

Floorball Girls HBL

Term 2 Week 3&4 (6/4/2020 - 17/4/2020)

Day	Players	Goalkeepers	Objectives	Instructions (Objectives, tasks to be carried out)	Resources
Monday	X	X	Physical Training	<p>Students to complete the following: *OWN WARM UP*</p> <ol style="list-style-type: none"> 1. 10 push ups (either knees down or men's push ups) 2. 20 crunches (please have a mat or thick towel to take care of your back) 3. 20 squats 4. 20 lunges (both legs each) 5. Mountain Climbers (30 sec) 6. 30 sec planks <p>Number of sets = 3</p> <p>*OWN COOL DOWN*</p> <p>Record time lapse video while doing</p>	Refer to student videos on SLS
Wednesday	X		Stickwork	<p>Students to complete the following: *OWN WARM UP*</p> <ol style="list-style-type: none"> 1. Left-Right (Static) 100 times 2. Left Right (Moving) (50 times) 3. Mini Lob (50 times) 4. Forehand Spin (50 times) 5. Backhand Spin (50 times) <p>*OWN COOL DOWN*</p> <p>Record time lapse video while doing</p>	Refer to student videos on SLS (https://www.youtube.com/watch?v=fX0gYzKHjZU)
Wednesday		X	Goalie Training	<p>Students to do the following: *OWN WARM UP*</p> <ol style="list-style-type: none"> 1. Ball catching (50 times each hand) 2. Bounce ball on wall and catch (50 times each hand) 3. Roll ball (simulate throwing of short low ball throw) 4. Wear GK pants and do movement drills <ul style="list-style-type: none"> - Small movement drill from left to right in semi circle 30 sets -refer to continuous repositioning video - Movement from left to right in in one long motion 30 sets - refer to mobility drill post to post video <p>**GK to take note of legs (refer to basic GK position video) when doing movement drill</p> <p>*OWN COOL DOWN*</p> <p>Record time lapse video while doing</p>	https://www.youtube.com/watch?v=L7vCBRK46mk

Friday	X	X	Stamina Building (2.4km run)	<p>Students to do the following: *OWN WARM UP*</p> <ol style="list-style-type: none"> 1. Students should have downloaded the running app 'Run Keeper' and created an account under the app. Students should also have changed the 'distance' from 'miles' to 'kilometers' under the settings. 2. Students to run 2.4km 3. Students to share timing and pace on group chat (screenshot of timing) <p>*OWN COOL DOWN*</p> <p>Record time lapse video while doing</p>	1. Runkeeper app
X- denotes who needs to do activity					
http://www.htg.tartu.ee/~siim/saalihoki/Exercises					