

# UNDER 8 LADIES FOOTBALL DEVELOPMENT GOALS

## HANDLING

- Body Catch
- Hand Pass
- Pick Up

## KICKING

- Punt Kick (Left & Right)

## TACKLING

- Near Hand Tackle

## TRAVELLING

- Bounce
- Solo

## FUNDAMENTAL MOVEMENTS

- **Agility** - Change of Direction
- **Balance** - Single Leg Hops
- **Co-ordination** - Skipping, Ladders, bean bag toss
- **Conditioning** - Basic flexibility, partner resistance (push, pull, core strength)
- **Running** - Technique, hurdles, relay races
- **Jumping** - Take off, landing, leap frog
- **Throwing** - Target roll & throws, dodge ball