



SOLO PLAYER SESSIONS

9-14 Years Old - Session 1

	ACTIVITY DESCRIPTION	DURATION
WARM UP	20 second intervals x 2 rounds each • 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	40 seconds of work, 20 seconds rest x 1 or 2 rounds, 1 minute rest in between rounds • 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	AMRAP (as many rounds as possible) in 5 minutes • 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	Walking/very slow jogging with active stretches every 15-20 secs	5 min