

WARM UP		Use a distance of 10 yards to warm up	
	Light jog		
	Open gate to cone, close gate back.		
	Knee to chest down, foot to butt back.		
	Faster Jog down and back.		
	Arm circles down, pull arm across chest back.		
	High Knees down, Butt Kickers back		
	Free Stretch down and back		
	Sprint down and back		
ACTIVATE HANDS			
	Bounce and catch	Use two hands, bounce ball into ground and catch with two hands.	x15
	Punch and catch	Use one hand to punch ball into ground and catch with two hands.	x15
	Bounce and catch moving	Same as above but moving.	x10
	Punch and catch moving	Same as above but moving.	x10
HAND EYE COORDINATION		<i>(Do entire series x2)</i>	
	Bounce forward/Backward	Bend at waist and bounce ball from front to back and vice versa	x10
	Quick hands	Bend at waist, one hand on ball from front, one from back. Quickly release hands and alternate grip.	x15
	Quick hands V2	Same as above but both hands are on front and switch to back. Visa versa	x15
	Back ball drop	Take ball over head behind back and drop ball between legs. Body moves back to allow ball to travel. Catch in front of body.	x15
	Front ball drop	Bounce ball bt legs from front to back. Catch behind head.	x15
CORE WORK		<i>(Do entire series x2. U16-19 x3)</i>	
	Circle Pike	Sit in a pike position and move ball around legs.	x20
	Bicycle Pike	Sit in a pike position. Move legs up and down and pass ball bt hands	x20
	Open Close Pike	Sit in a position and open and close legs. Bounce ball and catch when you open legs.	x10
PLYOS		<i>(Do entire series x2. U16-19 x3)</i>	
	Knees and get up	On knees bounce balls in front of you, get up and catch.	x10
	Sit and get up	Sit on ground with legs open. Bounce ball into ground, stand up and catch.	x10
	Lay on back and get up	Lay on ground with ball over head. Toss ball in air, get up and catch.	x10
	Vertical jump over line.	Quick vertical jumps over line/cone	x20
	Lateral jump over line	Quick lateral jumps over line/cone	x20
CONDITIONING			
	Doggies	Set up cones 5/10/15/20/25 yards away. Sprint to each cone and back until you complete the entire series.	7v7 x4; 9v9 x5, 11v11 x8