Conditioning Drills/Games

**Knee Tag**

Have everyone partner up and assume a defensive-ready position. When you say go, the goal of each player is to touch their opponent's knee as many times as they can. After 30 seconds, switch partners.

Those who don’t stay low will have a more difficult time protecting their knees.

Can also do round robin tournament and whichever player earns the most points, wins the tournament.

**Freeze Tag**

Set up a defined playing area for your team. Half a volleyball court works well for 10 people. One or two people are "it" and their goal is to "freeze" everyone by tagging them. If the person who is "it" successfully freezes everyone, they win.

The catch is that anyone not frozen, may "un-freeze" a player by simply diving through the legs of a person who is frozen. Anyone who is still tentative when hitting the floor will surely be tagged when trying to unfreeze someone.

**Ball Tag**

One person is "it" and everyone else tries not to become "it" by being tagged. Stepping outside the boundaries makes you automatically "it".

The catch is that there is one volleyball in the game and the person holding it cannot be tagged. The team has to work together to try to pass the ball to teammates that are close to being tagged to prevent the person chasing from successfully tagging anyone. This is a great way to develop anticipation and quick-thinking skills.

HIGH

KNEES

S

K

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P

P

I

N

G

KAREOKE

SPRINTS

5 APPROACHES WITH TRANSITION

BLOCK JUMPS

SHUFFLE WITH BAND AROUND KNEES

ARMS:

1. Push Up Plus
2. Stomach “T” Lifts
3. Cross Body Punches

LEGS:

1. Box Jumps Up & Down
2. Squats
3. One Leg Balance

CORE:

1. Bicycle Crunches
2. Plank
3. Doughnuts

MOVEMENT:

1. Jumping Jacks
2. Mountain Climbers
3. Square Jumps