

Ladder Movement

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

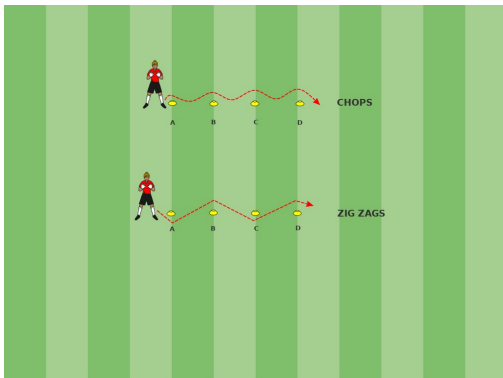
WHERE:

Zahra Lechak

AGE: / players

TEAM FUNCTION:

DURATION: min

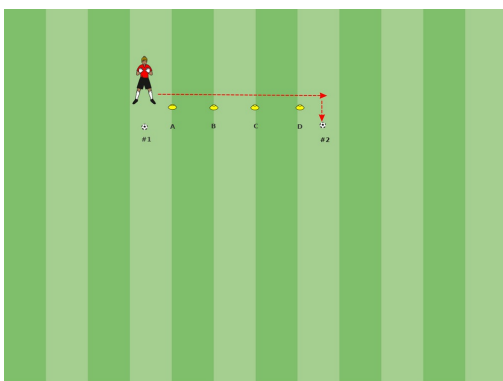


Ladder Movement #1

EXERCISE RULES: Setup- 4 cones are placed 2 yards apart in a row. Exercise- Start at cone A and chop over the cones. Reverse back to cone A. That will complete one rep. Perform 4 reps of chops over the cones, 15 sec rest between each rep. Start at cone A and zig zag between cones. Reverse back to cone A. That will complete one rep. Perform 4 reps of zig zags

FOCUS TEAM OBJECTIVE:

NOTES:

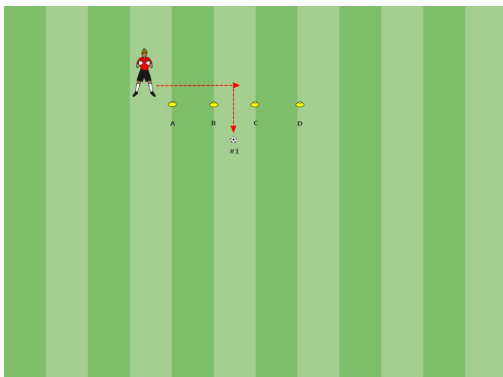


Ladder Movement #2

EXERCISE RULES: Setup- 4 cones are placed 2 yards apart in a row. Place 2 balls, 2 yards outside and forward of cone A and D. Exercise- Start at cone A side shuffle behind the cones to cone D. Move forward and scoop ball #2. Side shuffle back to cone A and scoop ball #1. That will complete one rep. Perform 8 reps with 15 sec rest between each rep.

FOCUS TEAM OBJECTIVE:

NOTES:

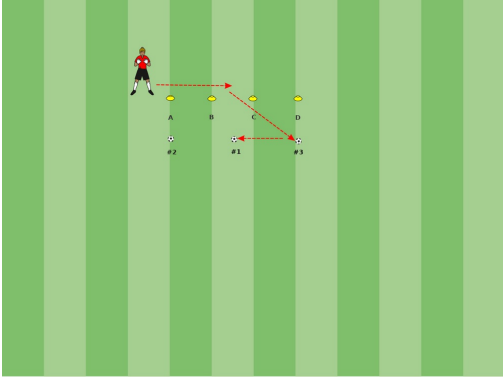


Ladder Movement #3

EXERCISE RULES: Setup- 4 cones are placed 2 yards apart in a row. Place 1 ball, 2 yards out between cone B and C. Exercise- Start at cone A and side shuffle behind cones. Move forward between cones B and C to front smother ball #1. Reverse and start at cone D. That will complete one rep. Perform 8 reps with 15 sec rest between each rep.

FOCUS TEAM OBJECTIVE:

NOTES:



Ladder Movement #4

EXERCISE RULES: Setup- 4 cones are placed 2 yards apart in a row. Place 3 balls, 2 yards in front of cones A, D and in between cone B and C. Exercise- Start at cone A side shuffle behind cones. Move forward and dive towards ball #3. Get up and dive towards ball #1. Reverse and start at cone D. That will complete one rep. Perform 8 reps with 15 sec rest

FOCUS TEAM OBJECTIVE:

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?