



## GOAL

All exercises to be performed 2x/week (at training or home)

## COACHES/PARENTS

Include a minimum of 3 exercises per session. Ensure players complete all 7 exercises during the week either at training or home.

### LEVEL 1

#### EXERCISE 1

**Jog & look at the coach**  
3 x 5 skip commands.



Watch for the command

#### EXERCISE 2

**Skating Hop**  
2 x 10 reps  
(5 hops on each leg)



Keep the ball in the hands

#### EXERCISE 3

**One Leg Stance**  
2 x 10 reps  
(5 hops on each leg)



Throw the ball

#### EXERCISE 4

**Push Up**  
3 x 10-15 seconds



In a plank position & roll the lower legs on the ball

#### EXERCISE 5

**One Leg Hops**  
3 x 5 skip commands.



Hop forwards & backwards

#### EXERCISE 6

**Spiderman**  
3 x 10-15 seconds



Touch the ball with alternating feet

#### EXERCISE 7

**Roll Over**  
5-7 x per side



From standing, slowly roll over

### LEVEL 2



Keep the ball in hands and watch for command



Touch ground with the ball



Circle around the leg and throw it



Keep position & roll the ball between hands and feet



Hop sideways



Crawling



Slow walk & roll over

### LEVEL 3



Juggle the ball and listen to the command



Balance and stretch forward with the ball



Challenge your balance



Hands on the ball & challenge your position



Follow the command & hop



Crawling with the hands & move the ball with the feet



Jog & roll over

