

# POWER UP

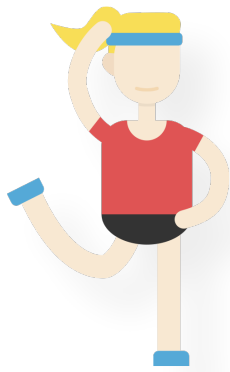
## TRAINING TIPS

Feeling more EMPOWERED? Try out these training tips at home to help you improve your game.

### ATTACKING - Zig Zag run.

- Set up some cones or draw chalk circles on the ground in a zig zag pattern
- Run to each marker pushing off the outside foot to run towards the next cone

A great tip to power up your change of direction!



### DEFENDING - Jump to 90cm

- Draw a straight line on the ground or lay out a length of rope
- Jump backwards trying to land 90cm away from the line
- Put your hand in the air to simulate 'hands over' the ball

