

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).

LADDERS



IN-IN
OUT-OUT



ICKY
SHUFFLE



SCISSORS
RIGHT



SCISSORS
LEFT



RAPID
THROUGH



HIGH KNEES



BACKWARD
IN-IN/OUT-OUT



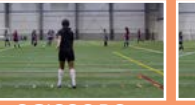
IN-IN
OUT-OUT



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



Public Health
Agency of Canada

Agence de la santé
publique du Canada

