

**Junior Conditioning Program; Lesson plan**

**Age group: 10-12**

**Date: 03/28/06**

**Phase: General Fitness**

**ECS: Tommi**

	<b>Objectives</b>	<b>Exercise</b>	<b>Arrangements</b>	<b>Feedback</b>	<b>Time</b>
<b>F L E X</b>	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
<b>C O O R D</b>	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
<b>A C T I V</b>	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
<b>P R  C O N D</b>	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