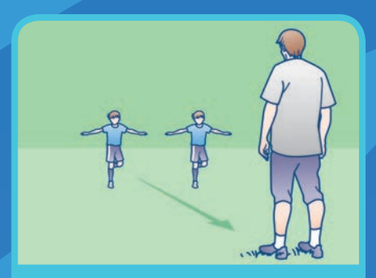
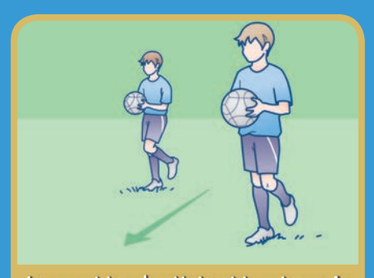
EXERCISE 1
JOG & LOOK AT THE COACH (TO STOP)

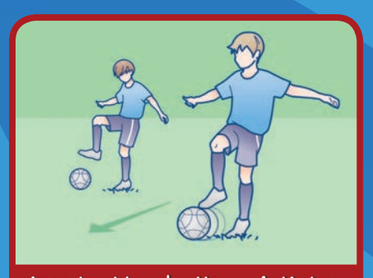
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos
- 3x 5 stop commandos


Listen to the command

Watch for the command


Keep the ball in the hands and listen to the command

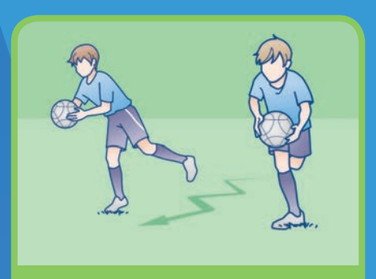
Keep the ball in the hands and watch for the command


Juggle the ball and listen to the command

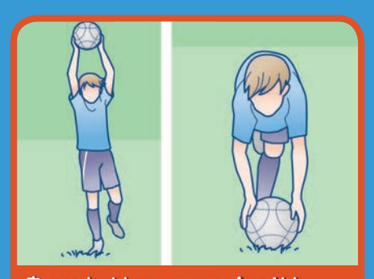
EXERCISE 2
SKATING HOP

- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)
- 2x 10 hops (5 on each leg)

Practice how to land on one leg


Keep the ball in the hands

Balance the ball on one hand

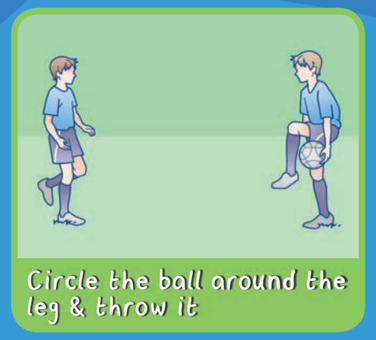

Touch the ground with the ball

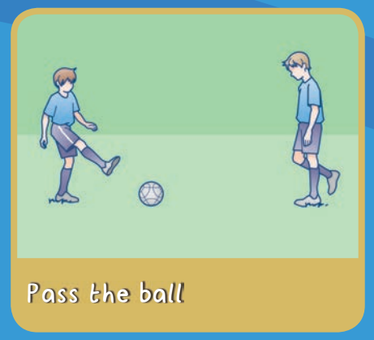
Balance and stretch forward with the ball

EXERCISE 3
ONE LEG STANCE

- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left and 5 passes per player
- 1x right/left for ca. 20 seconds

Throw the ball


Circle the ball around the leg & throw it


Pass the ball

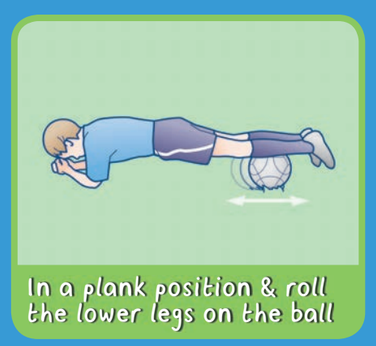
Throw the ball & play it back

Challenge your balance

EXERCISE 4
PUSH UP

- 2x, until each kid rolls 1x the ball (max. 8 kids)
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 15 seconds
- 3x à 10 seconds

