

Basic footwork

Date: _____

Warm up game (5-7min)

Ice cream sundae

Players line up on the goal line. Coach blows 2 shorts whistles to start them light jogging towards the other goal line. Blow 1 whistle to stop them running. As they stop, they land calling “Ice” for the first landed foot and “Cream” for the second foot. Pause. Blow 2 whistles for them to start jogging again turning at the goal line and returning the start.

2 phase

Same as above but on a long whistle they pivot on the first foot “Ice” second foot as they begin to turn 180 degrees “Cream” and as they pivot the whole way around they say “Sundae”. Keep this up making them pivot and changing directions.

Mix up the variations of whistles – 1 for “ICE CREAM” and Long whistle for “ICECREAM SUNDAE”. To restart running is always 2 short whistles.

Dynamic Stretch (10 min)

Set up on side lines in working towards the middle.

To Middle	Back to sideline
High knees walk	High knees skip
Butt kicks	Back sidestep shuffle
Sidestep	Side step
Ice cream scoops	Sumo squats
Grapevine	grapevine
Hip circles open up (with steps in between)	Hip circles closed in (with steps in between)

On sideline –

Lunges Stationary x 5 each leg

Arm circles both forward, both back and alternates (Slow and controlled)

Fast feet on the sideline

Knee Program (no Ball) (1)

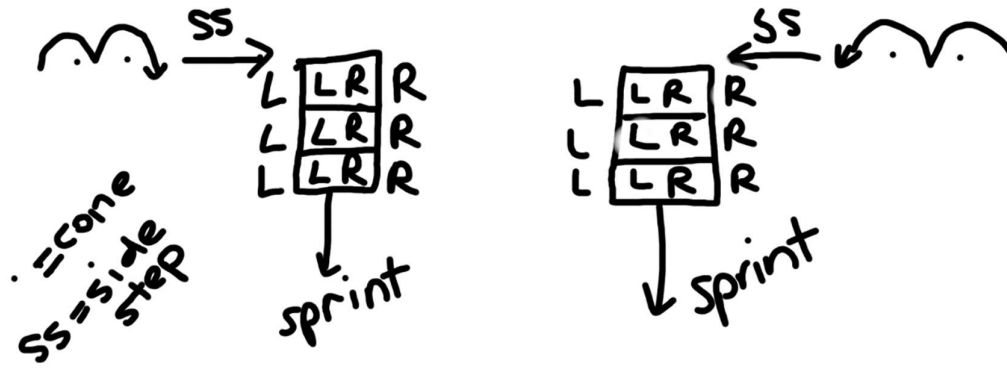
Double leg jumps forwards and back (5) Ankle leaps forward and back (6)

1 leg balance with defending arms (L & R)

Skills Footwork –

STATION 1

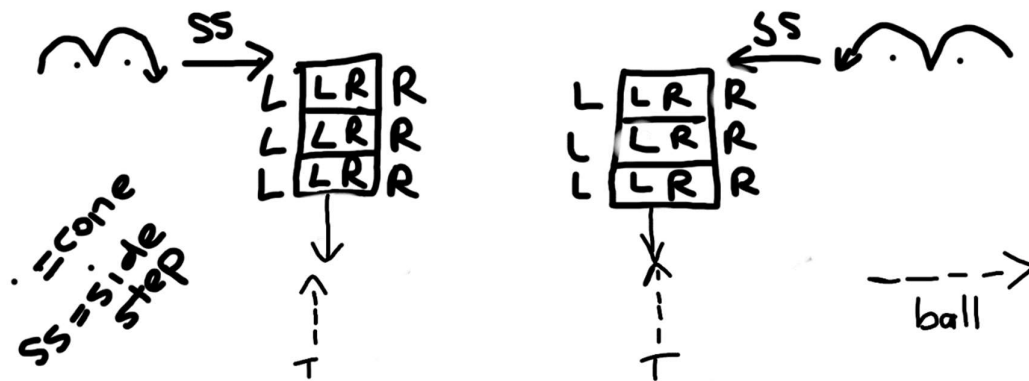
Basic skill



Work both sides – looking for little feet, using arms and eyes up. Decelerate from sprint with little feet.

Basic skill with ball

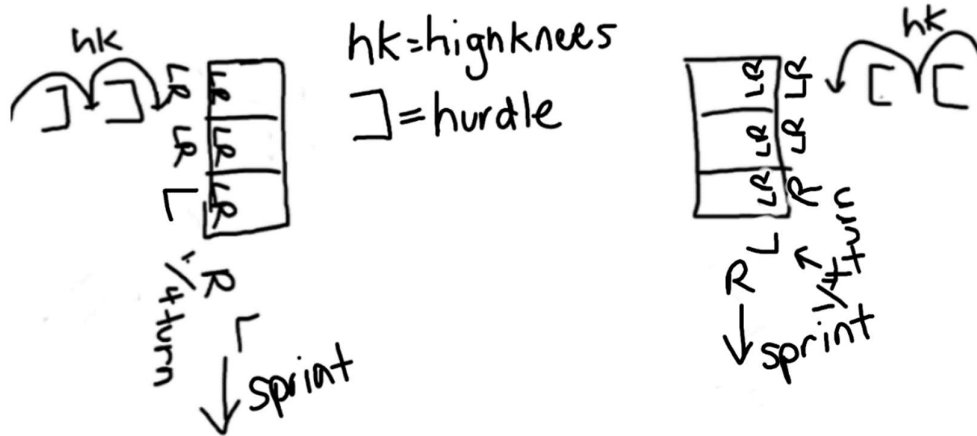
Throwers - out front delivers a pass on the sprint drive



