



T1 Drills

General mobility as required then complete the following

- Calf pump x 10m / Lateral shuffle return x 10m
- Pogo forwards x 10m / Lateral shuffle return x 10m
- Pogo backwards x 10m / Carioca return x 10m
- Split Pogo x 10m / Carioca return x 10m
- A skip x 10m / Backward jog return x 10m
- Ankle dribble x 10m / Jog return
- Ankle – Calf dribble x 20m / Jog return
- Ankle – Calf – Knee dribble x 30m / Jog return
- Dribble Transition (speed focus x 30m / Jog return
- Build up strides 3 x 40m (60-70-80%) / Jog return
- 30-40m Build up Flying 10m Sprint + Deceleration / Walk return x 2

