

Week 5

Athletic skill (warm-up): Medium cone, two feet hop. 6 cones in a row. 3 reps



Key points: feet together, hands on side of the body

Striking: Double step, hit ball off cone into net. 15 reps



Key points: head straight, full swing of the bat

Coordination: Turn around catch. Players opposite one another.



Key points: hands above eye level, quickly under the ball

Bowling/throwing: Back-foot to front foot plus windmill



Key points: heading looking straight, arms straight, brush ear, brush leg with hands

Game: High catch competition. 2 rows – coach through to different players.



