PART 1  RUNNING EXERCISES  ·  8 MINUTES

1. RUNNING STRAIGHT AHEAD
   - Distance: 100 m, 5-6 m pace
   - The runner should accelerate, maintain a high level of speed, and then slow down to a 5-6 m pace.

2. RUNNING HOP OUT
   - Starting position: Stand on one leg, with your other leg bent at 90 degrees. Jump forward with your supporting leg, then return to the starting position.

3. RUNNING HIP IN
   - Starting position: Stand on one leg, with your other leg bent at 90 degrees. Jump forward with your supporting leg, then return to the starting position.

4. RUNNING CIRCLING PARTNER
   - Partners stand opposite each other with their feet in contact. Perform a circle with your partner.

5. RUNNING SHOULDER CONTACT
   - Starting position: Stand with your feet shoulder-width apart. Perform a shoulder contact with your partner.

6. RUNNING QUICK FORWARDS & BACKWARDS
   - Distance: 100 m
   - The runner should perform quick forwards and backwards movements.

PART 2  STRENGTH  ·  PLYOMETRICS  ·  BALANCE  ·  10 MINUTES

1. SQUATS
   - Starting position: Stand with your feet shoulder-width apart. Squat until your thighs are parallel to the ground.

2. JUMPING VERTICAL JUMPS
   - Starting position: Stand with your feet shoulder-width apart. Perform vertical jumps.

3. RUNNING ACROSS THE PITCH
   - Distance: 50 m, 5-6 m pace
   - The runner should perform the exercise by running across the pitch.

4. RUNNING BOUNDING
   - Distance: 50 m, 5-6 m pace
   - The runner should perform the exercise by bounding forward.

PART 3  RUNNING EXERCISES  ·  2 MINUTES

1. KNEE POSITION CORRECT
   - Starting position: Stand with your feet shoulder-width apart. Your knees should be slightly bent.

2. KNEE POSITION INCORRECT
   - Starting position: Stand with your feet shoulder-width apart. Your knees should be straight.

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