



<b>1. Dynamics</b> - This engages large muscle groups to prepare the body for physical activity	
Alternate jogging <b>20 metres out</b> 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) Knee hug and lunge (trunk twist optional)
4) Backward mini-steps fast	
<b>2. Accelerations</b> - 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 <b>10 metres</b> Jog back
b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180°, and back again – then accelerate	Accelerate <b>10 metres</b> 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 <b>10 metres</b> Jog back
d) "2,2,2" - Do two tuck jumps, two pushups, two burpees – then accelerate	Accelerate <b>10 metres</b> Jog back
<b>3. Ladders</b> - This drill involves quick steps and eye-feet coordination, which will improve agility, reaction, and awareness	
a) In in out out b) Icky shuffle c) Scissors Right d) Scissors Left	e) Rapid through f) Twisties g) High knees h) Cross outs
<b>One pass of each</b>	
<b>4. Weaving Pylon Drill</b> - This drill provides repetition-based cutting manoeuvring – neuromuscular activation training	
Weave through 10 pylons set 1.2 -1.5 metres apart. Two times starting on the right of the first pylon, two times starting on the left of the first pylon. Set up one circuit for every ten athletes.	<b>Weave through each pylon</b> Jog back
<b>5. Mini Core Routine</b> - These activities activate the body's core stabilizing muscles – particularly the trunk section	
a) Plank b) Up up down down plank c) Pointer plank right d) Pointer plank left e) Superman plank right	f) Superman plank left g) Side plank right h) Side plank left i) Side plank with snap rollovers
<b>5 - 10 seconds</b> each task	

For more information on the skills and activities above, visit:  
[physicalliteracy.ca/movement-prep](http://physicalliteracy.ca/movement-prep)