

Thunder

Home Training - Session 2



Distractions!

Figure out who's in control of the solution, and modify responsibility for the solution as required:

- For example, if the distraction is forgetting a piece of equipment, the athlete can be responsible for the solution.
- If the distraction is that start times may change, the coach can be responsible for the solution.
- And if the distraction is a rain delay, everyone just has to accept it and take a deep breath!



Toe Taps

These exercises should be completed 3-4 times per week. We'll start small but take these outside if you can.

Use 4 cones or four cans, socks, hats etc to make a square to work in. If you can, make it big enough to take three steps across. If you can go outside, make it a bit bigger.

Toe Taps

Starting at cone one, roll the ball forward via alternating touches with the sole of your foot (specifically, the area right below your toes).

Tap and roll the ball forward to the first cone, then backwards to the start.

Repeat to all other cones.

[Example video](#)



3 Minutes

Juggling



Player Juggles the ball only with their feet – Count how many ball contacts you can make without the ball hitting the ground – Try to switch feet after every ball contact

Accelerations and Cutting

ACCELERATIONS



DROP AND GO



TWISTIES 2



TWISTIES 3



2-2-2

These exercises should be completed 3-4 times per week. Always start the program at level 1 and progress over time.

ACCELERATIONS

- [Drop and Go](#)
- [Twisties 2](#)
- [Twisties 3](#)
- [2-2-2](#)

Progressions

Level 1 - 10m distance, do 2 reps each
Level 2 - 20m distance, do 3 reps each
Level 3 - 30m distance, do 4 reps each

Ball Control

These exercises should be completed 3-4 times per week. We'll start small but take these outside if you can.

Use 4 cones or four cans, socks, hats etc to make a square to work in. If you can, make it big enough to take three steps across. If you can go outside, make it a bit bigger.

Staying in control in your square;

Free Dribble - 3 minutes, around as many cones as you can.

Sole of foot - 2 minutes, to a cone and touch it

Inside Out - 2 minutes (dribble using only the inside and outside of each foot) at each cone, drop and do a pushup.

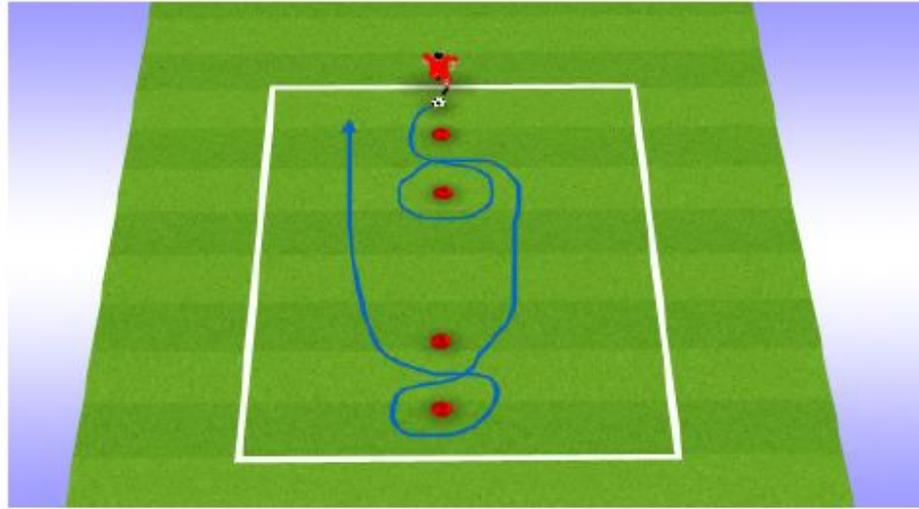


Figure 8

2 min

How many figure 8s
can you complete
in 2 min.

Remember your
number and beat it
next round!



Player dribbles in Figure 8 Direction as outlined in diagram above – Always dribble through the 2 cones and manipulate the ball around the 2nd cone – After each Rep, switch dribbling foot

Balance Exercises

Table Top - 3 sets of 20 seconds - In a crab position, raise your core and hold as flat a position as you can for 20 seconds.

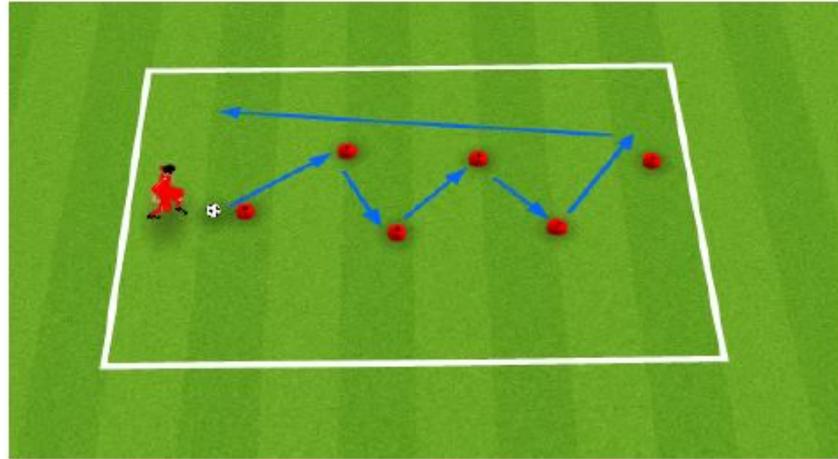
Rollover Heel to Sky - 3 sets of 5 to start. In a side plank position, raise your arm and your top leg to the sky. Drop your arm and leg, then roll over to the opposite side.

Table Top Russians - 3 sets of 20 seconds. The same as Table Top but we will now raise each leg out straight, alternating for 20 seconds.

These require you to visualize and focus on your form. See if you can block out distractions, noise, smells, people, pets.



Zig Zag Dribble



2 min sessions

How many full patterns can you complete.

Remember the number so you can beat it in the next round!!!

Player dribbles in Zig Zag Direction – The player changes direction at each cone and switches feet – Once player has completed the zig-zag, they dribble back to the front

3 Minutes

Juggling



Take a few touches and then try to take a higher touch. Control the ball as it drops, move into a sprinting dribble or change of direction.

End of Session 2

If you had fun, we'll work harder to correct that on the next session.

