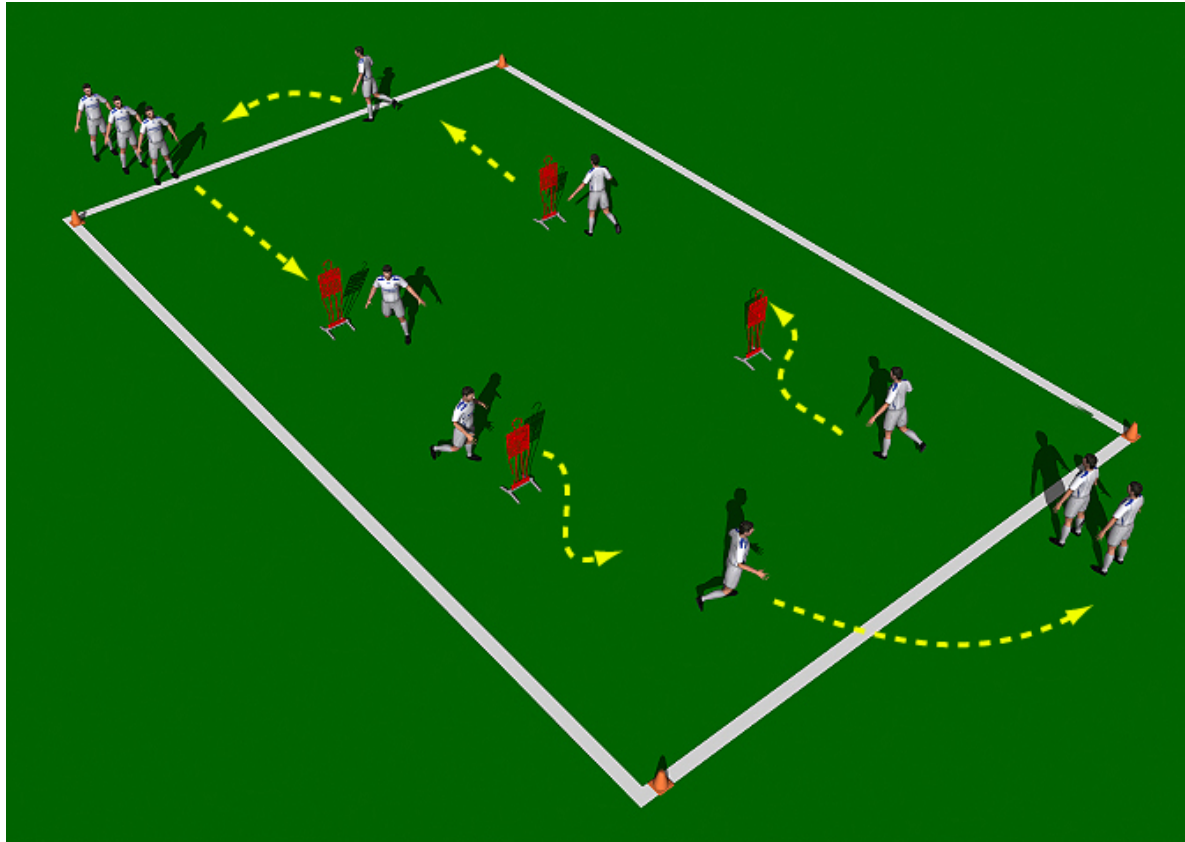


Mannequin Sprints



Exercise Objectives:

This exercise focuses on change of pace, change of direction and body feints. It is a short exercise that can be incorporated into any warm up session.

Coaching Pointers:

To start the exercise, divide your team into 2 groups and position them at opposite sides of the grid (see diagram above). The first player in each group runs at the first mannequin and executes a body feint before acceleration into the space behind the mannequin. He repeats at the next mannequin. All players rotate through the mannequins in a circular fashion.

Focus on:

- ★ Realistic body feints, dip the shoulder
- ★ Change of Speed
- ★ Change of direction

Field Preparation

Entire Group
Mannequins