

ANGOLA YOUTH STRENGTH & AGILITY TRAINING 2018

Objectives

1. Introduce proper form and safe techniques
2. Introduce important common language (buzzwords)
 - a. “Squeeze” – shoulders
 - b. “Stance” – shoulder width apart
 - c. “Posture” – shoulders high and butt low; bend at knees not waist
 - d. “Knees Up” – knees at 90⁰ on lunges
 - e. “Heels” – press up from floor through your heels
 - f. “Parallel” or “Past Parallel” – squat position
 - g. “Opposite arm / Opposite leg” – position when running or doing lunges
 - h. “Land under control” – stick landing when coming to a stop/jump stop
 - i. “Heavy weight is evil” – (for now 😊)
3. Increase body and athletic awareness – how to get places and how to be when get there
4. Increase fitness level (NOT HS or even MS – certainly not Marines)
5. Have Fun!
6. Come Back – next year; Summer after 6th grade; Winter of 7th grade; January 8th, etc.

Logistics

- Must register & pay by Wednesday, January 24
- Angola Youth Strength Remind: Text @c97a62 to number 81010
- If school is canceled, we will cancel
- Can miss but better if attend each session
- Cannot start in middle (Today, Wednesday, January 29)
- Be flexible = we may get moved into cafeteria
- Need parent help (MUST be positive and encouraging)
- Each session will be approximately 50 minutes
- Session Format: Debrief, Warm Up, Strength Component, Agility Component, Debrief



<u>WARM UP</u>		
<p><u>Form Run</u></p> <ol style="list-style-type: none"> 1. Carioca 2. Carioca 3. Skips - Height 4. Skips – Distance 5. A Skip 6. B Skip 7. Hurdle Hops 8. Tall & Fall 	<p><u>Pipes</u></p> <ol style="list-style-type: none"> 1. Lunges 2. Backward Lunges 3. Side Lunge 4. Side Lunge 5. Sot Press 6. <i>Posture bar pick up</i> 7. <i>Hanging Shrug Jumps w/ Feet Pound</i> 	<p><u>Olympics (no pipes)</u></p> <ol style="list-style-type: none"> 1. Squeeze 2. Feet 3. Hands 4. Seat 5. Arms 6. Drop

<u>STRENGTH TRAINING</u>		
<p><u>Upper Body</u></p> <ol style="list-style-type: none"> 1. Push Ups 2. Dips 3. Pull Ups 	<p><u>Lower Body</u></p> <ol style="list-style-type: none"> 1. Double Leg Squats 2. Hands Free Front Squats (w/ pipe) 3. Goblet Squat (w/ gym ball) 	<p><u>Olympic Training</u></p> <ol style="list-style-type: none"> 1. Starting Position <ol style="list-style-type: none"> a. Toes b. Shoulders c. Elbows d. Rack It e. Thighs f. Starting Position 2. Posture bar pick up 3. Hang Jump Shrugs w/feet pound

<p><u>Agility</u></p> <ol style="list-style-type: none"> 1. Over-Under Hurdles 2. Side to Side Hurdles 3. Box Jumps 4. Depth Jumps 5. Ladders 6. Banana Bars 7. Ropes 	<p><u>Core</u></p> <ol style="list-style-type: none"> 1. Sit & Reach 2. Knee Ups 3. Planks 4. Inchworms/Toe Drags
---	--