



Tornado's Edge

**Basic Drill Plan
9-10 Year Old**



Basic Drill Plan for 9-10 Year Old

Drill Duration: 8 Minutes

Purpose: Basic drill plan to re-enforce the basics. Suitable as an introduction to the Tornado's Edge trainer.

Guide

- Create station for Tornado's Edge and treat as any other drill in your practice
- Put similar skill leveled players together.
- If one of the kids gets excessively rough by running into others, take them off the trainer. That behavior will stop immediately. Young kids really enjoy using the trainer. They won't like getting bumped.
- Watch the arm height of the trainer during the drill. Re-adjust if not according to suggested height.
- You can encourage good behaviour by giving trainer time as an incentive.
- It is not about speed, it is about proper technique. Slow them down.

Instructions

Forwards Motion

1. C-cuts with long exaggerated stride, both directions 1 min
2. Bubbles in and out both directions 1 min
3. Crossovers with instruction (exaggerated motion), both directions 2 min

Backwards Motion

4. C-cuts with long exaggerated stride, both directions 1 min
5. Bubbles in and out both directions 1 min
6. Crossovers with instruction (exaggerated motion), both directions 2 min

Let us know how it goes on twitter & facebook.

@tornadosedge | <https://www.facebook.com/tornadosedge>