



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 20 metres	Jog back
b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180°, and back again – then accelerate	Accelerate 20 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 20 metres	Jog back
d) "3,3,3" - Do three tuck jumps, three pushups, three burpees – then accelerate	Accelerate 15 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	f) Twisties	Two passes of each
b) Icky shuffle	g) High knees	
c) Scissors Right	h) Cross outs	
d) Scissors Left	i) Out 5x then jump 3	
e) Rapid through	j) Lateral Crossovers	
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. 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.	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	5 - 10 seconds each task
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