

# Back to basics - 30 Minutes

Remember during each session to keep hydrated and at the end of each session include a warm down & stretch.

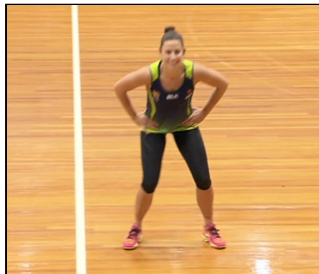
## WARM UP 15 MINUTES

5 Minute jog - on a running machine or if possible around the block.  
(then click on the links below)

### WALKING HIGH KNEES



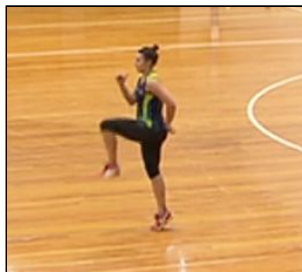
### SIDE SKIP SQUAT



### SHUFFLE



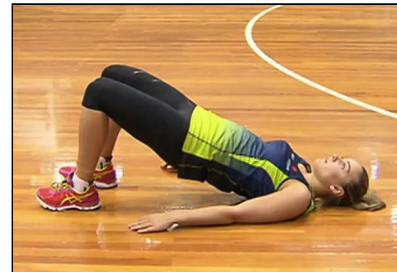
### WALKING LUNGE



### ARABESQUE



### BRIDGE



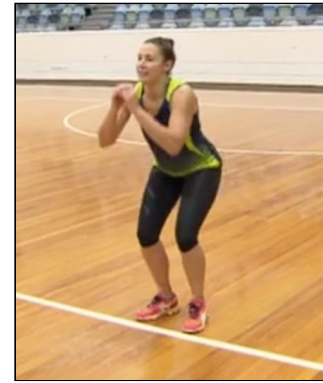
## BALL WORK 15 MINUTES

Click on the links below , concentrate on the movement and landing technique and then add a variety of passes

### TWO FOOT LANDING WITH PASS



### ROTATION JUMPS WITH PASS



### SURPRISES WITH BALL



## STATIC STRETCHES

