

Ladder circuit

Set-up – markers and ladders laid out (see picture).

Action – split players into two groups and form a queue behind each of the red markers. The first pair runs to central section (blue) keeping in time with their partner throughout, where they perform the movement pattern as called by the coach. They move from the end of the central section round the far yellow markers and back through the ladders where they perform footwork drill as called by coach, then back to their original queue. The second pair start when the previous pair reach the end of the blue markers.

Coach calls a variety of different movements through the central section to ensure that all muscle groups are warmed up.

VARIATIONS

Inspired – be inventive with what the players do through the blue section e.g. facing each other, performing high-hand slaps whilst side-stepping, or low-hand slaps. Give each pair a ball which they have to pass between them as many times as possible in central section.

