



**1. Dynamics** - This engages large muscle groups to prepare the body for physical activity

Alternate jogging **20 metres out** and doing activity sequence below on the way back.

Activity sequence

- |                             |  |
|-----------------------------|--|
| 1) Mini-skip                | 5) High knees                                |
| 2) Side shuffle             | 6) Butt kicks                                |
| 3) Grapevine                | 7) Right to lefts one footed hops            |
| 4) Backward mini-steps fast | 8) Knee hug and lunge (trunk twist optional) |

**2. Accelerations** - These drills provide neuromuscular and cardiovascular benefits by maximizing power output

a) Drop-and-Go Start: Standing to drop down to floor, up and accelerate	Accelerate <b>20 metres</b> Jog back
b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180°, and back again – then accelerate	Accelerate <b>20 metres</b> Jog back
c) Twistie Start "3": Stand sideways with right foot forward, jump up and rotate 180°, back and forth and back again – then accelerate	Accelerate <b>20 metres</b> Jog back
d) "5,5,5" - Do five tuck jumps, five pushups, five burpees – then accelerate	Accelerate <b>20 metres</b> Jog back

**3. Ladders** - This drill involves quick steps and eye-feet coordination, which will improve agility, reaction, and awareness

<table border="0"> <tr> <td>a) In in out out</td> <td>e) Rapid through</td> <td>i) Out 5x then jump 3</td> </tr> <tr> <td>b) Icky shuffle</td> <td>f) Twisties</td> <td>j) Lateral Crossovers</td> </tr> <tr> <td>c) Scissors Right</td> <td>g) High knees</td> <td>k) Continuous Jump</td> </tr> <tr> <td>d) Scissors Left</td> <td>h) Cross outs</td> <td></td> </tr> </table>	a) In in out out	e) Rapid through	i) Out 5x then jump 3	b) Icky shuffle	f) Twisties	j) Lateral Crossovers	c) Scissors Right	g) High knees	k) Continuous Jump	d) Scissors Left	h) Cross outs		<b>Two passes of each</b>
a) In in out out	e) Rapid through	i) Out 5x then jump 3											
b) Icky shuffle	f) Twisties	j) Lateral Crossovers											
c) Scissors Right	g) High knees	k) Continuous Jump											
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**4. Weaving Pylon Drill** - This drill provides repetition-based cutting manoeuvring – neuromuscular activation training

Weave through 10 pylons set 2 metres apart. Five times starting on the right of the first pylon, five times starting on the left of the first pylon. Set up one circuit for every ten athletes.	<b>Weave through each pylon</b> Jog back
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**5. Mini Core Routine** - These activities activate the body's core stabilizing muscles – particularly the trunk section

<table border="0"> <tr> <td>a) Plank</td> <td>f) Superman plank left</td> </tr> <tr> <td>b) Up up down down plank</td> <td>g) Side plank right</td> </tr> <tr> <td>c) Pointer plank right</td> <td>h) Side plank left</td> </tr> <tr> <td>d) Pointer plank left</td> <td>i) Side plank with snap rollovers</td> </tr> <tr> <td>e) Superman plank right</td> <td></td> </tr> </table>	a) Plank	f) Superman plank left	b) Up up down down plank	g) Side plank right	c) Pointer plank right	h) Side plank left	d) Pointer plank left	i) Side plank with snap rollovers	e) Superman plank right		<b>5 - 10 seconds</b> each task
a) Plank	f) Superman plank left										
b) Up up down down plank	g) Side plank right										
c) Pointer plank right	h) Side plank left										
d) Pointer plank left	i) Side plank with snap rollovers										
e) Superman plank right											

For more information on the skills and activities above, visit:  
[physicalliteracy.ca/movement-prep](http://physicalliteracy.ca/movement-prep)