

## DYNAMICS

LEVEL 1

LEVEL 2

LEVEL 3



MINI SKIP



BUTT KICKS



SHUFFLE - L



SHUFFLE - R



GRAPEVINE



BACKWARD  
MINI-STEPS



HIGH KNEES



KNEE HUG  
+ LUNGE



MINI SKIP



SHUFFLE - L



SHUFFLE - R



GRAPEVINE



BACKWARD  
MINI-STEPS



BACKWARD  
RUN



HIGH KNEES



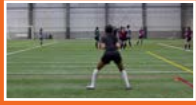
R to L  
HOPS



KNEE HUG  
+ LUNGE



MINI SKIP



SHUFFLE - L



SHUFFLE - R



GRAPEVINE



BACKWARD  
RUN



SKIP FOR  
HEIGHT



HIGH KNEES



CONTINUOUS  
JUMPS



R to L  
HOPS

**PROGRESSION:** Level 1: 10 m distance. Level 2: 15 m. Level 3: 20 m. Jog out 10 (15, 20) m, then "on return" do the task.

## ACCELERATIONS



DROP AND GO



TWISTIES 2



TWISTIES 3



2-2-2



DROP AND GO



TWISTIES 2



TWISTIES 3



3-3-3



DROP AND GO



TWISTIES 2



TWISTIES 3



5-5-5

**PROGRESSION:** Level 1: 10 m distance, do two reps each (total of eight sprints). Level 2: 20 m do three reps each (total 12 sprints). Level 3: 30 m, four reps (total 16 sprints).

## LADDERS



IN-IN  
OUT-OUT



ICKY  
SHUFFLE



SCISSORS  
RIGHT



SCISSORS  
LEFT



RAPID  
THROUGH



HIGH KNEES



BACKWARD  
IN-IN/OUT-OUT



IN-IN  
OUT-OUT



ICKY  
SHUFFLE



SCISSORS  
RIGHT



SCISSORS  
LEFT



RAPID  
THROUGH



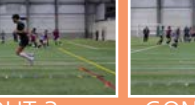
HIGH KNEES



CROSS-OUTS



TWISTIES



OUT 3  
JUMP 2



CONTINUOUS  
JUMPS



IN-IN  
OUT-OUT



ICKY  
SHUFFLE



RAPID  
THROUGH



HIGH KNEES



CROSS-OUTS



TWISTIES



OUT 5  
JUMP 3



CONTINUOUS  
JUMPS

**PROGRESSION:** Level 1: half ladder, one pass each drill. Level 2: full ladder, two passes. Level 3: full ladder, two passes.

## CUTTING



WEAVE  
RIGHT



WEAVE  
LEFT



WEAVE  
RIGHT



WEAVE  
LEFT



BOX  
RIGHT



BOX  
LEFT



WEAVE  
RIGHT



WEAVE  
LEFT



BOX  
RIGHT



BOX  
LEFT

**PROGRESSION:** Level 1: do two passes rightward weave, then two passes leftward. Level 2: four passes each weave direction and one left and right box drill. Level 3: four passes plus two left and right box drills.

## CORE



PLANK



UP-UP  
DOWN-DOWN



POINTER  
R + L



SIDE PLANK  
RIGHT



SIDE PLANK  
LEFT



SKY-CENTRE  
SIDE-CENTRE



PLANK



UP-UP  
DOWN-DOWN



POINTER  
R + L



SUPERMAN  
R + L



SIDE PLANK  
RIGHT



SIDE PLANK  
LEFT



SIDE PLANK  
ROLLOVER



SKY-CENTRE  
SIDE-CENTRE



TABLE TOP



PLANK



UP-UP  
DOWN-DOWN



POINTER  
R + L



SUPERMAN  
R + L



SIDE PLANK  
ROLLOVER



ROLLOVER  
HEEL-TO-SKY



SKY-CENTRE  
SIDE-CENTRE



BENT KNEE  
V-SIT



TABLE TOP  
RUSSIANS

**PROGRESSION:** Level 1: 10 seconds each task, with pause between each. Level 2: 15 seconds each task, work toward no pause. Level 3: 20 seconds each task no pause. **ADDITIONAL:** see "Performance Core".

### Additional Content

PERFORMANCE  
CORE

ATHLETE  
INFO

PARENT  
INFO

COACH'S  
HANDBOOK

PHYSICALLITERACY.CA

