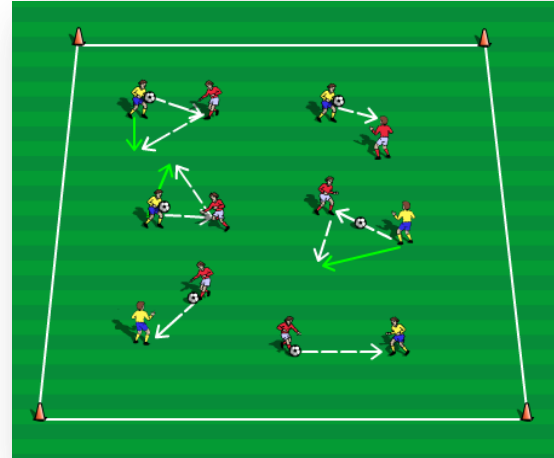
Set Up 15x15 yard boxes
 4 markers (per box)
 1 ball (per player)

Description

- Players always sprint to be diagonally opposite each other.
- Players dribble and stop ball. The sprint an L-shape and swap balls.
- Players dribble to cone then pass. Players must sprint back to receive the ball.
- Players sprint into the middle, then one reacts and goes to opposite corner.

Coaching Points

Players should always be on their toes and quick to react to their partners movements. It is also important that they keep a low centre of gravity.



Basic Balances

Set Up 25x25 yard box
 4 markers
 1 ball (per pair)

Description

Players begin by working in pairs. On the command, they should pass the ball back and forward performing balances such as standing on one leg and returning volleys or throwing the ball etc. This should be progressed so that the returns are angled and the feeder is forced to pass and move. Players should always be moving in-between.

Coaching Points

Players should keep good balance when performing the exercises. They should learn to use their arms for balance, concentrate and engage all core muscles.