- look for eyes up not watching their feet
- Not stopping waiting for the ball, should “run through” to the ball.
- Ground feet on catch and balance up on the pass back to the thrower

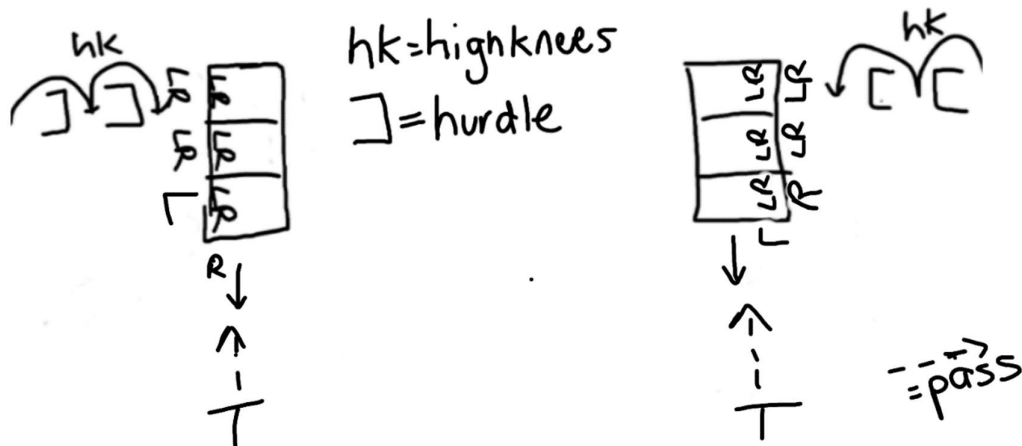
STATION 2

Basic skill



First part of drill is facing towards the ladder. High knees over 2 hurdles. Then little feet in and out of the ladder leading with the left (right on the diagram on the right). On the last section of the ladder left foot comes out of the ladder while the player $\frac{1}{4}$ turns to step onto the right foot then sprints to the front. Repeat on the other side leading with the right foot.

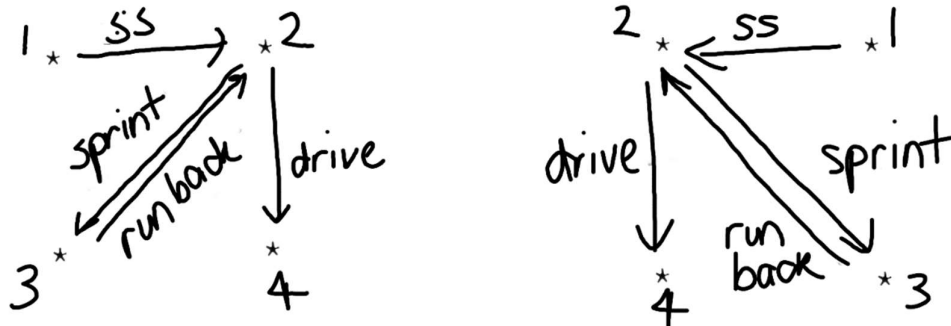
Basic skill with ball



Add a thrower to pass a ball on the drive out from the ladder from the $\frac{1}{4}$ turn.

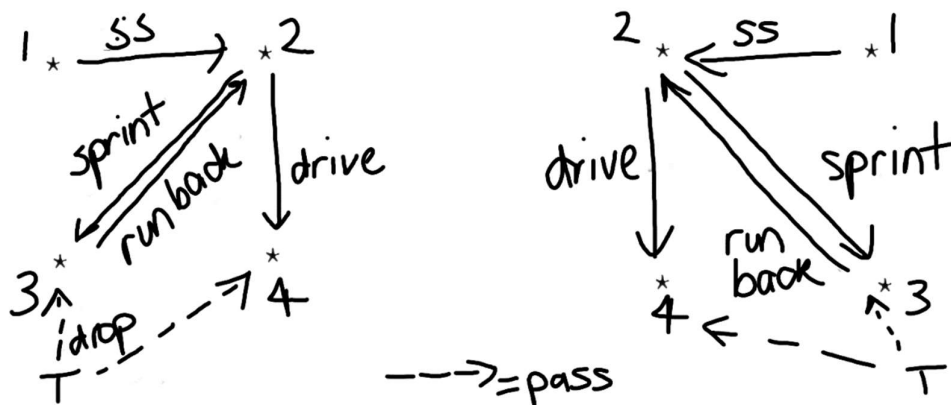
STATION 3

Basic skill



- 1) Side step to 2
- 2) Push off with outside foot and sprint to 3
- 3) Either side step back to 2 or turn hips to run back to 2 keeping shoulders and eyes to the front
- 4) Drive in straight lead to 4.

