

## School of Youth Fitness and Conditioning; Lesson plan

**Group: Age 10, Group size: 8**

**Date: 6/12/11**

**Goal: Fitness & Conditioning**

**Instructor: Tommi the Trainer**

Objectives	Exercise	Arrangements	Feedback	Time
Introduction Assessment of movement skills Warm-up and activation	INTRODUCTION MOVEMENT EVALUATION 3D JUMPIN JACKS	Goals, questions, comments, introductions/names etc Squat, lunge, 1-leg, landing, push-up Matrix no. 1	Positive	15
Teaching Athletic Stance Single leg balance and coordination Core strength and stability Hand-Eye coordination & Movement skills	BEAN BAG SQUAT/LUNGE 1-LEG BEAN BAG REACH BEAN BAG SIT-DOWN BEAN BAG PRONE WALK BEAN BAG TOSS & CATCH	BB on the head Contra-lateral reach, vary distance/direction BB holds in different positions Toss the BB the air, perform a task and catch	Non-competitive	15
Teaching running mechanics Locomotion coordination patterns Agility and Speed patterns Stopping (deceleration) ability & dynamic posture	RUNNING EVALUATION RUN, SHUFFLE, CARIOCA SKIP, SKUFFLE, SKIPPIOCA CONE RUN, LADDER DRILLS RED LIGHT - GREEN LIGHT	Basic run assessment (foot contact, arms, posture) Coordination patterns followed by example: progression easy to hard. SAQ drills multi-planar patterns A game to practice deceleration and dynamic posture	Individual	10
Athletic stance + reaction Athletic stance + landing mechanics Task-specific A.S. + dodging	ON-GROUND TO A.S. A.S. TO REACTIVE SPRINT LANDING TO A.S. SHUFFLE TO A.S. GIANT FUN BALL	Task-specific reactive movement with the athletic stance Fun ball with the rolling fitness ball	Group/ Individual feedback	10
Cool down + homework	HOMEWORK	Half circle – follow the leader Give coordination skills for home work	Pick a good example	5