

Stopping

Prop, Prop, Prop, Sprint and Stop

- Prop, prop, prop forward and sprint forward 5 m.
- Stop in a good 1-2 or 2 foot landing.

5X

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary length of time must stick landing.



Broad Jump, Sprint and Stop

- Broad jump and land in a good squat .
- After broad jump sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

5X. Do 2 sets

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the first broad jump landing.



Drop Box Land on Two Feet, Jump Forward, Land on One Foot, Sprint and Stop

- Drop box land on 2 feet, broad jump forward onto 1 foot and land in a good single leg squat.
- Sprint forward 2-3m.
- Stop in a good 1-2 or 2 foot landing.

5X each leg

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the single leg landing.



Hop and Land on One Foot, Sprint and Stop

- Hop forward and land in a good single leg landing.
- Sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

5X each leg

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the single leg landing.



Jump, Push and Land on Two Feet or One Foot

- Jump in air and opposition pushes. Land in a good double or single leg landing.
- Sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

6X (vary double foot and single foot landing)

Progression

Sprint in varying directions.
Add ball and catch ball on first landing or stopping.
Vary length of time must stick landing.

