

These are fun exercises to develop Coordination

### EXERCISE 1 GENUFLECT AND ROLL

#### ORGANISATION

- In a genuflecting position the player rolls sideways to return to genuflecting position
- To progress, the player catches a ball passed by the Coach as they come out of the roll
- To vary the exercise, get the player to catch the ball on the way into the roll

#### KEY POINTS

- Genuflect with the knee on the roll side of the body



### EXERCISE 2 VOLLEYBALL PUSH

#### ORGANISATION

- Each player has a ball
- In a stationary position push the ball above the head using the fingertips
- Attempt to keep the ball up for as long as possible without catching it

#### KEY POINTS

- Bend the knees and elbows
- Move quickly underneath the ball after each push



### EXERCISE 3 LADDER SHUFFLE

#### ORGANISATION

- The player moves through the ladder sideways placing each foot in every space
- Remember to practise this technique leading with both the left and right foot

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Use the arms to maintain balance
- Do not cross the legs



### EXERCISE 4 LADDER AND BOUNCE

#### ORGANISATION

- Place a number of targets at either side of a training ladder
- The players bounce a ball on the targets as they move through the ladder
- Use a variety of balls and targets to vary the exercise

#### KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- At first concentrate on moving through the ladder and stopping to bounce on each target; gradually increase the pace



## EXERCISE 5 PASS IN A LADDER

**ORGANISATION**

- The players work in pairs; one ball per pair
- Move through the ladder sideways while passing the ball to one another

**KEY POINTS**

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Do not cross the legs
- At first concentrate on moving through the ladder and stopping to pass the ball; gradually increase the pace

## EXERCISE 6 LADDER LINE DANCE

**ORGANISATION**

- Move through the ladder sideways leading with the left or right foot
- Bring the trailing foot through and across the front of the body into the next space
- Vary the exercise by challenging the players to bring the trailing foot through behind the lead foot

**KEY POINTS**

- Stand upright
- Use the arms to maintain balance
- Move at a controlled pace

## EXERCISE 7 BALANCE AND STRIKE

**ORGANISATION**

- Use a bench for this exercise; the player stands on the bench and strikes balls thrown by the Coach or another player
- If the ball comes to the left, strike to the left and vice versa

**KEY POINTS**

- Ensure safety mats are in place
- Move at a steady sure pace