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| **Activity** | **Equipment** | **Time** |
| E2MOM (Every 2 mins on the min)  Complete the following:   * 80M shuttle runs between cones 20m apart. * 15 squats * 10 press ups * 6 burpees   Repeat every 2 minutes for 16 minutes (8 reps). Rest = however long you have left in the 2 mins. | Cones to mark out 20m | 16 minutes |
| **Ball work, balance, coordination**  In pairs:   * 20 chest passes each/20 shoulder passes each (left and right)/20 overhead passes each.   Standing on one leg, close distance:   1. 20 chest passes on right leg 2. 20 chest passes on left leg 3. 20 shoulder on right leg, one handed catch and release. 4. 20 shoulder on left leg, one handed catch and release.   Partner to throw high ball, catch in the air and land on one leg x 10 each. Alternate legs. | One ball between 2 | 10 minutes |
| **Court specific movements**  In groups of 6   * 4 feeders * 2 workers   2 feeders to 1 worker.  Working side to side receiving a ball from one feeder then passing on to next feeder to receive the next ball. Catch with 2, pass with 1.  Work for 20 passes, then swap with feeders.  X 2 each.  In same groups of 6   * 4 feeders * 2 workers   Feeder to drive forwards for low ball and back for a high ball from same feeder. Work down the line. 3 times each then swap feeders. | 2 balls  Cones  2 balls  Cones | 10 minutes  10 minutes |