

# Practice Planner

## Warm Up



### Dynamic Stretching (start with 70% speed run around 1/2 the field x 2)

**Leg Kicks**

Set-up/Action

- Form lines of equal-numbered players.
- The 1st person in line stands on sideline and faces across the field.
- Start in a balanced two-point stance.
- Keep your head still.
- On 1st whistle, walk to center of field.
- On each step, kick leg as high as possible.
- On 2nd whistle, go to half speed and skip the rest of the way.

DRILLS



1<sup>st</sup> Whistle /  
Walking



2<sup>nd</sup> Whistle /  
1/2 Speed

**Back Kicks**

Set-up/Action

- Form lines of equal-numbered players.
- The 1st person in line stands on sideline and faces across the field.
- Start in a balanced two-point stance.
- Keep your head still.
- On 1st whistle, run at 1/4 speed, bringing each leg back to touch the buttocks.
- Pump arms forward in a natural running motion.
- On 2nd whistle, run at 1/2 speed, repeating the motion.

DRILLS



1<sup>st</sup> Whistle /  
1/4 Speed



2<sup>nd</sup> Whistle /  
1/2 Speed

**Shuffle**

Set-up/Action

- Form lines of equal-numbered players.
- The 1st person in line turns sideways in 2-point tackling stance.
- Knees flexed, hips low and hands in front.
- On 1st whistle, shuffle sideways in gliding motion.
- Do not hop.
- On 2nd whistle, pivot with lead foot and face forward.
- Run the remainder of the distance.

DRILLS



# Practice Planner

## Warm Up



● Dynamic Stretching (start with 70% speed run around ½ the field x 2)

**Locomotive Run**

Set-up/Action

- Form lines of equal-numbered players.
- The 1st person on sideline, facing across width of field.
- Start in balanced 2-point stance and keep head still.
- On 1st whistle, run at 1/4 speed, pumping legs like pistons.
- Be able to move under control and then shift to top speed.
- On 2nd whistle, run remainder of distance at full speed.

DRILLS



1<sup>st</sup> Whistle /  
¼ Speed



2<sup>nd</sup> Whistle /  
Full Speed

**Back Pedal**

Set-up/Action

- Form lines of equal-numbered players.
- The 1st person in line turns backwards in 2-point running stance.
- Knees flexed, hips low and hands at sides.
- On 1st whistle, run backwards, staying on balls of feet.
- Pump arms in natural running motion.
- On 2nd whistle, pivot and face forward.
- Run the remainder of the distance.

DRILLS



1<sup>st</sup> Whistle



2<sup>nd</sup> Whistle /  
Turn & Pivot