

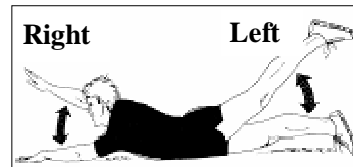
A Session at the Pool (4)

Be sure to have **all** the equipment you need ready **before** you start the session:

viz. water bottle (full), togs, towel, shorts, sneakers, t-shirt of choice; buoyancy; medicine ball; cones, agility-quickstep ladder, boxing gloves, gym stick and punching mitts.

Between each activity complete:

10 x Push-Ups + 10 Sit-Ups (variations apply) + 6L & 6R x Cross Body Lifts
(also, in each case complete at least one DFK or event specific stretch)



Cross Body Lifts

- Punching Mitts:** dry your hands/arms .. *fast hits* not hard hits, full range of motion. Work in pairs, or, against a target: **2 x 30 FAST HITS**



- Agility - Quickstep Ladder**

1 Foot & 2 Foot; Ali Shuffle; Ins & Outs; Ickey Shuffle +1, Laterals (forwards & backwards .. coach/partner commands)

3-4 x each drill

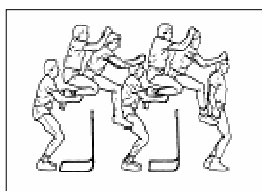
- Running Drills** ... over a 10m distance; complete 3 repeats of each of at least 4 drills .. **YOUR choice**, but **focus on correct execution**

e.g. A-Skip; Alt. Butt Kicks; B-Skip; Alt. Fast Leg; A-B-C; Combinations, ...

Conclude with: **Coach Command Drills** .. repeat 2-3 times.



- Hurdle Bounds**



Hurdle Heights .. coach/athlete consultation
50 contacts (**max.**) e.g. 6-10 sets of 5
(1-2 min. recovery between sets)
Spot the Landing .. land stable, feet flat on ground,
knees bent (90°), back straight;
bound on coach command
Knees to chest, NOT chest to knees.
Quality not Quantity

Choose achievable heights
Variations
Pre-Jump; Explosive
Laterals
Foam / Cardboard / Plastic ..
construct, improvise.

- Running-in-the-Water: 6 x 15m** .. easy swim back recovery

(Be sure to maintain an upright posture .. **very** slight forward lean .. toeing off-knee-hip-shoulder; arms 90°)



- Gym Stick Circuit:** Military Press, Curls, Upright Rowing, Bent-Over Rowing, ...
Complete 2-3 circuits

- Intervals Runs:** 6 x 50m; walk back or walk-jog recovery

Other activities
e.g. Striking Paper
and number of circuit
repeats as directed.