

Boys 2 - Spring B - Week 1/3

Warm-up - 2 minutes

1. 1 lap running
2. 1 lap skipping
3. 1 lap bear crawl
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

Bars (strength) - 15 minutes

1 minutes per station - 3x thru

1. Strap Bar - pull-ups
2. Strap Bar - toes to bar
3. Training bar - Jump to front support, cast 3x to jump backward off bar to S.L.P.
4. P-Bar - dips
5. Bar set - 5 high bar swings (jump from low-high bar if they're comfortable)

Vault (Agility) - 15 minutes

Students will continue through stations and there's not a set time. Set up in "snake"

1. Lane 1 - shuttle runs
2. Lane 2 - single leg hops
3. Lane 3 - shuffle from cone to cone
4. Panel mat flips, sprint down and back
5. Box jumps overs

Conditioning 5 minutes

Week 1

30 seconds each, 1x through

1. Frog jumps
2. Bear crawls
3. Plank - alternating knee to elbow
4. Diamond push-up
5. Plank shoulder taps
6. Boat pose
7. Reg. push-ups
8. Side leg lifts - R
9. Side leg lift - L
10. Sit ups

Week 3

30 seconds each, 1x through

1. Push ups
2. Double leg mnt climber
3. Glute bridges
4. Push ups
5. sit ups
6. Plank hold
7. Table hold
8. Fire hydrant
9. Little arm circles forward
10. Little arm circles backwards

Game - 5 minutes - Conditioning can be incorporated with game. Ex: if they get out in dodgeball, they have to do all of conditioning set to get back in. Determine this off behavior from the class.