

# WARM UPS

## CIRCUIT ABILITY DRILLS (ALLOW 20 MINS)

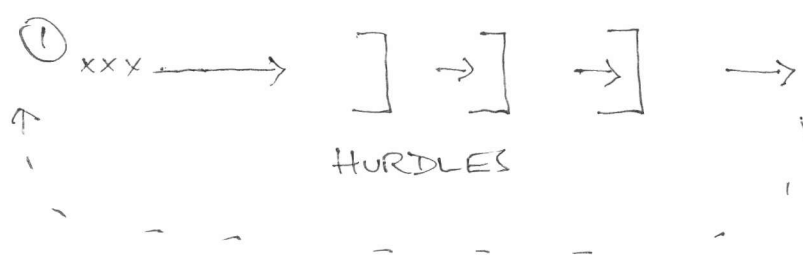
EQUIPMENT : TENNIS BALLS; INCREDIBALLS; RAMPS (2); SKY BAT; TENNIS RAQUET; CONES; AGILITY LADDER; HURDLES

LAY OUT : USE FULL HALL; FOUR SEPARATE DRILLS; COLTS SPEND 5 MINUTES ON EACH THEN MOVE TO NEXT DRILL.

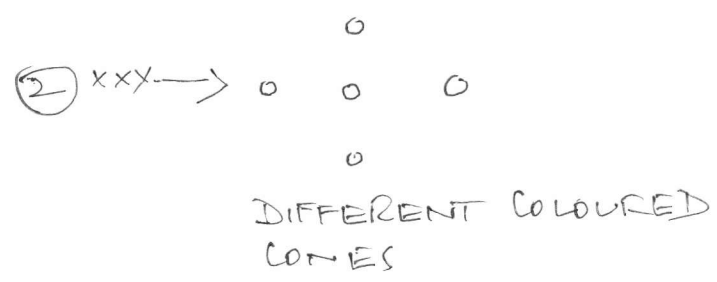
PLAYERS START

CATCHING SPOT

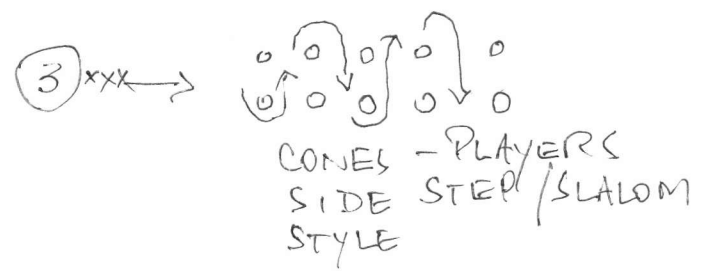
FEEDERS (COACHES)



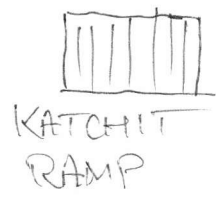
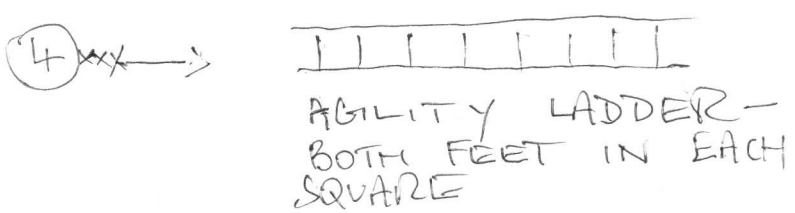
HIT CATCH WITH SKY BAT - TENNIS BALL



COACH CALLS OUT 2 COLOURS; PLAYER TOUCHES RELEVANT CONES THEN MOVES TO CATCHING POSITION. COACH THROWS INCREDIBALL OFF RAMP



COACH HITS TENNIS BALL CATCH USING RAQUET



COACH THROWS INCREDIBALL OFF RAMP

WARM UPS

NON-STOP CIRCUIT (AEROBIC + EXHAUSTING)

(ALLOW 15 MINS)

EQUIPMENT: TENNIS BALLS; INCREDIBALLS; RAMPS (2); STUMPS (2); AGILITY LADDER; HURDLES; GOAL; CONES

LAY OUT: USE ALL HALL; SHOULD BE NON-STOP CIRCUIT INVOLVING ABILITY + FIELDING DRILLS

