

Junior Conditioning Program; Lesson plan

Age group: 10-12

Date: 03/28/06

Phase: General Fitness

ECS: Tommi

	Objectives	Exercise	Arrangements	Feedback	Time
F L E X	Introduction – Warm up – Ice breaker Mobility Dynamic Flexibility FUN	MOVEMENT SEQUENCE	Always the same starting routine. Everyone has a spot on the lanes. - jumping jacks, river dance, hops, - animal movement patterns	Constructive	15
C O O R D	Neuromuscular efficiency Coordination of movement Dynamic stability FUN	BALLOON PASSES RED LIGHT -GREEN LIGHT HOPS AND JUMPS PASS IN THE CIRCLE	Balloon passes standing in a hoop Deceleration + stability: move for/backw / stop hold and reverse according to the orders given 10 yards/ leap, hop, jump – count the jumps Med ball pass in the circle/ two balls /change of direction One leg/one arm/2 arm/touch floor/	Individually Non-competitive	15
A C T I V	Reaction speed + acceleration Neuromotor recruitment in specific movement patterns Running skills	SPRINT SPEED LADDER	Running mechanics/ one at a time Use hurdles as well 2 ladders – 2 linear + 2 lateral / different patterns	Individual	10
P R C O N D	Specific Speed/Agility/Quickness or Strength And Conditioning FUN	FITNESS STATIONS LONG JUMP	1. CORE/STRENGTH: BRIDGE + PASS UNDER 2. STRENGTH/POWER: VERTICAL JUMP TESTER 3. AGILITY: jump turn and catch STANDING LONG JUMP- on the mat	Group/ Individual feedback	10
	Cool down + homework	HOMEWORK	Half circle – follow the leader Give coordination skills for home work	Pick a good example	5