

UNDER 9 LADIES FOOTBALL DEVELOPMENT GOALS

HANDLING

- High Catch
- Fist Pass
- Pick Up

KICKING

- Hook Kick (Left & Right)

TACKLING

- Shadowing
- Blocking

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