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| Activity | Equipment | Time |
| **CV/muscular endurance** In pairs, complete the following pyramid as quickly as you can:1. 10 passes each, 10 burpees, 10 sprints.
2. 8 passes each, 8 burpees, 8 sprints
3. 6 passes each, 6 burpees, 6 sprints
4. 4 passes each, 4 burpees, 4 sprints
5. 2 passes each, 2 burpees, 2 sprints

Repeat the pyramid going back up with no rest.Pairs should be of similar fitness. | Cones to mark out 10m | Depends on fitness level of the group. |
| **Skills circuit**1. Hurdle jumps – mix between 2 footed and 1 footed jumps. Quick reaction time off the floor. Aim for height.
2. Quick side step over 2 cones (high knee) in to 1 leg hold x 3, then sprint forward 5m. Jog back.
3. Skipping (with or without rope)
4. Ball toss out to cone, as soon as the ball lands chase it up. Aim for one bounce (set cone 3m away).
5. High plank hold. Move ball back and forth between hands, keep control and straight body.
6. Bounding forwards in a zig zag x 4. Hold landings. After 4th landing, sprint forwards 5m (first step forwards).
7. Fast feet through ladders – mix up footwork patterns.
8. Zig-zag runs to cones set out. Focus on quick change of direction.

Work for 1 minute, rest for 15 seconds. Repeat x 2. | Hurdles x 4Netballs – 1 eachConesSkipping rope (1 per 6 participants)LaddersIf no hurdles or ladders, use cones. Players to use own netballs for stations to avoid too many sharing. No more than 6 per skipping rope. | 20 minutes |
| **Court specific movements**In pairs, set out a square using 4 different colour cones. * Partner 1 works whilst partner 2 calls out different colours.
* The worker must start in the middle of the square, hit the coloured cone, and back to the middle before going again.

Work for 30 seconds each x 3* Progression 1: caller now calls 2 to 3 different colours and the worker must hit all colours before returning to the middle ready to go again.

Work for 30 seconds each x 3.* Progression 2: On the command “change” the worker must swap to a different square with a different partner. Work for 1 minute each x 2
 | Cones – ideally 4 different colours, but if not then use numbers instead of colours. You can add a ball in for the first 2 progressions, but for the last 1 take the ball away due to sharing restrictions.  | 10 minutes |