Basic skill with Ball



Same as above but now there is a thrower just in front of 3. When the worker sprints to 3 the thrower drops a ball towards the 3 marker. Worker returns the ball to the thrower completes the run back and then on the drive to 4 receives another pass from the thrower and returns the ball to the thrower. The worker now becomes the thrower.

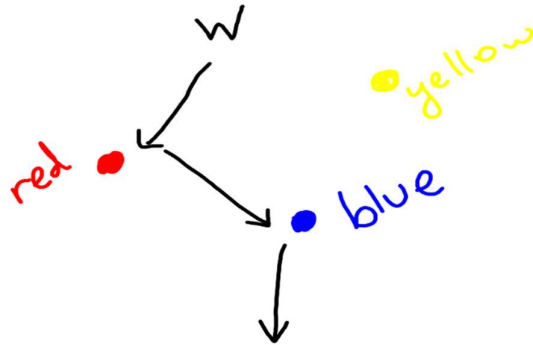
STATION 4

Basic skill

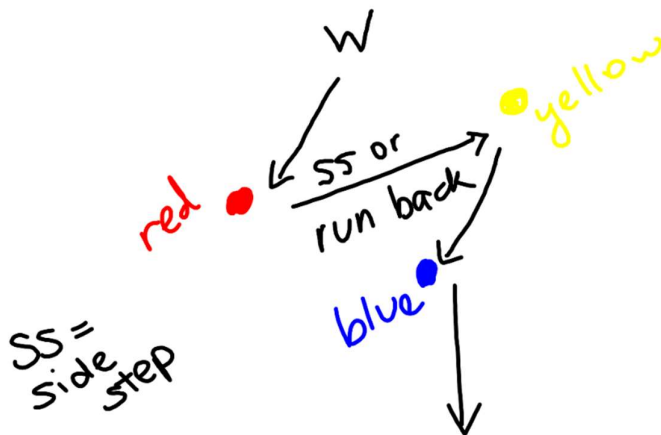
Colour runs

The person at the top calls different combinations of colours, starting with 2 colours increasing up to 3 colours. The worker has to determine where they need to run using straight leads, side step, or running backwards to complete the pattern finishing with a straight drive forward.

For example the call is red , blue would look like this

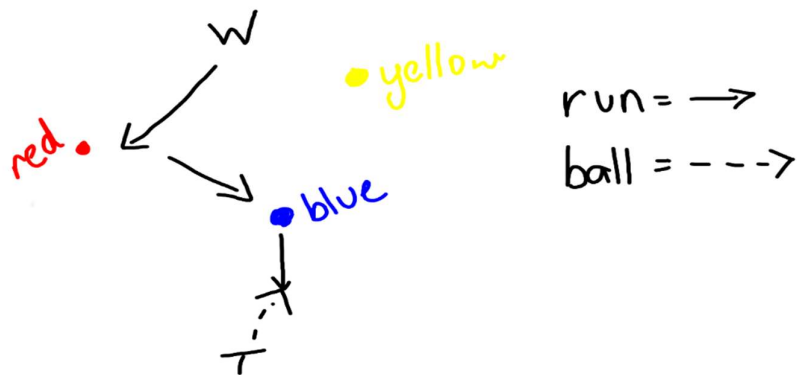


A call of red, yellow, blue would look like this – make sure if they chose run back it is turning their hips to the cone and leaving head and shoulders to the front.



Basic skill with a ball

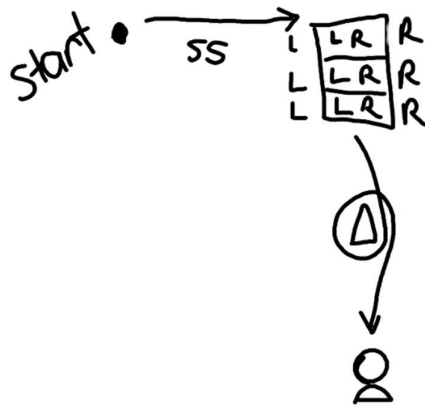
Add a ball to the caller who now calls the colours and passes to the worker on the drive.



Modified Game

Capture the ball

In teams – a ball is placed on a dome about 5m from the end of the ladder. A witches hat or dome is placed in the middle between the end of the ladder and the dome holding the ball. A player starts at a marker, side steps to the end of the ladder, completes the footwork in the ladder then runs around the cone then sprint to collect the ball from the dome.



Point to the first team to collect the ball in each round. Continue with even rounds and everyone has had a turn (some players may need to run twice depending on numbers), and tally scores

Stretch and review (5 min)