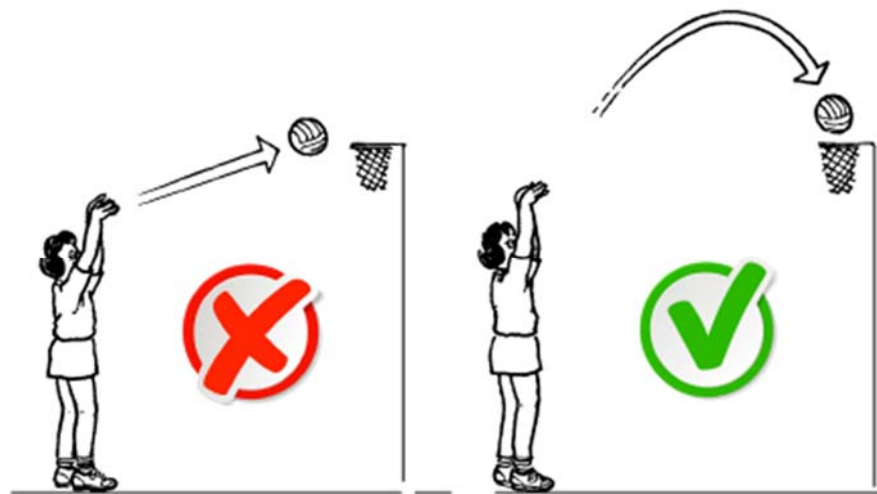


1. Shooting

Players have a ball each and use good shooting technique to shoot goals.



2. Quadriceps/Squats

NA KNEE Program



3. Passing

10 x each type of pass

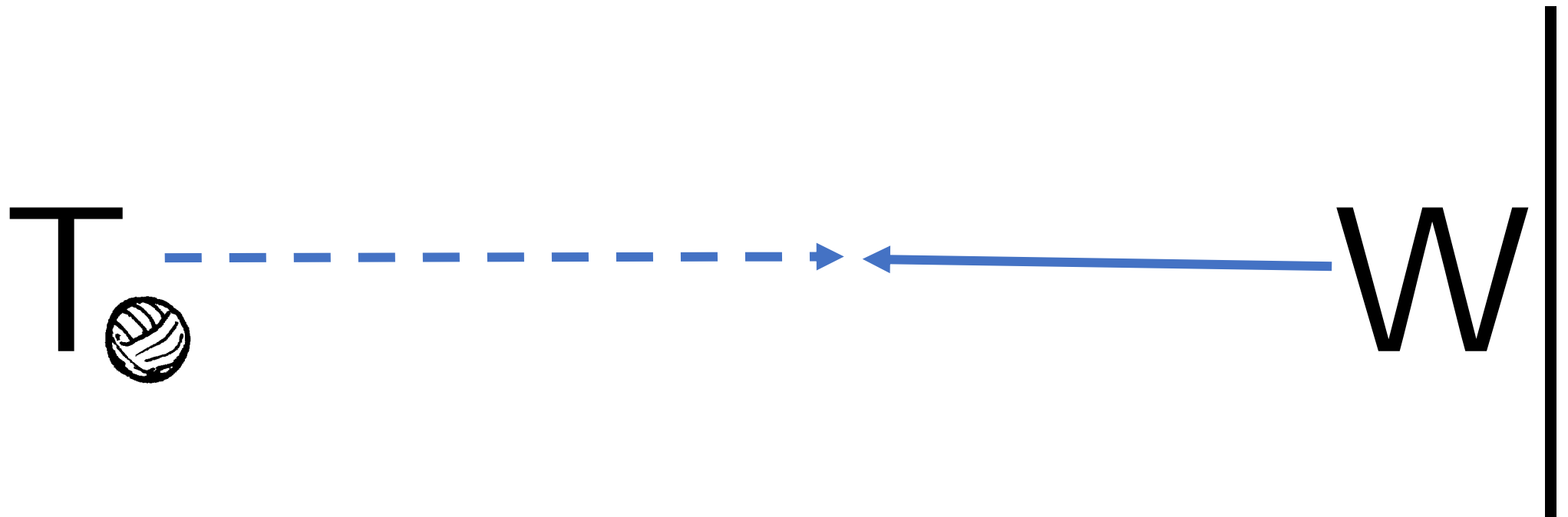
- Shoulder passes with preferred arm.
- Shoulder passes non-preferred arm.
- Chest.
- Bounce.
- Keep repeating until the minute's up.



