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| 1. Dynamics - This engages large muscle groups to prepare the body for physical activity | | |
| Alternate jogging 20 metres out and doing activity sequence below on the way back. | | |
| Activity sequence | | |
| 1) Mini-skip | 5) High knees | |
| 2) Side shuffle | 6) Butt kicks | |
| 3) Grapevine | 7) Right to lefts one footed hops | |
| 4) Backward mini-steps fast | 8) Knee hug and lunge (trunk twist optional) | |
| 2. Accelerations - These drills provide neuromuscular and cardiovascular benefits by maximizing power output | | |
| a) Drop-and-Go Start: Standing to drop down to floor, up and accelerate | | Accelerate 20 metres Jog back |
| b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180°, and back again – then accelerate | | Accelerate 20 metres Jog back |
| c) Twistie Start "3": Stand sideways with right foot forward, jump up and rotate 180°, back and forth and back again – then accelerate | | Accelerate 20 metres Jog back |
| d) "5,5,5" - Do five tuck jumps, five pushups, five burpees – then accelerate | | Accelerate 20 metres Jog back |
| 3. Ladders - This drill involves quick steps and eye-foot coordination, which will improve agility, reaction, and awareness | | |
| a) In in out out | e) Rapid through | i) Out 5x then jump 3 |
| b) Icky shuffle | f) Twisties | j) Lateral Crossovers |
| c) Scissors Right | g) High knees | k) Continuous Jump |
| d) Scissors Left | h) Cross outs | |
| | | Two passes of each |
| 4. Weaving Pylon Drill - This drill provides repetition-based cutting manoeuvring – neuromuscular activation training | | |
| Weave through 10 pylons set 2 metres apart. Five times starting on the right of the first pylon, five times starting on the left of the first pylon. Set up one circuit for every ten athletes. | | Weave through each pylon Jog back |
| 5. Mini Core Routine - These activities activate the body's core stabilizing muscles – particularly the trunk section | | |
| a) Plank | f) Superman plank left | 5 - 10 seconds each task |
| b) Up up down down plank | g) Side plank right | |
| c) Pointer plank right | h) Side plank left | |
| d) Pointer plank left | i) Side plank with snap rollovers | |
| e) Superman plank right | | |

For more information on the skills and activities above, visit:
physicalliteracy.ca/movement-prep