

A Session at the Pool (2)

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

viz. water bottle (full), togs, towel, shorts, t-shirt of choice; 2 kickboards; buoyancy; medicine ball; hurdles, boxing gloves, punching mitts, Striking Paper targets.

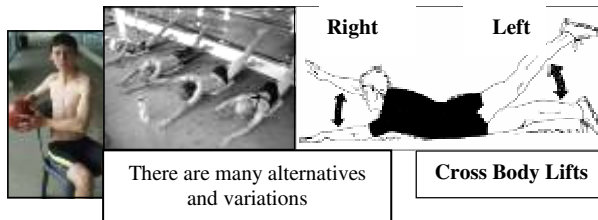


Between each activity complete:

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

or

Rapid Skip (50)
or, either / BOTH



- Swim 2 x (25 F-S + 25 B-K or B-R) .. easy / relaxed
- Punching Mitts: dry your hands/arms .. **fast hits** not hard hits, full range of motion. Work in pairs, or, against a target: **2 x 40 FAST HITS**



- Running-in-the-Water: **6-8 x 15m** (Fast) .. easy swim back recovery (Be sure to maintain an upright posture .. **very** slight forward lean .. toeing off-knee-hip-shoulder; arms 90°)



- Swimming Under-Water .. dive, swim 15m underwater, or, as far as you can; exit the pool “correctly” .. walk back .. repeat x **3** (Understand why? What is the aim?)

- Punching Mitts: dry your hands/arms .. **fast hits** not hard hits, full range of motion. Work in pairs or against a target. **2 x 40 FAST HITS**

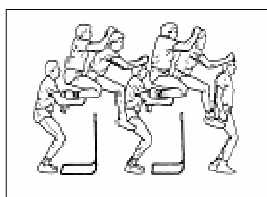
- Running Drills ... over a 10m distance; complete 3 repeats of each of at least 4 drills .. **YOUR choice** (event specific), but, **focus on correct execution**

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

- Striking Paper** ... partner drill; partner commands ..
sets of 6-10 strikes:
10-20 seconds recovery between sets;
4-6 sets for each athlete; change role after two sets



- Swim 2 x (25 F-S + 25 B-K or B-R) .. easy / relaxed

See back of sheet for procedure