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
2) Side shuffle
3) Grapevine
4) Backward mini-steps fast
5) High knees
6) Butt kicks
7) 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 **10 metres** Jog back
b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180°, and back again – then accelerate	Accelerate **10 metres** 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 **10 metres** Jog back
d) "2,2,2" - Do two tuck jumps, two pushups, two burpees – then accelerate	Accelerate **10 metres** Jog back

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

a) In in out out	e) Rapid through	
b) Icky shuffle	f) Twisties	**One pass of each**
c) Scissors Right	g) High knees	
d) Scissors Left	h) Cross outs	

4. Weaving Pylon Drill - This drill provides repetition-based cutting manoeuvring – neuromuscular activation training

Weave through 10 pylons set 1.2 -1.5 metres apart. Two times starting on the right of the first pylon, two times starting on the left of the first pylon. Set up one circuit for every ten athletes.	**Weave through each pylon** Jog back

5. Mini Core Routine - These activities activate the body's core stabilizing muscles – particularly the trunk section

a) Plank	f) Superman plank left	
b) Up up down down plank	g) Side plank right	**5 - 10 seconds** each task
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

CS4L
PHYSICAL
LITERACY

/CANADIANSPORTFORLIFE
/ACTIVEFORLIFE

@CS4L_ACSV
@ACTIVEFORLIFE

CANADIANSPORTFORLIFE
ACTIVEFORLIFECS4L

physicalliteracy.ca