

Physical Elements of Performance

Level 1 - Worksheet #2

At the end of 8 week, you should be able to complete a majority of the exercises and/or increase the amount of time spent on each exercise from 1 to 5 minutes each day.

✓ When you complete an exercise, place a check mark in the appropriate box.

Basic Enhanced Movement Patterns

Juggling

Exercise 1:

- Start with one tennis ball in each hand
- Toss the tennis balls up and catch in the same hand it was thrown from

Exercise 2:

- Start with one tennis ball in each hand
- Toss the tennis balls up and catch in the opposite hand it was thrown from

Exercise 3:

- Combine Exercise 1 and 2 and record how many in-a-row you can catch without dropping

Agility/Footwork

Exercise 1:

- Dithering (moving your feet quickly in place) and moving on command
- Two steps forward and two steps back
- Step hops from left to right and right to left

Exercise 2:

- Back pedaling
- Running forwards and backwards

Exercise 3:

- Shuffling
- High skips

Strength/Coordination

Exercise 1:

- Cartwheels
- One cartwheel right and one cartwheel left

Exercise 2:

- Bear-crawls forwards and backwards

Exercise 3:

- Increase number of cartwheels in-a-row
- Increase the distance for the bear-crawls

Circuit Series

Endurance/Vertical/Agility

Exercise 1:

- Place elastic at ankle height
- Tie to chairs, trees, or have parents/friends hold each side
- Jump front to back over the elastic (repeat up to 10x)

Exercise 2:

- Jump side to side over the elastic (repeat up to 10x)

Exercise 3:

- Face the elastic and jump
- While in the air turn so that when you land you are facing the opposite side of the elastic (repeat x4)
- Straddle the elastic and jump up
- While in the air turn half-way and land straddling the elastic (repeat x4)

Note: Use arms for jumping and land light on your feet so that your ankles and knees absorb the shock. Elastic height will vary based on your jumping ability not your age so once you are able to jump with good technique, then the height of the elastic may be raised.

Coaches/Parents: Always consider the quality of the players jumping ability before moving the height as jumping too high before a player is ready can cause poor body technique and mechanics.

Endurance/Strength/Coordination

Exercise 1:

- Left over right, jump, click heels then right over left, jump, click heels

Exercise 2:

- Left over right, jump, click heels then right over left, jump, click heels
- Five bunny hops forward
- Five zig-zags backwards
- Right cartwheel forwards
- Left cart wheel backwards
- Run forwards and touch the target area (net, tree, line, etc.)
- Run backwards to tag your partner

Exercise 3:

- Repeat the series from exercise 2 and try to cover more distance

Note: Your heel clicks and hops should cover more distance based on the space you have for movement patterns. It is best to have 6-9 meters for the circuit once good technique and body mechanics are being used.

Coaches/Parents: You may use this circuit as a competition to increase coordination, agility, and quickness.

