

# Footwork, Agility and Ball Skills Sessions

## Skill Session 1

### Warm Up – NV Warm Up Guide

#### Footwork and Agility

##### Equipment

cones (can replace with other household items if needed e.g. water bottles)  
Optional to have a thrower (T).

##### Coaching Cues

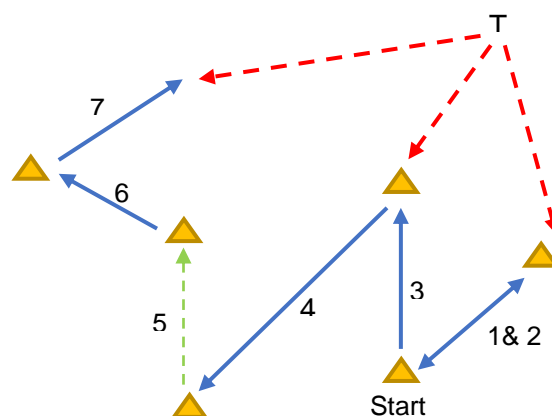
- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- Push hard off your outside foot.
- If you have a thrower, quick release and use shoulder passes.
- Be efficient onto the ball, run onto it, don't leap onto the ball.

#### Activity 1

Complete 4 times

Thrower to move over to release the second ball.

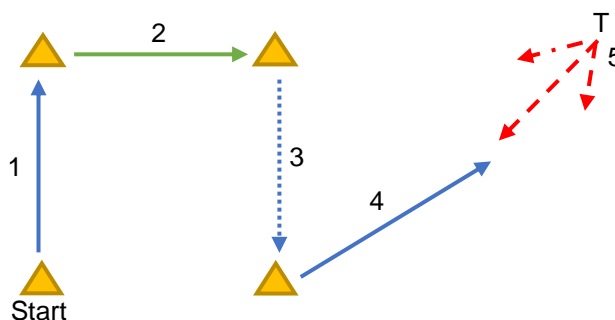
1. Angle drive to cone, receive a ball.
2. Angle drive back to starting cone.
3. Drive forward and receive a ball.
4. Angle drive down to cone.
5. Quick feet to cone
6. Angle drive to cone.
7. Push off and drive to receive a high ball.



#### Activity 2

Complete 5 times

1. Drive forward to cone.
2. Sidestep across to cone.
3. Defensive shuffle back.
4. Drive for a shoulder pass.
5. Receive 2 reaction balls (surprise passes).



# Footwork, Agility and Ball Skills Sessions

## Ball Work

Equipment: 1 ball and wall

#	Skill	Qty
1	<b>Hand Tipping</b> Flick the ball b/w the hands. Start with the ball above head height. Remember to use the fingers to flick the ball from hand to hand, keep the ball off the palms.	50
2	<b>Body Circles</b> Waist height clockwise.	30
3	<b>Body Circles</b> Waist height anti-clockwise.	30
4	<b>Figure of 8</b> Stand with your knees about shoulder-width apart and bend over slightly. With the ball in your right hand, pass it between your legs in a figure eight motion to your left hand. Swing the ball to the front and then pass it from your left hand back to your right hand through your legs. As with all ball handling drills, start slowly, and increase your speed as you get more comfortable.	20
5	<b>Angled Passing</b> Using the wall with target at waist height. Start 1.5 m from the wall but 2 m to the left of your target – throw ball at target on angle (so that ball bounces off on an angle to the right). Get feet quickly across to catch ball on right side. Throw from there to get angle to go left.	10 each side
6	<b>Surprises</b> Start 1.5 m from wall- throw surprises (high, low, different angles) at the wall with quick feet to catch them.	20

## Cool Down – NV Warm Up Guide

# Footwork, Agility and Ball Skills Sessions

## Skill Session 2

### Warm Up – NV Warm Up Guide

#### Footwork and Agility

##### Equipment

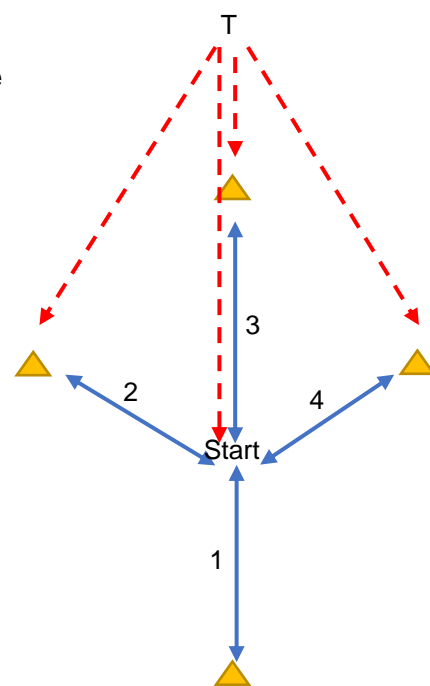
- Cones (can replace with other household items if needed e.g. water bottles)
- Optional to have a thrower (T).

##### Coaching Cues

- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- Push hard off your outside foot.
- If you have a thrower, quick release and use shoulder passes.
- Be efficient onto the ball, run onto it, don't leap onto the ball.

