

# UNDER 11 LADIES FOOTBALL DEVELOPMENT GOALS

## HANDLING

- Catching (under pressure)
- Hand Pass (Left & Right)
- Pick Up (Moving Ball)

## KICKING

- Hook Kick (Left & Right)

## TACKLING

- Shouldering
- Frontal Tackle
- Blocking

## TRAVELLING

- Solo Run (Left & Right)
- Dummy 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