



SOLO PLAYER SESSIONS

9-14 Years Old - Session 6

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20-second intervals x 2 rounds each</p> <ul style="list-style-type: none">• Jog on the spot/within a small area• High knees• Butt flicks• Squat/squat jumps• Leg swings left/right leg• Star jumps• Quadriceps stretch (superman) left leg/right leg	5 mins
ACTIVITY 1 FITNESS CIRCUIT	<p>20 seconds of work, 10 seconds rest x 4 rounds, 1 min rest in between rounds 2 and 3</p> <ul style="list-style-type: none">• Forward broad jumps• Figure 8s around cones/bottles• Mountain climbers• Zig zag run (4 cones 3m apart, up and back)• Tricep dips (on a chair)• Tuck jumps (explosive jump and bring knees up to chest)• 5 or 10m shuttle run	15 mins
ACTIVITY 2 BALANCING	<p>Two rounds of:</p> <ul style="list-style-type: none">• Hop forward for 3 hops on left leg with control, landing and sticking final hop• Hop forward for 3 hops on right leg with control, landing and sticking final hop• Hop forward for 3 hops on left leg for distance• Hop forward for 3 hops on right leg for distance• Hop backward for 3 hops on left leg• Hop backward for 3 hops on right leg• 3 x drive in a zigzag pattern and finish with a jump off left leg and land and balance on right• 3 x drive in a zigzag pattern and finish with a jump off right leg and land and balance on left	5 mins
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min