

Cones at 0, 5, 10, 15, 20, 25, 30 and 40m

Warm-up

4 x jog 40m
2 x skip 15m rolling shoulders
Slow jog to 15m (front crawl arms); slow jog backwards to 0m (backstroke arms)
2 x slow jog 15m back slaps
Stretch arms and warm-up ankles
2 x sidestep to 20m; jog to 40m
2 x grapevine to 20m; jog to 40m
High knees to 20m; jog back
Bum kicks to 20m; jog back
Walking calves to 10m; jog to 40m
Swinging hammys (10 per leg)
Standing quad stretch, each x 5 (hold 2 sec & swing forward)
Walking lunge to 25m; jog to 0m
2 x bounds 40m
10-15 push-ups; 20-30 sit-ups

2 x fast feet to 5m; jog out to 20m
2 x shuttle 0m - 10m - 0m - 20m - 0m - 30m - 0m (jog out, sprint back)
1 x bitch tree
2 x Throwing drill

2 x skater hop to 20m; walk back
2 x cherry-pickers to 20m; walk back
10 x split squat jumps (static lunge forward, jump and switch feet)
10-15 push-ups; 20-30 sit-ups

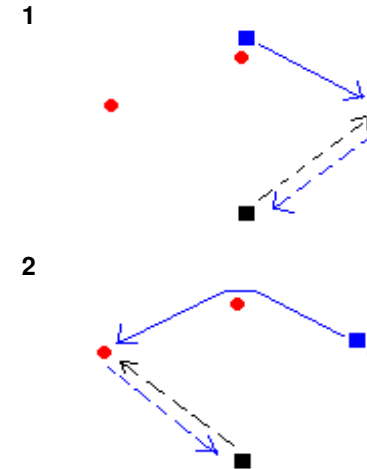
10 x 5-10-5s (start at 5m, sprint 0m - 10m - 5m, repeat opposite)
2 x 5 sergeant jumps; sprint to 20m; walk to 40m
2 x 5 tuck jumps; sprint to 20m; walk to 40m
2 x controlled frog hops to 15m; walk to 20m
10-15 push-ups; 20-30 sit-ups

6 x sprint to 40m; jog back to 15m; walk to 0m
3 man square drill (with plank/skipping as necessary) - 2 min sets

Static stretch/long throws as desired.

Throwing drill

Path of cutter
Path of disc



Repeat x 10 (20 completions)