



## Single player sessions

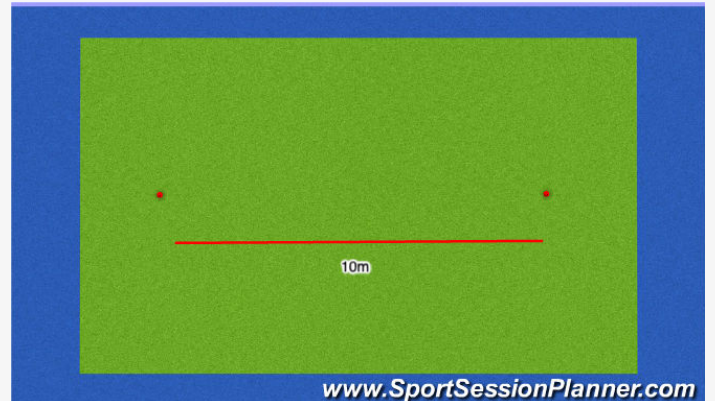
Category: Mental: Team  
Difficulty: Senior

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Individual-Adult Member

### 10m stick work shuffles

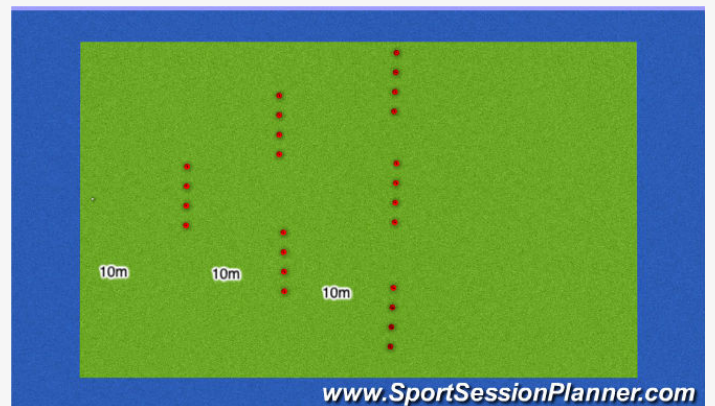
Sets of 10

1. Full sprint with ball in carry position 5 sec rest
2. Ball carried in front (frying pan positions) 5 sec rest
3. Indian Dribble using fakes 5 sec Rest
4. Frying pan dribble with ball going straight but legs going from side to side 5 sec rest
5. Left hand only dribble 5 sec rest
6. Right hand only dribble 5 sec rest



### the pyramid

- At top speed attack the three lines of cones.  
On one of the three rows (unspecified you must  
Drag left  
Drag right  
Go over  
Then jog back  
Three sets of ten balls with 1 min rest between each set



### Stickwork Grids

- Stickwork Grids  
3 x 3 Mins with 1 min rest includes walk recover  
Attack set 1 and use either left drag, right drag or 3D  
2 Left foot pivot drag  
3 Stop DEAD then go again fast  
4 Fast hands indian dribble



## Circle work

### Circle

Set 1 5 full anti clockwise sprints around the circle 5 secs rest

Set 2 5 full clockwise sprints (ball remaining on forehand) around the circle 5 secs rest

Set 3 5 anti clockwise sprints where the ball must go in side the circle twice using indian dribble 5 secs rest

Set 4 5 anti clockwise sprints using left hand only

