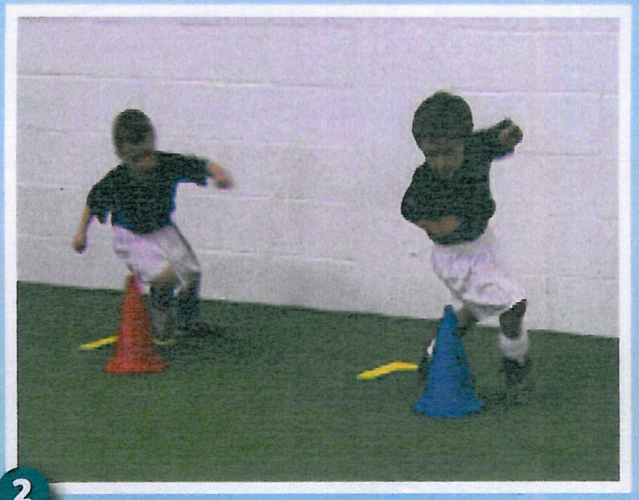
LEVEL 2 EXERCISES

1 **HEEL FLICKS**

In a stationary position, place hands behind the back; one at a time flick heels to touch the hands.



2 **RUN AND TURN**

Place cones at various distances in a straight line. Run out and around each cone and back in turn.

3 **STRAIGHT SLALOM RUN**

Place a number of cones or poles 1m apart in a straight line. Players run in and out between cones without knocking them.

LEVEL 3 EXERCISES

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

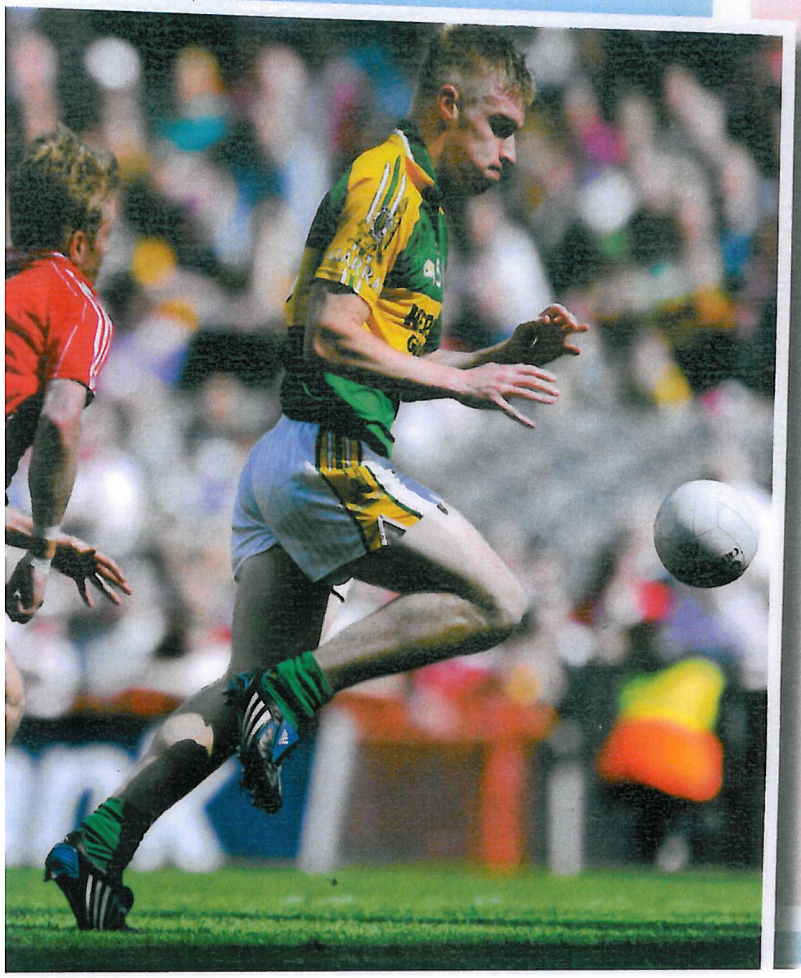
T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

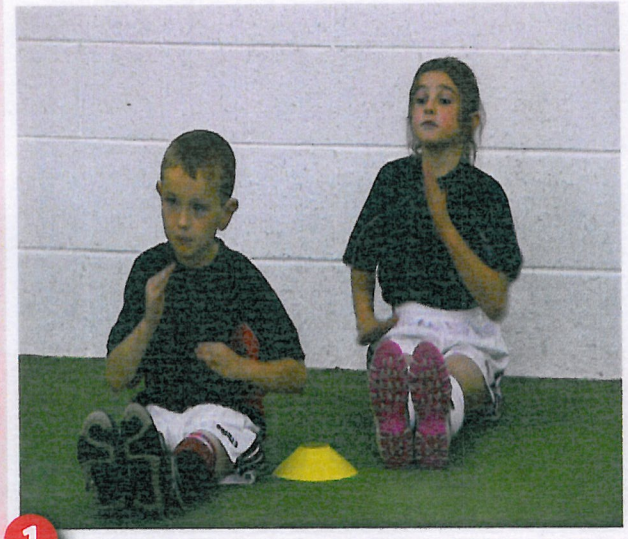
P increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial

RUNNING

Running is a basic movement skill that involves the coordinated movement of the arms and legs. It is important that players have a good running technique and posture, as poor running technique can result in difficulty performing some skills and may lead to injury.



LEVEL 1 EXERCISES



1 **BOP ALONG**
Players sit with legs out in front. Swing each arm up as if running. Speed up as technique improves.

2 **HIGH KNEE LIFT RUN**
Players jog on the spot using an exaggerated high knee-lift.

To Coach this Skill use the IDEA method

- **I NTRODUCE** the skill
- **D EMONSTRATE** the technique
- **E XECUTE** the activity
- **A TTEND** and provide feedback