#### Activity 1

- a) Complete 2 times  
Receive a ball at every forward drive
1. Drive back to the cone, push off and drive forward, receive a ball.
  2. Drive on an angle to the cone, receive a ball, drive back to the middle.
  3. Drive forward to the cone, receive a ball, drive back to the middle.
  4. Drive on an angle to the cone, receive a ball, drive back to the middle.
- b) Complete 2 times  
Receive a ball at every backwards drive – keep head forward.
1. Drive back to cone, receive a high ball. Drive back to middle.
  2. Drive on angle to cone, push off and drive back to middle, receive a ball.
  3. Drive forward, push off and drive back to middle, receive a ball.
  4. Drive on angle to cone, push off and drive back to middle, receive a ball.
- c) Complete 2 times each (4 in total).  
Repeat both a) and b) in other direction.

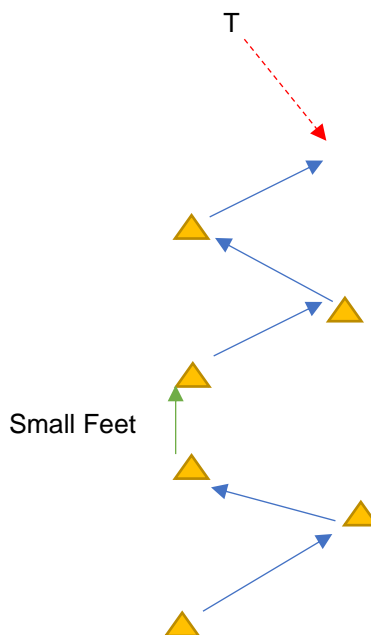


# Footwork, Agility and Ball Skills Sessions

## Activity 2

Complete 2 on each side

Extension ball from thrower on last dodge



## Ball Work

Equipment: 1 ball and a wall.

1	Stand 0.5 m from wall, complete 25 wall taps using your right hand only. Work in arc above head down to waist level. Flick ball using fingers/wrist.
2	Stand 0.5 m from wall, complete 25 wall taps using your left hand only. Work in arc above head down to waist level. Flick ball using fingers/wrist.
3	Stand 0.5 m from wall, complete 50 wall taps using your right hand and left hand. Work in arc above head down to waist level. Swap hands at the top of the arc. Flick ball using fingers/wrist.
4	Stand 1 m from wall, complete 25 wall taps using your right hand only. Work in arc above head down to waist level. Flick ball using fingers/wrist.
5	Stand 1 m from wall, complete 25 wall taps using your left hand only. Work in arc above head down to waist level. Flick ball using fingers/wrist.
6	Stand 1 m from wall, complete 50 wall taps using your right hand and left hand. Work in arc above head down to waist level. Swap hands at the top of the arc. Flick ball using fingers/wrist.

## Cool Down – NV Warm Up Guide

# Footwork, Agility and Ball Skills Sessions

## Skill Session 3

### Warm Up – NV Warm Up Guide

#### Equipment

- Cones (can replace with other household items if needed e.g. water bottles)
- Optional to have a thrower (T).

#### Footwork/Agility

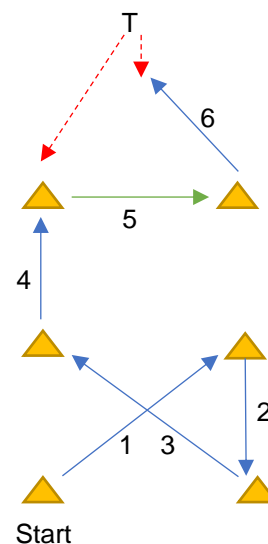
##### Coaching Cues

- Work at match intensity.
- Head and eyes up and forward, particularly when driving back.
- If you have a thrower, quick release and use shoulder passes.

##### Activity 1

Complete 5 times

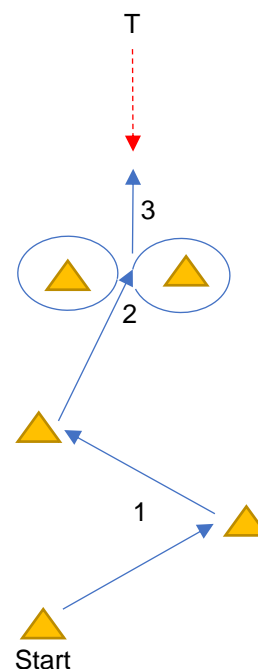
1. Angle drive to cone.
2. Run backwards to cone.
3. Angle drive to cone.
4. Forward drive – receive a ball if you have a thrower.
5. Sidestep across.
6. Drive in for 2 surprise balls if you have a thrower.



##### Activity 2

Complete 3 times

1. Angle drives through first 3 cones.
2. Perform a figure 8 pattern around the cones.
3. Drive straight from the middle – receive a high ball if you have a thrower.



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## Ball Work

Equipment: 1 ball and a wall.

1	Stand 7m from wall, complete 15 shoulder passes (dominant side) and 15 shoulder passes (non-dominant side) against the wall. Aim for speed and accuracy.
2	Stand 7m from wall, complete 15 shoulder passes (dominant side) and 15 shoulder passes (non-dominant side) against the wall. Throw a fake before you deliver each pass- make sure you fake away from where you deliver the pass. Aim for speed and accuracy.
3	Stand 3m from wall, complete 15 chest passes. Aim for speed and accuracy.
4	Stand 3m from wall, complete 15 chest passes. Throw a fake before you deliver each pass- make sure you fake away from where you deliver the pass. Aim for speed and accuracy.
5	Stand 3m from wall, complete 15 overhead passes. Aim for speed and accuracy.
6	Stand 3m from wall, complete 15 overhead passes. Aim for speed and accuracy. Throw a fake before you deliver each pass- make sure you fake away from where you deliver the pass. Aim for speed and accuracy.

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