Indoor Practice #\_\_\_- Practice Plan Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | Introduction – What we are focusing on today:  1.  2.  3. |  |
|  | Warm Up | **Warm up Drills**  Casual Jog - 2 laps around gym   1. Lines - Jog/ Around Cone, Jog (x2 per side)   Jog, Around Cone, Back Peddle (x2 total)  Shuffle, Around Cone, Shuffle (x2 total)  Carioca, Around Cone, Carioca (x2 total)  Slow High Knees x1  Lunge with Elbow turn  High Knees, Around Cone, Butt Kicks@ 50% (x1)  High Knees, Around Cone,Butt Kicks@ 100% (xl)  3 Down 2 back - 3 down 2 back?  **GET PLAYERS SPREAD OUT IN LINES**  Lateral Rotations (10x each side work up to toes)  Lateral Rotations with hip Twist (10x)  Trunk Circles (Hands together Big circles above head touch toes 10x each side)  Overhead Reaches (10x each side, reach over head side to side)  Lateral Squats – side to side with holds (?)  Tug-o-war (Link hands pull apart rotating hands at chin fw/bw 10x each way)  Palm Presses (10x)  Prayer (10x Up down in front rotate in front swim with elbows)  Arm Circles (Palms Up - Forward & Backward) Increase size 10x  Arm Circles (Palms Down - Forward & Backward) 10 x  Arm Cross-overs (Shoulder Height) Thumbs down alternate top hand 10x |
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