

ANZ futureFERNS

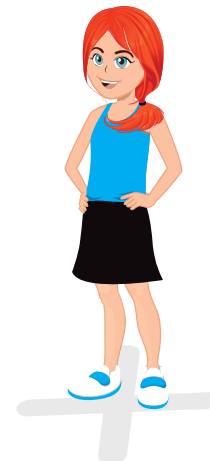
Station One – Ball to Target

Aim:

To allow the players to practise their pivots and then their passing to hit a target.

- Tie/Fix a bib to a fence or a wall.
- The worker drives forward to receive the ball, then pivots and releases the ball immediately, trying to hit the bib.

How many times can you hit the target out of 10?



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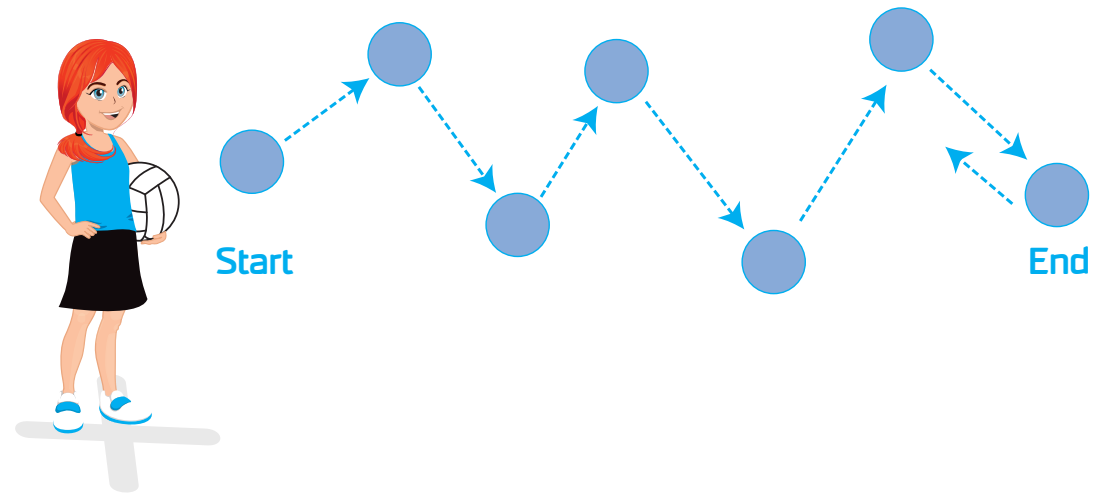
Station Two – Zigzag

Aim:

To allow the players to test their speed and agility.

- Place five spots at various distances from the goalpost.
- The players start at the beginning and keep zigzagging to the end and then back to the start until 20 seconds are up.

How many spots can you touch in 20 seconds?



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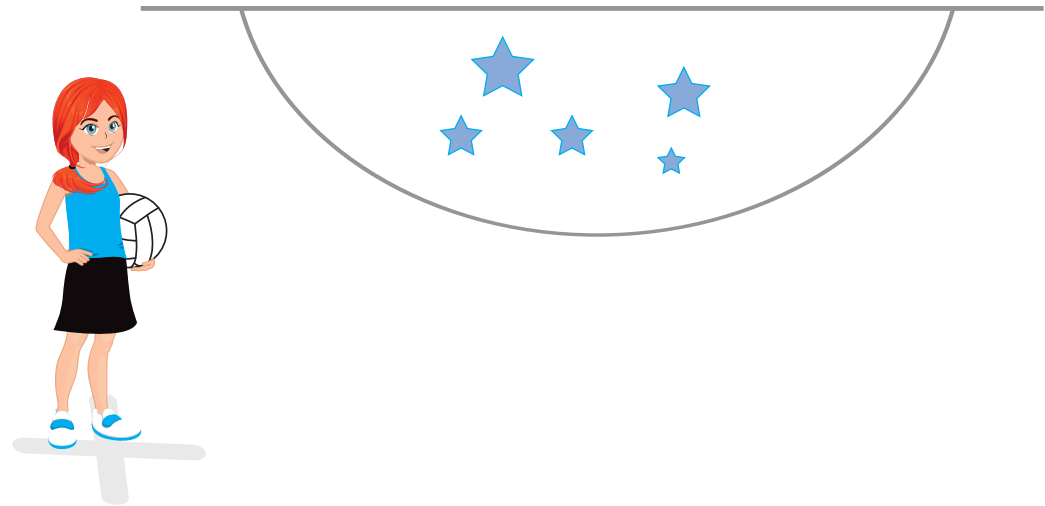
Station Three – Shooting Stars

Aim:

To allow the players to practise shooting from a variety of distances.

