



Development Squad – Week 6

Key:

ES = each side EP = each position opp= opposite EL = each leg
Skipping = with or without rope (pretend holding it) ED = each direction

This week!

Keep up the Joe Wicks Daily Workout at 9am.

I'll lead some mobility work over Zoom (Hopefully Tues/ Thursday - tbc) & a game session!

Challenge Try to bounce and catch a ball off a wall whilst doing a squat (3 bounces on the way down, 3 holding, 3 on the way up).

Level 1 throwing and catch one ball with 2 hands

Level 2 throwing and catch one ball with 1 hand (try with both hands)

Level 3 throwing and catch two balls with 2 hands

Daily Warm Up (before every session below!)

4x Downdog – Seal – Childs Pose

5x EL Plank walkout + Spiderman with opp arm lift

4x Tabletop position Thoracic twist (elbow to ceiling then to elbow)

10x Glute Bridges

3x ES Scorpion

3x ES Reverse Scorpion

Daily Cooldown stretches (After every session below!)

Childs pose (sitting on your heels stretching forwards) & raise your palms off the floor balancing on your fingertips

Ankle stretches 1/ start in tabletop position (it's harder that's why!) turn your feet out as far as you can (like in Breaststroke) and CAREFULLY/ SLOWLY sit back until you feel the stretch.

2/ Draw the alphabet with your big toe! Remember to do it with each foot.

Along with any other stretches for the muscles worked during the session

4x Tabletop position Thoracic twist with straight (reach to ceiling then reach under your other arm)

2x Pigeon pose (15s both sides)

Reminder DAY 7 is a day off! However, I would like to leave some flexibility in the program so the day off can be fitted in around child care etc. Some people may want Sundays as the day off, others Tuesdays for example. Over the coming weeks try and keep it consistent which day it is (where possible).





Day 1 – Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 8 exercises with 15s between exercises where possible:

10x Negative Push Ups (Best Quality: keep elbows tucked – start in plank, lower slowly to the ground then start again)

In high Plank spell Tranent Round1, Musselburgh R2, Haddington R3 – draw with each letter on the ground with your finger, alternating hand for each letter.

5x ES Bulgarian Split (BS) Squat (Like a split squat but back foot raised on a chair/sofa etc. front leg toes pointing forwards, keep weight on front foot, knee in line with ankle as you lower)

10x Tri (Bench) – Dips

20x EL Scissor Flutter Kicks in Streamline

2x ED EL Single leg balance + water bottle reach (Reach to North, East, Up & West)

5x ES Deadbug 3-2-1 (Deadbugs lowering alternate arm & leg but lower for 3s, hold just off the floor for 2s, and bring back up quickly, in 1s)

8x Track start jumps (Start in your track start as if you were going to dive in, jump straight up, into streamline, squeezing legs together. Don't rush, set yourself properly between reps and then explode up!)

Day 2 – Energy Systems [Aerobic work, getting your heart rate up]

Circuit: 3 rounds of the following...

80x Skips

10x Mountain Climbers

80x Skips

10x Burpees (no push up)

80x Skips High knees

5x Plank 'Around the world's (in plank lift left hand, then right hand, then left leg then right leg off the ground = 1 rep)

*Remember when skipping to stay on the balls of your feet!

Day 3 – Mobility (Coach Led)





Day 4 - Strength [Focusing on controlled good technique/quality reps]

3 Rounds of 7 exercises with 15s between exercises where possible:

12x Knee Tucks (Lying on your back bring your knees up and then straighten legs keeping feet off the floor)

30s Straight leg Crawl

6x Press Ups Hand Release (Best Quality as before but chest to floor with hand release ie let go at the bottom)

5x ES Side Plank with leg raise (Start in Side plank and try to lift your top leg up an inch slowly & carefully)

6x ES SL Glute Bridge

10x Prone WIYTs (lying on front, arms outstretched thumbs up to ceiling, all whilst squeezing shoulders back & together lift arms to form a I then Y shape...)

10x Back Raises in streamline – keep feet on the floor.

30s Wall Sit (squeeze a football, or similar sized object, between knees)

Day 5 – Energy Systems [Contrast, challenging movement & change of speed]

Circuit: 4x (10s rest between exercises, 60s between rounds)

10x Plank (touch opp hand to foot)

30s Side skips (touch floor before changing direction)

8x Frog Crawl (Squat down low, walk hands forwards until you reach Bear position and then jump feet into starting squat position, lifting hands back up)

Bear Crawl the distance your 8x Frogs took you

6x Squat Jumps (aim for height & land softly/ quietly)

30s Tight streamline on tip toes

Day 6 - Mobility (Coach Led)

