



SOLO PLAYER SESSIONS

9-14 Years Old - Session 1

	ACTIVITY DESCRIPTION	DURATION
WARM UP	<p>20 second intervals x 2 rounds each</p> <ul style="list-style-type: none">• High knees• Butt flicks• Leg swings left leg• Leg swings right leg• Star jumps• Quadriceps stretch (superman) left leg• Quadriceps stretch (superman) right leg	5 min
ACTIVITY 1 FITNESS CIRCUIT	<p>40 seconds of work, 20 seconds rest x 1 or 2 rounds, 1 minute rest in between rounds</p> <ul style="list-style-type: none">• 10-15m shuttle runs• Star jumps/jumping jacks• Situps• Lunges/lunge jumps (alternating legs)• 10-15m shuttle runs• Pushups• Side to side ice skaters (big sideways jumps from one leg to the other, pausing and balancing for a moment in between)• Plank hold	15 min
ACTIVITY 2 FOOTWORK	<p>AMRAP (as many rounds as possible) in 5 minutes</p> <ul style="list-style-type: none">• 50 x 'skippy steps' (like skipping, but very quick with feet only just above the ground)• 10 x figure 8s around drink bottle/cones (2-3m apart)• 6 x 5m or 10m shuttle run	5 min
COOL DOWN	<p>Walking/very slow jogging with active stretches every 15-20 secs</p>	5 min