

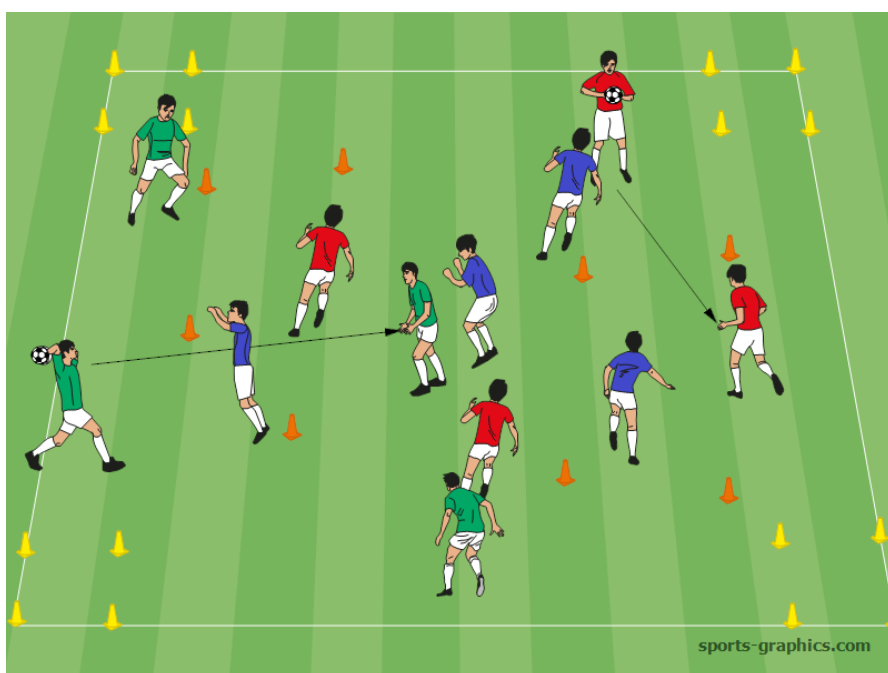
# THE 50 CENT CHALLENGE

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

## PHYSICAL

### Warm Up

### Dynamic Movement



Set up a 25x25 playing area with four 2yd wide gates randomly placed within the area and four 1yd squares marked out on each corner.

Divide players into three even groups.

One group (blue) are defenders with red and green attackers.

One player from each attacking group has a ball.

Attackers throw the ball through a gate to a teammate.

If a defender intercepts they work as a team to throw the ball into one of the four corner zones.

Rotate the attacking and defending teams.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



## LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

## KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor players performance and application to the task
- Start gradually

## FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Ensure players are moving fluently and looking to receive the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Players should be busy and communicating while passing the ball in the group.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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