

WARM UP/FOOTWORK

Purpose: To switch on the brain for activity and to prepare the body for movement, enhancing footwork patterning in preparation for dynamic activity.

Implementation: To be completed as a sequential process, all activities in the warm up/footwork category should be done at the start of the program each time

JOG FORWARDS AND BACKWARDS

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner.

Instruction:

- Jog to the middle of the court
- Circle around your partner
- Stay facing same direction and run backwards to starting position
- Repeat circling partner in opposite direction.

x2 reps (x1 each way).

Key Points

Players:

- Stay tall
- Eyes up
- Light feet
- Swing your arms.

Coaches:

- Ensure trunk remains upright and stable
- Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards
- Ensure short ground contact
- Bend through hips and knees when shuffling around partner.

BUTT FLICKS FORWARDS AND BACKWARDS

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner.

Instruction:

- While jogging towards middle of the court, kick heels towards buttock.
- Stay tall
- Circle around your partner
- Stay facing same direction to run backwards to starting position
- Repeat circling partner the other way.

x2 reps (x1 each way).

Key Points

Players:

- Stay tall
- Eyes up
- Light feet
- Swing your arms

Coaches:

- Ensure trunk remains upright and stable
- Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards.

HIGH KNEE MARCH AND HIGH KNEE SKIP

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner.

Instruction:

- March to the middle of the court
- Lift your swing knee high, opposite arms and legs
- Circle around partner and turn to face direction you have come from
- Skip back to sideline
- Push up through toes to spring into the air
- Lift your swing knee high
- Repeat circling partner the other way.

x2 reps (x1 each way).

Key Points

Players:

- Stay tall
- Eyes up
- Lift your knees
- Light feet
- Swing your arms.

Coaches:

- Ensure trunk remains upright and stable
- Ensure arms legs and feet move in a straight path
- Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards
- High knees on swing leg.

SIDE SKIPPING

Instructions

Starting Position

- Divide into two groups along opposite sidelines facing side onto partner.

Instruction:

- Sit backwards into a semi squat position
- Side skip to middle of the court
- Stay facing the same direction and shuffle around partner before side skipping back to sideline in semi squat position
- Repeat side skipping circling partner in opposite direction.

x2 reps (x1 each way).

Key Points

Players:

- Stay in a strong, compact posture
- Feet straight ahead
- Knees wide
- Eyes Up.

Coaches:

- Keep athletes in compact position but do not let them collapse through the trunk/ensure neutral spine position
- Not letting feet touch creates an awareness of back foot position and keeps centre of mass wider.