

SOLO PLAYER SESSIONS

9-14 Years Old - Session 3

ACTIVITY DESCRIPTION	DURATION	
WARM UP	<p>20 second intervals x 2 rounds each</p> <ul style="list-style-type: none"> • 20 high knees • 20 butt flicks • 6-8 lunges each leg • 6-8 leg swings each • 4 quadriceps stretch (superman) each leg • 2 x 10m side step each leg • 20 star jumps • 4 jumps for height • 3 x 10m sprint at increasing intensity • 2 x 5m sprints up and back 	5 mins
ACTIVITY 1 FITNESS CIRCUIT	<p>AMRAP - as many rounds as possible in 10 mins</p> <ul style="list-style-type: none"> • 4 hops forward right leg (for distance) • 4 hops forward left leg (for distance) • 6 pushups • 20m sprint up and back • 20 mountain climbers • 6 ice skaters each leg (for distance) • 20 high knees 	10 mins
ACTIVITY 2 FOOTWORK	<p>Use a line on the ground to complete the following exercises. Complete each exercise for 2 rounds. Don't forget to pump your arms!</p> <ul style="list-style-type: none"> • Quick steps forward/back - Facing the line, quickly place one foot over the line and then the other and then move both feet back behind the line. Repeat 10 times moving left. Then complete another 10 times moving right. • Quick steps sideways - Standing beside the line and starting on the left hand side, quickly step your feet over the line to the right side, one at a time, and then move both feet back to the left side. Repeat 10 times moving forwards and 10 times moving backwards. • Quick jumps forward/back - Facing the line, complete a small jump over the line and then back. Repeat 10 times moving left and another 10 times moving right. • Quick jumps left/right - Standing beside the line on the left, jump with both feet across the line to the right side, and then back to the left side. Repeat 10 times moving forwards and 10 times moving backwards. • Start behind line, complete 15-20 fast feet on the spot, and then take off for a 5m sprint. Repeat this 10 times. 	10 mins
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min