



Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)

Three Line Warm Up & Cool Down

(All Three Lines Are To Do The Warm Up Simultaneously)

(Three Lines, 40 Meters - A Light Jog, Go Slow!!)

- Five Minute Juggle (Get to 500)
- Jog Forward, Return Forward
- Jog Forward, Return Backward
- Two Step Forward Slide
- Two Step Backward Slide
- Upper Extremity Skip - (Across The Chest, Backward Butterfly, Forward Butterfly)
- Two Step Slide, Windmill Out
- Two Step Slide, Windmill In
- Knee To Opposite Armpit
- Karaoke
- Heel To Heel, Double Clap
- Thighs, Chest, Clap, Chest, Thighs, While Skipping
- Four Step Swipe-Four Steps Swipe Right Hand, Four Steps Left Hand, Four Steps Both Hands
- Four Step Headers - Jump off Right Foot, Left Foot, Both Feet

Stretches - Hold for Thirty Seconds

- Two Feet Together Touch Toes
- Right Foot Over Left Reach Toes - Left Foot Over Right Touch Toes
- Spread Legs Reach Through
- Spread Legs Reach w/Both Hands To Right Foot-Spread Legs Reach w/Both Hands To Left Foot
- Spread Legs Bend Right Knee-Spread Legs Bend Left Knee
- Butterfly - (squatting)
- Right Calf - Left Calf
- Right Quadriceps - Left Quadriceps
- Right Hurdle - Left Hurdle
- Right Sexy (iliotibial band) - Left Sexy (iliotibial band)
- Hip Flexors - (Tensor Fasciae Latae)

Drill Pre-Game Warm Up With A Ball

- Turn With Outside Of Front Foot
- Turn With Inside Of Front Foot
- Turn With Inside Of Back Foot (behind the standing leg)
- Short, Short, Middle (middle player turns away & moves to split after drop)
- Short, Short, Long
- Short, Short, Long (With a One Two At The End)
- Short, Short, Long, Drop, Split, Through (3rd person run)
- Short, Short, Long (lob in the air over the middle line)
- Short, Short, Long, Drop, Through (Put A Shot On The End)
- Short, Short, Long, Drop, (Put A Shot On The End)