

UNDER 10 LADIES FOOTBALL DEVELOPMENT GOALS

HANDLING

- Overhead Catch
- Hand Pass (Left & Right)
- Pick Up

KICKING

- Punt Kick (Left & Right)
- Punt Kick - Outside of the Foot

TACKLING

- Shouldering
- Near Hand Tackle
- Shadowing
- Blocking

TRAVELLING

- Bounce
- Solo

PHYSICAL FOCUS

- **Speed**
 - Further developments of speed in the warm ups
 - Efforts of less than 6 seconds (Quickness, change of direction & reaction sprints)
- **Strength**
 - Introduce core strength (e.g. Body Twists with Partner, own body strength exercises, partner pull-ups push ups, wheelbarrow race etc.)
 - Plyometrics - bounding & hopping
- **Stamina**
 - Endurance related activities (e.g. relay races with the ball, small sided games & ball drills)
 - Circuit training with the ball
- **Flexibility**
 - Introduce Dynamic Stretch
 - Warm Up & Cool Down