

## Improving Diving

<b>WARM UP</b>		<i>Use a distance of 10 yards to warm up</i>	
Light jog - Open gate to cone, close gate back. - Knee to chest down, foot to butt back. - Faster Jog down and back. - Arm circles down, pull arm across chest back. - High Knees down, Butt Kickers back - Free Stretch down and back - Sprint down and back			
<b>ACTIVATE HANDS</b>			
Bounce and catch	Use two hands, bounce ball into ground and catch with two hands.		x15
Punch and catch	Use one hand to punch ball into ground and catch with two hands.		x15
Bounce and catch moving	Same as above but moving.		x10
Punch and catch moving	Same as above but moving.		x10
<b>HAND EYE COORDINATION</b>			
Bounce forward/Backward	Bend at waist and bounce ball from front to back and vice versa		x10
Quick hands	Bend at waist, one hand on ball from front, one from back. Quickly release hands and alternate grip.		x15
Quick hands V2	Same as above but both hands are on front and switch to back. Visa versa		x15
Back ball drop	Take ball over head behind back and drop ball between legs. Body moves back to allow ball to travel. Catch in front of body.		x15
Front ball drop	Bounce ball bt legs from front to back. Catch behind head.		x15
<b>CORE WORK</b>			
Toss, Sit Up, Catch	Lay on back with knees bent. Toss ball, sit up, and catch.		x20
Circle Pike	Sit in a pike position and move ball around legs.		x20
Bicycle Pike	Sit in a pike position. Move legs up and down and pass ball bt hands		x20
Open Close Pike	Sit in a position and open and close legs. Bounce ball and catch when you open legs.		x10
<b>PLYOS</b>			
Knees and get up	On knees bounce balls in front of you, get up and catch.		x10
Sit and get up	Sit on ground with legs open. Bounce ball into ground, stand up and catch.		x10
Lay on back and get up	Lay on ground with ball over head. Toss ball in air, get up and catch.		x10
Vertical jump over line.	Quick vertical jumps over line/cone		x20
Lateral jump over line	Quick lateral jumps over line/cone		x20
<b>DIVING</b>		<i>Perform each skill x20 (10 right, 10 left), take a break, then do x20 again.</i>	
Diving from seated position	Sit on ground. Place ball in line with your feet and 1.5 feet away to one side of your body. Dive out to ball and pin correctly with one hand on top of ball and one behind.		
Diving from knees	Kneeling, place ball up and to the right/left. Step with knee and dive toward ball and pin.		
Diving from bent leg	Start by kneeling but place ball a bit further away. Lift leg and move onto foot closest to ball and dive toward ball. Pin correctly.		
Diving from feet, dead ball	Standing, place ball up and to the right/left. Step and drive toward the ball. Pin correctly		
Diving from feet, rolling ball	Standing, slowly roll ball up and out to the right/left. Step and drive toward the ball. Pin correctly.		
Diving from feet, hidden rolling ball	Standing, roll ball between legs from front to back, turn and chase ball. Dive and pin correctly.		
Diving from feet, bouncing ball	Standing, hold ball out and away to the right/left. Drop ball and allow to bounce. On the up bounce dive and pin.		
Diving from feet, hidden bouncing ball	Standing, hold ball out and away to the right/left. Drop ball behind you, spin, locate ball, dive and pin.		