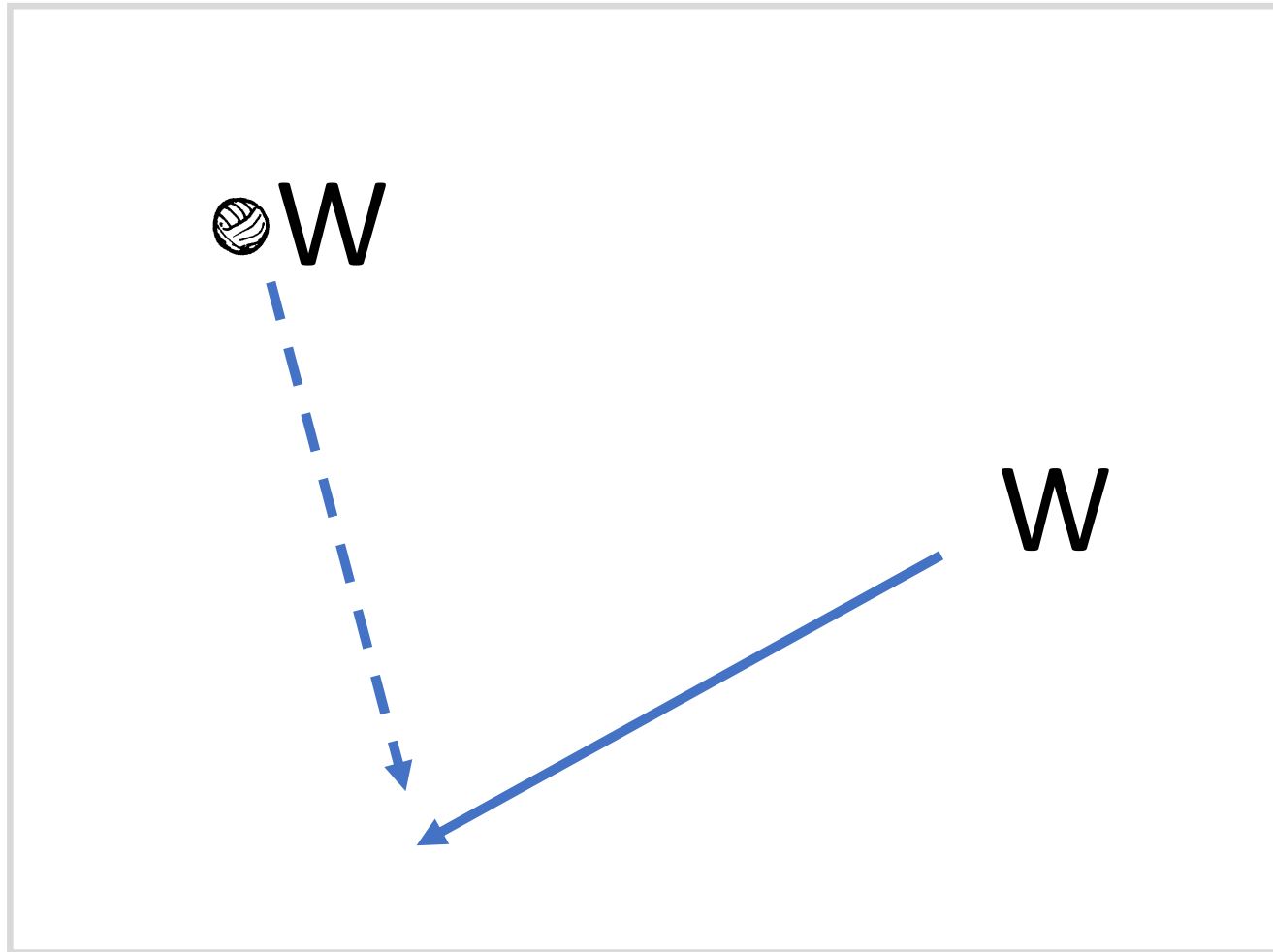
4. Plank Through Knees - NA KNEE Program



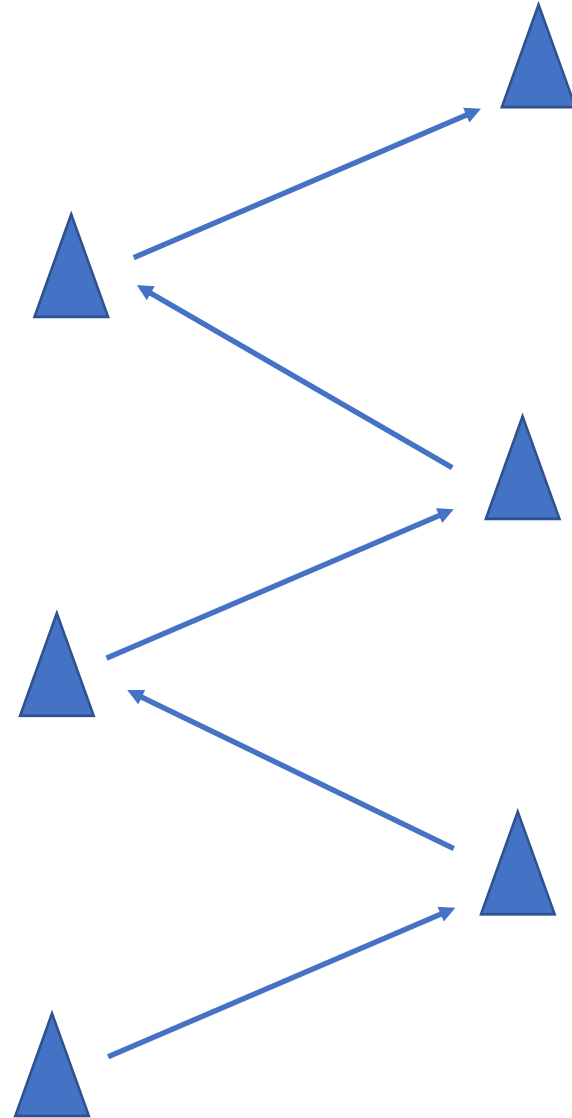
5. Touch Line and Drive
30 secs each.



6. On the Move



7. Zig-Zag Running



8. Ball Roll - 30 secs each leg NA KNEE Program



9. Hamstring/Bridge

NA KNEE Program



10. Side to Side

