

PHASE 1

1. CHASE
2. LAUNCHPAD
3. SIM
4. ACE

ACTIVITY 2: LAUNCHPAD

OVERVIEW: LAUNCHPAD is a series of foundation-building exercises designed to improve coordination essential to heading effectively and winning aerial challenges safely.

PLAYERS: Divided into pairs. One ball per pair. Each pair occupies a 6 X 6-yard box within the grid.

TIME: 5 minutes

INSTRUCTION:

- Stage 1 – Players alternate exercises
 - 30 seconds – Mountain Climber Ball Bounces: Push up position; Ball bounces between hands and knees
 - 30 seconds – Crab Walks: Table top position: Coordinate opposite hand and foot movement
- Stage 2 – Players alternate exercises
 - 30 seconds – Jump Lunge Ball Squeezes: Staggered stance: feet switch in air; Squeeze ball at chest to engage upper body
 - 30 seconds – Bear Crawls: On hands and knees, flat back; Lift shins; Coordinate opposite hand and foot movement
- Stage 3 – All players complete exercises simultaneously
 - 45 seconds – Chin Tucks: Flat on back, knees bent, feet flat on ground: Goalpost arms frame the head; Chin tucks to chest, hold, release to ground
 - 45 seconds – Neck Extensions: Same starting position; Lift face to sky, lead with nose

