

# Boys 1 - Spring B - Week 2/4

## Warm-up - 5 minutes

1. 10 lane sprints
2. 1 lap jog
3. ½ lap broad, ½ lap skipping
4. 1 lap running forward with large arm circle

## Lanes: 3 minutes:

1. High kicks down and back - touch toes
2. A. Side kick, swings - alternating - Down  
B. Back kick - supporting leg straight, not leaning forward - Back
3. Broad jumps - down and back

## Stretching/Flexibility - 15 minutes

### **Beam (balance) - 10 minutes**

1 minutes per station - 2x thru

1. Short low beam - starting with two feet on beam, jump both feet off beam, and back on. Repeat
2. High beam - trust fall off end to whale mat
3. Long low beam - grapevine
4. French fry - zig-zag jumps

## Floor (Agility/Coordination) - 10 minutes - 1 minute/station 2x through

Partner work - do not have them pick own partner, number off

1. Cone to ball, 1-legged handoff - Place snowball on wide short "cone" (2 cones, 2 snowball), next to each other. Place 2 small puzzle mats, behind cones (1 for each boy). Standing on right leg only, boy will grab snow ball off cone, while partner does the same, then exchange snow ball and place it on opposite cone. Repeat
2. Med ball toss
3. Block jumps down lane - set up 4 block, two foot jumps OVER each block without stepping in-between
4. Fast feet - in one lane, set up staggering hula hoops to run fast feet through - 1 foot, per hula hoop

## Game - 5-10 minutes

Add conditioning into game