



Movement Preparation

1) Dynamics - engage large muscle groups to prepare the body for physical activity

Do activity below for 15-20m out and walk briskly / jog back.

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|---|-----------------------|
| a) High Knees | e) Backward walking |
| b) Butt Kicks | f) Mini 'skip' |
| c) Side step / shuffle (2X: 1 each way) | g) Obstacle step over |
| d) Grapevine (2X: 1 each way) | h) Balance / knee hug |

2) Weaving Pylon Drill - Repetition based cutting and maneuvering

Perform drill a) OR b). See manual for details.

- Weave through 5-10 Pylons, spaced 1.5-2m apart at a brisk walk or run. Focus on sharp cuts.
- 2-5 sets starting on left side of pylon, 2-5 sets starting on right side of pylon.
- Weave through and walk briskly / jog back.

3) Accelerations - Neuromuscular and cardiovascular benefits

Begin each acceleration with a), the b) then c), and accelerate after each with a brisk walk or run for 15-20m. Walk briskly / jog back.

- Drop and go (to chair or kneeling lunge)
- 90° Hip open and go (stand sideways with R foot forward, open R hip to step forward and go) (2X: 1 each way)
- 180° Hip open and go (Above + step closed to face front, step R again to face wall, L foot opens to step front and go. (2X: 1 each way)

4) Ladders - Quick steps and eye-feet coordination improves agility, reaction and awareness

Do 2 passes of each. Walk briskly / jog back.

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|---------------------------------------|--------------------------------|-----------------------|
| a) In-in out-out front | e) Rapid through | i) Lateral Crossovers |
| b) In-in out-out lateral left | f) Twisties (modify as needed) | j) Step, jump |
| c) In-in out-out lateral right | g) High Knees | |
| d) Icky shuffle | h) Hop scotch | |

5) Mini Core Routine - activate and strength core stabilizing muscles

Hold each plank for 5-10 seconds. Modify as needed.

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|------------------------|-----------------------------|
| a) Front plank | f) Up-up down-down plank |
| b) Side plank left | g) Leg extended plank left |
| c) Side plank right | h) Leg extended plank right |
| d) Pointer plank left | i) Rolling plank |
| e) Pointer plank right | |