

## Dry-land Training



Level: Squirts/Girls U10

Slide Board	Jump Rope Tournament	Agility Ladder
3x25 seconds 50 second rests between.	Best of 3 Head to Head 3x20 Use the speed ropes	3x icky shuffle 3x lateral cross-overs

Level: Peewees/Girls U12 &14

Slide Board	Jump Rope Tournament	Agility Ladder	Fitness Component
3x30 seconds 1 minute rests between.	Best of 3 Head to Head 3x30 Use the speed or 2 lbs ropes	3x icky shuffle 3x lateral cross-overs 3x Snake	2x15 push-ups 2x20 squats 2x20 Russian Twist

Level: Bantams

Slide Board	Jump Rope Tournament	Agility Ladder	Fitness Component
3x35 seconds 1:10 minute rests between	Best of 3 Head to Head 3x40 Use the 2-3 lbs ropes	3x icky shuffle 3x lateral cross-overs 3x Snake	2x20 push-ups 2x20 squats 2x20 Russian Twist

Slide Boards Routine: Groups of three, with one performer and other two reinforcing the bumpers on each side. Keys: Head up, Bottom down, Stride strong.

Jump Roping: Each set is based on speed, the time should pair up with the slide board time frames.

Agility Ladder:

Icky Shuffle- Starting with body next to ladder. Inside foot leads and goes in first, followed by outside foot.

Teaching cues are: in, in, out

Lateral Cross-Over- Starting with feet inside the ladder, quick crossovers left over right all the way down to the end. Then switch you direction on the way back.

Teaching cues are: over, under, over, under....

Snake-Start with one foot inside the ladder and the other outside. Thrust right or left at a 90 degree angle as you move forward throughout the ladder never thrust backwards.