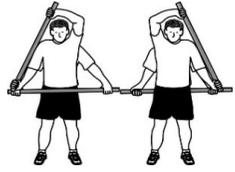




<p>1. GAME- Coordination I</p>	<p>Rhythm: skipping 1-minute skipping followed by 30-seconds skipping</p>	<p>2. Single leg squat hold</p> 	<p>12U: In a quarter squat, place loop above the knees with feet apart to keep the band stretched at all times. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [forwards hold 5sec each leg] B.[lateral hold 5sec each leg] C.[rotational hold 5sec each leg]. <u>Minis- Balance challenge</u></p>
<p>3. Crawl series</p> 	<p>Mobility challenge: Do the spiderman walk across the court. On the way back do the caterpillar walk (also known as Inchworm or hand walkouts)</p>	<p>4. WIDTHS Coordination II</p>	<p>Focus on locomotion. Keep an upright posture at all times and work on the balls of the feet. Do the following patterns across half the width of the court there and back - A. [single knee deadleg lift] B.[side steps] C.[High skips] D. [cross-over- side shuffle- side shuffle]. E. [butt kicks] F. [cross-overs] .G. [high side skips]</p>
<p>5. Sprints</p>	<p>Quickness/reaction speed challenge: Perform various fast feet drills into a short 5 or 10m sprint. Could also be a reaction drill to challenge decision making.</p>	<p>6. Main Theme</p> <p>Part of Rotation</p>	<p>Coordination III or Speed followed by Strength</p>
<p>7. GAME</p> <p>Part of Rotation</p>	<p>Finish with a GAME that develops stamina such as a relay race / tag game / obstacle course</p>		

<p>1. Skipping</p> <p>Bounce, two-step tap, one-step tap. 60 secs each skip 160 -190rpm</p>	<p>Skipping technique: The handles of the rope when placed centrally under the foot should not be higher than the shoulders. [The shorter the rope the faster the skip] Keep elbows to the side and rotate the rope from the wrists. Maintain an arch over the head with the rope. Bounce over the balls of the feet, keeping the feet underneath you. Keep the body relaxed and breath through the nose only. Stay tall and skinny and maintain eye-line.</p>	<p>2. Mini band walks</p> 	<p>Form: In a quarter squat, place loop above the knees with feet apart to keep the band stretched at all times. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [Side step 10 x each leg] B.[forwards monster walk 10 x each leg] Could also be Shoulder band work on two or three days of the week</p>
<p>3. Single leg squat hold</p> 	<p>Form: In a quarter squat, place loop above the knees with feet apart to keep the band stretched at all times. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [forwards hold 5sec each leg] B.[lateral hold 5sec each leg] C.[rotational hold 5sec each leg].</p>	<p>4. Leg swings</p> 	<p>Keep an upright posture at all times and the standing foot grounded.</p> <p>Outside/in - Facing forward swing free leg from inside to out across your body to open up the hip. . Straight up - Swing leg in front to touch the opposite hand which should be above shoulder height. Repeat 10x for each leg and exercise</p>
<p>5. Racket warm-up</p> 	<p>Form: In a standing position with good wide base. Keep the knees centred over the middle of the foot always. Do the following patterns A. [rotations 10x each way] B.[rotations with back knee drop 10x each way] C.[around the world 10x each way] D. [serves 10x each arm].</p>	<p>6. Dynamic mobility</p> 	<p>Form: In a standing position with good wide base. Keep the knees centred over the middle of the foot always. Do the following patterns across the width of the court there and back - A. [walking lunge with rotations 10x each way] B.[dynamic hops open and close the gate] C.[High knees] D. [High leg kicks].</p>
<p>7. Coordination WIDTHS</p>	<p>Keep an upright posture at all times and work on the balls of the feet. Do the following patterns across half the width of the court there and back - A. [single knee deadleg lift] B.[side steps] C.[High skips] D. [cross-over- side shuffle- side shuffle]. E. [butt kicks] F. [cross-overs] .G. [high side skips]</p>	<p>8. Sprints</p>	<p>Perform various fast drills into a short 5 or 10m sprint</p>

<p>1. Skipping</p> <p>Bounce, two-step tap, one-step tap. 60 secs each skip 160 -190rpm</p>	<p>Skipping technique: The handles of the rope when placed centrally under the foot should not be higher than the shoulders. [The shorter the rope the faster the skip] Keep elbows to the side and rotate the rope from the wrists. Maintain an arch over the head with the rope. Bounce over the balls of the feet, keeping the feet underneath you. Keep the body relaxed and breath through the nose only. Stay tall and skinny and maintain eye-line.</p>	<p>2. Mini band walks</p> 	<p>Form: In a quarter squat, place loop ABOVE the knees with feet apart to keep the band stretched at all times. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [Side step 10 x each leg] B.[forwards monster walk 10 x each leg]</p>
<p>3. Single leg squat hold</p> 	<p>Form: In a quarter squat, place loop above the knees with feet apart to keep the band stretched at all times. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [forwards hold 5sec each leg] B.[lateral hold 5sec each leg] C.[rotational hold 5sec each leg].</p>	<p>4. Medicine Ball series</p> 	<p>Form: In a standing position with good wide base. Keep the knees centred over the middle of the foot always. Do the following patterns - A. [around the world 10x each way] B.[side bends 5x each way] C [step and twist 10x each leg] D.[step and chop and lift 10x each leg]</p>
<p>5. Lunge series</p> 	<p>Form: In a standing position with hands behind head and with good wide base. Keep the knees centred over the middle of the foot always. Do the following patterns - A. lunge forward 2x each leg] B.[lunge sideways 2x each leg] C.[lunge diagonally back 2x each leg] Then repeat sequence touching floor with both hands outside the foot.</p>	<p>6. Crawl series</p> 	<p>Do the spiderman walk across the court. On the way back do the caterpillar walk (also known as Inchworm or hand walkouts)</p>
<p>7. Coordination WIDTHS</p>	<p>Keep an upright posture at all times and work on the balls of the feet. Do the following patterns across half the width of the court there and back - A. [single knee deadleg lift] B.[side steps] C.[High skips] D. [cross-over- side shuffle- side shuffle]. E. [butt kicks] F. [cross-overs] .G. [high side skips]</p>	<p>8. Sprints</p>	<p>Perform various fast drills into a short 5 or 10m sprint</p>