Make a tunnel & roll the ball underneath


In a plank position & roll the lower legs on the ball

Keep position & roll the ball between hands

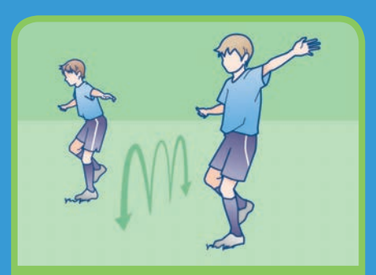
Keep position & roll the ball between hands and feet

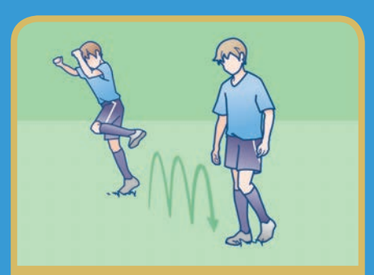
Hands on the ball & challenge your position

EXERCISE 5
ONE LEG HOPS

- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg
- 2x, 5 hops on right leg and 5 hops on left leg

Hop forwards


Hop forwards & backwards


Hop sideways

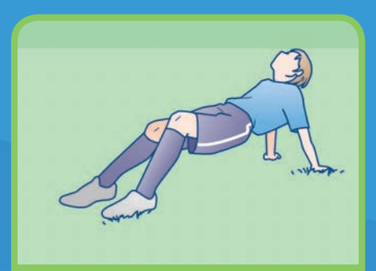
Follow the command & hop

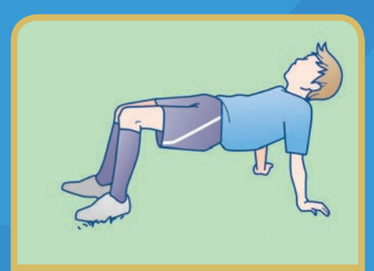
Follow the command & hop while holding the ball in the hands

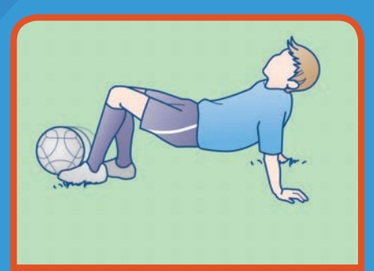
EXERCISE 6
SPIDERMAN

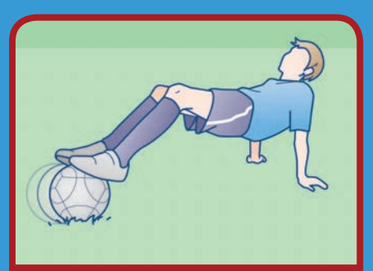
- 3x à 15 seconds
- 3x à 15 seconds
- 3x over 5-10 meters
- 3x over 5-10 meters
- 3x over 5-7 meters

Touch the ball with alternating feet


Stretch out the position


Crawling


Crawling & move the ball between the feet

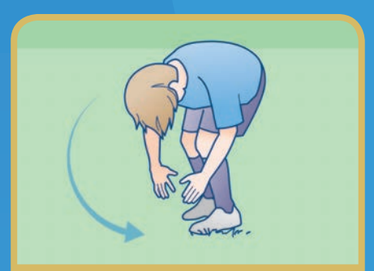

Crawling with the hands & move the ball with the feet

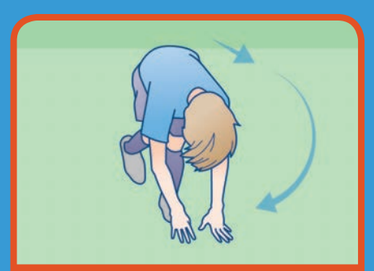
EXERCISE 7
ROLL OVER

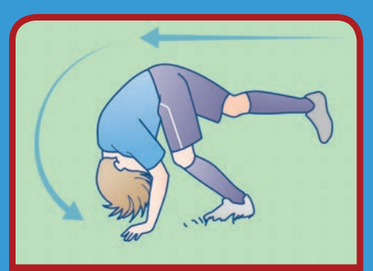
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side
- 5-7x per side

Crouch and roll over

From standing, slowly roll over


From standing, quickly roll over


Slow walk & roll over


Jog & roll over

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