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| **Activity** | **Equipment** | **Time** |
| **Broncho runs**   * Set cones out at 20m, 40m, 60m. * In pairs, one partner runs and the other rests. Alternate between each run (YGIG) * Run the following = x1, x2, x1, x2, x1.   So, partner 1 would run 1 broncho, then rest whilst partner 2 runs 1 broncho. They then run x2 broncho’s, rest whilst partner runs… and so on. | Cones set out for 20m, 40m, and 60m markings. | Depends on fitness level of the group. No longer than 15-18 minutes. |
| **30/30s**  In pairs, one partner works for 30 seconds and the other rests/passes, then they swap. Both complete 6 different movements each. No rest in between each one.  Movements:   1. Side to side. Receive ball left and right. Catch with 2 hands, release with 1. 2. V shape runs. Receive ball on forward run left and right. 3. Jump for high ball, release when grounded with 2 feet. Soft landing. 4. Forwards to go back – low/bounce ball forwards and high ball back at angle. 5. Jump for high ball, release whilst in the air. 6. Anywheres.   Rest for 2 minutes, then repeat again. | Ball between 2 | 14 minutes |
| **Speed session -** Focus on accelerative speed and reaction time.  In groups of 3, set out 2 cones 5m apart.  1 work, 2 rest. Allow enough recovery in between each one. Focus on technique.  Complete the following sprints:   1. Fast feet, sprint on go. 2. Fast feet, on go jump as high as you can then sprint forwards 5m. 3. Jog backwards slowly, on “go” turn and sprint forwards 5m. 4. Start behind the first cone, sidestep up to first cone then turn and sprint 5m. 5. V run – out to left, back to middle, out to right, back to middle, then sprint forward 5m.   For each sprint focus on first step forwards and high knee drive on leading leg for power. | 2 cones per pair, 5m apart. | 10-15mins |
| **Relays**  Relay sprints in groups of 4 or 5.   * 60m x 6 each * 40m x 6 each * 20m x 6 each | Cones set out for 20m, 40m, and 60m markings. | 10 minutes |