

ATHLETE TRAINING / PRACTICE MAKE UP WORK OUT 2018-2019

Duration: 1 hour

STANDING TUMBLING

10 REPS of 2 different level appropriate skills



RUNNING TUMBLING

10 REPS of 2 different level appropriate skills

JUMPS

- ___ Set of jump kicks (side & front)
- ___ 3 sets of 10 leg lifts pike position & straddle position
- ___ 5 of each single jump (toe, right FH, left FH)

CONDITIONING

- ARMS ___ 3 sets of 12 Push Ups ___ 3 sets of 12 Dips
(can be done on deck)
- LEGS ___ 3 sets of 12 Calf Raises ___ 3 Sets of 1 min Wall Sits
(can be done with a panel mat)
- ___ 2 sets of 25 Sprinter Alternates (R & L)
(can be done with a panel mat)
- BACK ___ 3 sets of 1 min Arch Holds ___ 3 sets of 25 Back Flutter Kicks
- CORE ___ 3 sets of 45 second Hollow Holds (arms crossed)
- ___ 3 sets of 25 Straight Leg Sits Ups
- CARDIO ___ 3 sets of 1 min burpee (1min rest in between)

Reminder:

If you missed a team practice you must makeup the above 1 hour workout

Athlete Name: (please print) _____

Coach Signature: _____ Date: _____