

PHASE 2

1. CHASE
2. JET
3. RADAR
4. ACE

ACTIVITY 2: JET

OVERVIEW: JET is a fitness exercise that tests dynamic movement in multiple directions and allows players to practice safe aerial challenge technique.

PLAYERS: Form two lines behind the interior cones at one end of the grid.

TIME: 2 minutes

INSTRUCTION:

- The first player in each line slides laterally to touch the outside edge of the grid.
- Players then sprint diagonally to the center of the next line of cones to meet in the middle.
- Players jump to engage in an aerial challenge. For this first aerial challenge, coaches are encouraged to create a buffer between players to ensure safe contact is made.
- Players repeat the sequence moving to the next set of cones as the next pair begins the exercise.
- Once players reach the end of the grid (3 aerial challenges), they jog back to the starting position, switch lines, and enter the grid again as soon as the pair ahead of them engages in aerial challenge.
- The exercise runs continuously for two minutes.

KEY WORDS: Head up and active for awareness; Build a barrier with goalpost arms and palms out to control contact; Elbows below shoulders; Torsos do not touch

PLACEHOLDER FOR SUPPORTING IMAGES

