

## DYNAMICS

LEVEL 1    LEVEL 2    LEVEL 3

MINI SKIP	BUTT KICKS	SHUFFLE - L	SHUFFLE - R	GRAPEVINE	BACKWARD MINI-STEPS	HIGH KNEES	KNEE HUG + LUNGE	
MINI SKIP	SHUFFLE - L	SHUFFLE - R	GRAPEVINE	BACKWARD MINI-STEPS	BACKWARD RUN	HIGH KNEES	R to L HOPS	KNEE HUG + LUNGE
MINI SKIP	SHUFFLE - L	SHUFFLE - R	GRAPEVINE	BACKWARD RUN	SKIP FOR HEIGHT	HIGH KNEES	CONTINUOUS JUMPS	R to L HOPS

**PROGRESSION:** Level 1: 10 m distance. Level 2: 15 m. Level 3: 20 m. Jog out 10 (15, 20) m, then "on return" do the task.

## ACCELERATIONS

DROP AND GO	TWISTIES 2	TWISTIES 3	2-2-2
DROP AND GO	TWISTIES 2	TWISTIES 3	3-3-3
DROP AND GO	TWISTIES 2	TWISTIES 3	5-5-5

**PROGRESSION:** Level 1: 10 m distance, do two reps each (total of eight sprints). Level 2: 20 m do three reps each (total 12 sprints). Level 3: 30 m, four reps (total 16 sprints).

## CUTTING

WEAVE RIGHT	WEAVE LEFT		
WEAVE RIGHT	WEAVE LEFT	BOX RIGHT	BOX LEFT
WEAVE RIGHT	WEAVE LEFT	BOX RIGHT	BOX LEFT

**PROGRESSION:** Level 1: do two passes rightward weave, then two passes leftward. Level 2: four passes each weave direction and one left and right box drill. Level 3: four passes plus two left and right box drills.

## LADDERS

IN-IN OUT-OUT	ICKY SHUFFLE	SCISSORS RIGHT	SCISSORS LEFT	RAPID THROUGH	HIGH KNEES	BACKWARD IN-IN/OUT-OUT			
IN-IN OUT-OUT	ICKY SHUFFLE	SCISSORS RIGHT	SCISSORS LEFT	RAPID THROUGH	HIGH KNEES	CROSS-OUTS	TWISTIES	OUT 3 JUMP 2	CONTINUOUS JUMPS
IN-IN OUT-OUT	ICKY SHUFFLE	RAPID THROUGH	HIGH KNEES	CROSS-OUTS	TWISTIES	OUT 5 JUMP 3	CONTINUOUS JUMPS		

**PROGRESSION:** Level 1: half ladder, one pass each drill. Level 2: full ladder, two passes. Level 3: full ladder, two passes.

## CORE

PLANK	UP-UP DOWN-DOWN	POINTER R + L	SIDE PLANK RIGHT	SIDE PLANK LEFT	SKY-CENTRE SIDE-CENTRE			
PLANK	UP-UP DOWN-DOWN	POINTER R + L	SUPERMAN R + L	SIDE PLANK RIGHT	SIDE PLANK LEFT	SIDE PLANK ROLLOVER	SKY-CENTRE SIDE-CENTRE	TABLE TOP
PLANK	UP-UP DOWN-DOWN	POINTER R + L	SUPERMAN R + L	SIDE PLANK ROLLOVER	ROLLOVER HEEL-TO-SKY	SKY-CENTRE SIDE-CENTRE	BENT KNEE V-SIT	TABLE TOP RUSSIANS

**PROGRESSION:** Level 1: 10 seconds each task, with pause between each. Level 2: 15 seconds each task, work toward no pause. Level 3: 20 seconds each task no pause. **ADDITIONAL:** see "Performance Core".

### Additional Content

- PERFORMANCE CORE
- ATHLETE INFO
- PARENT INFO
- COACH'S HANDBOOK
- PHYSICALLITERACY.CA

