

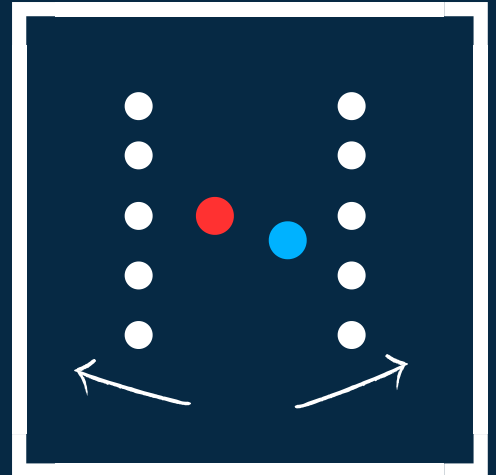
THE SET UP -

Cone structure -

- Set out 2 lines of cones 4 meters apart to create a channel.

Instruction to players -

- As the players arrive they join a field.
- Instruct the players to lightly jog down the channel
- Players on the right peel out right when they get to the end, players on the left peel out left.



CHANNEL EXERCISES

A variety of dynamic movements to active muscle groups

Running straight ahead -

- Players will jog through the channel lightly just to start off the warm up - 3 laps
- Activates muscle groups in legs and arm
- Raises heart rate

Open the gates -

- Walk or jog easily - stopping at each cone to lift your knee and rotate the hip outwards
- Alternate between between left and right at successive cones
- 2 sets

Close the gates -

- Walk or jog easily - stopping at each cone to lift your knee and rotate the hip inwards
- Alternate between between left and right at successive cones
- 2 sets



CHANNEL EXERCISES

Circling partner -

- Run forwards as a pair to the first set of cones - Shuffle sideways at 90 degrees to meet in the middle. Shuffle in an entire circle around each other and then return back to the cones. Repeat for each pair of cones.
- Stay on your toes
- Keep center of gravity low by bending hips and knees
- 2 sets



Shoulder contact -

- Run forwards in pairs to the first set of cones. Shuffle sideways 90 degrees and meet in the middle then jump sideways towards each other to make shoulder to shoulder contact.
- Make sure to land with both feet bending hips and knees.
- synchronize jump with team mates
- 2 sets

Forwards and backwards movement

- As a pair, sprint to the second set of cones. Then track backwards to the first set of cones keeping your bend hips and knees to prepare body.
- 2 sets

- **Pole runs**

- Set up 2 sets of poles in a row - players will go in and out of the poles using their body to shift left and right through.
- Bend knees and hips to cross quickly
- peel out when you get to the end and light jog back
- 4 sets