- Place five to 10 spots at various distances from the goalpost.
- Each player takes 10 shots then swaps.

How many successful shots can you shoot out of 10?



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Station Four – Ball Routine

Aim:

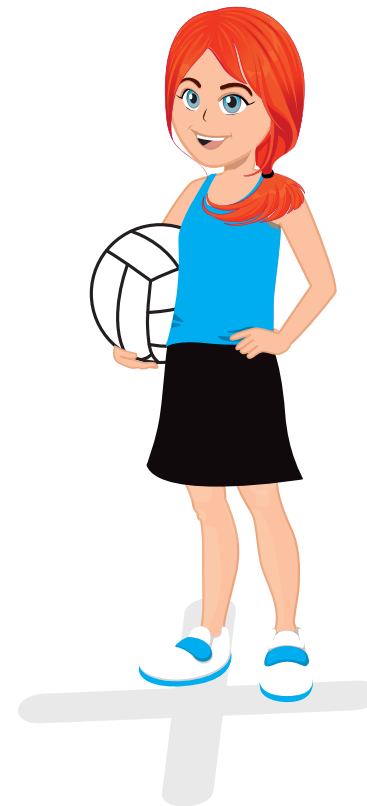
To help develop ball co-ordination and allow the players to test their skills.

Each player:

- Starts with feet slightly apart, knees slightly bent and body upright
- Steps left foot forward
- Passes the ball around left leg
- Put feet together again
- Passes the ball around both legs
- Puts right foot forward
- Passes the ball around right leg
- Puts feet together again
- Passes the ball around both legs
- Now passes the ball around the waist.

This is a complete routine!

How many times can you complete this routine in 30 seconds?



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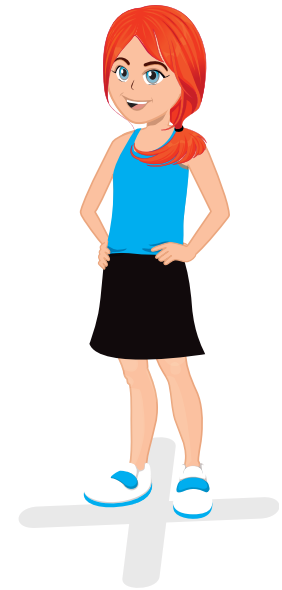
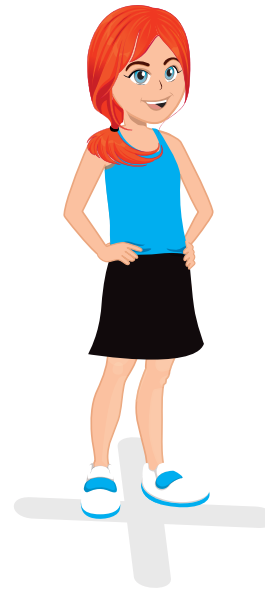
Station Five – Egg Catching

Aim:

To have fun with the players and focus on passing accuracy.

- Partners stand one step apart and pass the egg.
- If the egg is caught, the players each take a step back.
- The egg is passed.
- If the egg is caught successfully, the players each take a step back.
- The players continue until the egg isn't caught or the players think this is as far as they can go.

Who can pass the egg the furthest without breaking it?



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Station Six - Tails

Aim:

To try and avoid the partner of a player removing the player's tail by using fast feet and dodging actions.

- Mark out a 5 x 5-metre area the players must stay within.
- One player tucks a bib in their pants/shorts/skirt.
- The other player tries to grab the bib.
- If the player successfully grabs the bib, they quickly return it and the activity continues.

How many times can you grab the bib in 20 seconds?

