



Session Title	PACE
Objectives	Ladders / Hurdles/ Ball work
	Incorporating Ladders/Hurdles into Session

SESSION PLAN

PHASE & ACTIVITY	DIAGRAM	COACHING POINTS												
<p>1. Warm up: Dynamic Flex Players move around the outside of the area performing from:</p> <p>a) Skips, wide skips, high skips, carioca, calf walk, hamstring walk, deep lunge walk. All the above can be performed forwards and backwards.</p> <p>b) Intersperse with ball work (ball each), such as toe taps, boxing, rolling etc.</p> <p>2. Ladder work Player runs through the ladder with one foot in each rung. Next player goes when the first player has reached the last rung. Player runs through the ladder with both feet being placed in each rung. Player moves three rungs forward and one back etc. Running diagonally to the right, place two feet (right then left) in the rung space and one foot out, then two feet in and one out going the other way. Run through the ladder placing two feet in one rung space and then the two feet outside the next rung space then back in etc</p> <p>3. Hurdle Work Running between hurdles with 2 feet placed between each one. Now with 1 foot. Move sideways down the hurdles and step out to head ball after each 2 hurdles. Over the gate and Add ball work at the end e.g. 5 volleys to feeder</p> <p>4. Incorporating into Practice Adding ladders into a passing drill Adding ladders into 1 v 1 drills Adding ladders/ hurdles into shooting drill</p>	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X</td> </tr> </table>	X	X	X	X	X	X	X	X	X	X	X	X	<p>The movements are game related.</p> <p>Ensure fluid movement before the stretch walks</p> <p>Player should look ahead not down thus ensuring correct running posture</p> <p>Keep pumping the arms.</p> <p>Do not worry about hitting the rungs of the ladder Lift legs as you move through the ladder</p> <p>Upright posture</p> <p>Quality of arm mechanics</p> <p>Quality of leg mechanics</p> <p>Use of arms to drive up and forward</p> <p>Short and very quick knee bend up and down</p> <p>Look forwards</p> <p>All above</p>
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