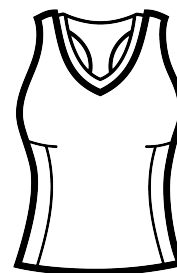


AT HOME TRAINING PLAN

FOLLOW THIS AT HOME TRAINING PLAN OR CREATE YOUR OWN...

CHALLENGE:

TRY TO INCREASE ACTIVITY DURATION EACH ATTEMPT



DAY	WARM UP/ FITNESS	FOOTWORK & REBOUNDING	BALL SKILLS & SHOOTING	WARM DOWN
SUNDAY	20 x Jumping Jacks 10 x Push Ups Repeat 3 Times	1. For 1 mins - Take 5 Side Steps in one direction then back 2. 5 x Throw ball above head & snatch ball down with 2 hands. Fast & Hard	1. 15 x Circle Ball Around Waist - then repeat other direction 2. Take 30 Goal Attempts	Daily warm down suggestions: 30s Jog on Spot, then; 30s for each Stretch
MONDAY	30s Fast Feet 15 x Vertical Jumps Repeat 3 Times	1. 5 x Pivot on spot 3 times in one direction, then repeat in other direction/foot 2. 5 x Throw ball above head & Hook ball with one hand. Pull down.	1. Shoot 5 Goals in a Row - start again if one misses 2. For 1 mins - Pass Ball across body to other hand - continue back & forth	<ul style="list-style-type: none"> • Neck Rolls • Cross-Arm Body Stretch - both Arms
TUESDAY	10 x Sit Ups 20s High Knees Repeat 3 Times	1. For 1 mins - using 2 cones or markers, one metre apart. Side step around in a Figure 8 2. Attempt 20 Goals and Chase for all Rebounds	1. 3 mins Chest Passing (on wall if needed) 2. Take 5 shots at goal on 1 foot, swap feet & repeat	<ul style="list-style-type: none"> • Arm Overhead with Palm on Centre of Back Support Elbow with other Hand - repeat both Arms
WEDNESDAY	20 x Squats 20s Bum Kicks Repeat 3 Times	1. 5 x Fast Feet for 20s then sprint 10m 2. 5 x Throw ball 3 metres into Air, while ball in air bend & touch ground, jump & snatch ball from Air	1. 15 x Bounce Tennis ball with one hand then switch hands 2. Take 50 Goal Attempts	<ul style="list-style-type: none"> • Lunge - take a big step forward — repeat for both legs • Butterfly Stretch - sitting with soles of your feet together, knees bent out to sides
THURSDAY	30s Plank 30s Jog on Spot Repeat 3 Times	1. For 1 mins - using 2 cones, 50cm apart, step from one side of cones, over cone into middle, then step to other side and back again - keep eyes up and try not to hit cones 2. Attempt 40 Goals & Chase for all Rebounds	1. 30 x Lay on your back with a ball, hold ball in one hand over belly button - throw & catch. Flicking wrist. 2. 3 mins Shoulder Passing (on wall if needed)	<ul style="list-style-type: none"> • Knee to Chest Stretch - laying flat - repeat for both legs • Standing Squat Stretch - repeat for both legs
FRIDAY	15 x Jump Squats 30s Fast Feet Repeat 3 Times	1. For 1 mins - Place 4 cones one metre apart in square shape. Side step between cones in 'Z' shape 2. 10 x Throw ball above head & Hook ball with one hand. Pull down.	1. For 1 mins - Finger Tipping, hold arms out in front of chest. Move ball from hand to hand, using finger tips (not palms) 2. Shoot 10 Goals in a Row - start again if one misses	<ul style="list-style-type: none"> • Ankle Stretch - repeat on both sides
SATURDAY	CHOOSE FAVOURITE WARM UP FROM WEEK	CHOOSE FAVOURITE FOOTWORK & REBOUNDING ACTIVITIES FROM THE WEEK	CHOOSE FAVOURITE BALL SKILLS & SHOOTING ACTIVITIES FROM THE WEEK	