

10U/12U PHASE II - RUNNING & JUMPING

PUSH UP SCRAMBLE

MOVEMENT

- ①
 - Lie on Stomach.
 - Perform push-ups and scrambles on left foot and scrambles on right foot.
- ②
 - Scramble: get off the ground into a standing position.
- ③
 - Scramble to standing on 1 foot and sway side to side and front to back.
 - Repeat technique sequence 4 times.

Perform 2-3 push-ups in a row followed by 2-3 scrambles in a row.

VARIATION

- Lie on back.
- Scramble to standing on 1 foot, sway side to side and front to back.

ADVANCED VARIATION

Lie on back, complete a full roll each direction, scramble to standing on 1 foot, sway side to side and front to back.



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