



## 5 and 6-year-old At-Home Training Lesson 2: TEAMWORK

### Section 1: Active Warm-ups

- Arms: Shoulder taps for 10 reps - You will tap your left shoulder with your right hand, and then tap your right shoulder with your left hand.
- Legs: Beginner squats for 10 reps - You will lower your body into a deep squat position while your arms remain extended in front of you, and then raise your body back up.
- Abs: Sit ups for 10 reps - You will raise your shoulders off the ground, and then lower them back to the ground.
- Core: Bridge with side taps for 10 reps - Tap the side of your leg with your hand, alternating arms.

### Assignment Overview

- Today you are going to work on TEAMWORK.
- Here are the three TEAMWORK tips that I want you to practice today:
  1. Be loud when you lead your partner.
  2. Go through the commands quickly.
  3. Lead by great example.

### Section 2: Skill-building drill (Do three sets)

- Be the coach: You will build your TEAMWORK skills by coaching your partner through an exercise of your choice. When you lead, follow these steps: 1.) Say the name of the exercise; 2.) Say how many reps you will do; and 3.) Lead by counting out each rep. Switch partners.
- Lumber jacks – You will practice teamwork by kicking targets back and forth with your partner 10 times each leg.

### Section 3: Active stretches

- Arm circles backwards and forwards for 10 reps each - Swing your arms in large circles to the front and then to the back.
- Ski's for 10 reps each - Stand with feet together. Place your hands on your knees. While keeping your knees together, move them in a large circular clockwise motion, then switch directions.
- Side lunges for 10 reps - Stand with feet together. Step out to the side with one foot. Bend your knee while keeping your hands on the floor. Alternate sides.
- Cross over toe touches for 10 reps - From a standing position cross one leg over the other, keeping feet close together. Place one hand over the other and lean forward to touch your toes. Alternate sides.