



## 5 and 6-year-old At-Home Training Lesson 3: CONTROL

### Section 1: Dynamic Warm-ups

- Arms: Push-ups for 10 reps - You will tap your left shoulder with your right hand three times, and then tap your right shoulder with your left hand three times.
- Legs: Squat jumps for 10 reps - You will lower your body into a deep squat position and touch the ground, and then jump as you reach for the sky.
- Abs: Sit-ups w/ legs in the air for 10 reps - You will raise your shoulders off the ground and bring your head to your knees, and then lower them back to the ground.
- Core: Bridge with shoulder taps for 10 reps- You will bring one arm across your body and tap the opposite shoulder, alternate arms.

### Assignment Overview

- Today you are going to work on CONTROL.
- Here are the three CONTROL tips that I want you to practice today:
  1. Keep your hands up while you kick.
  2. Keep your knee high while you kick.
  3. Keep your head up while you kick.

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

- Don't knock the pillow: Place a stack of 2 or 3 pillows in front of you. You will build your CONTROL by front kicking a target while not hitting the stack of pillows.
- Super statue: You will practice having control of your body by running and jumping over a pad and then freezing into a guarding stance.

### Section 3: Dynamic stretches

- Middle splits push-ups for 10 reps - Go to a middle split position with your hands between your legs. Move your hands forward into push up position. Perform a good push up, and then walk your hands back to the original starting position.
- Side leg swings for 10 reps each - Stand with feet shoulder width apart. Keep your leg straight while you swing your leg to the side, as high as you can. Focus on not bending your knee.
- Inchworm hops for 10 reps - Stand with feet together. Walk your hand forward on the floor until you are in a push up position. Keeping your knees straight, hop landing with your feet between your hands. Focus on not lifting your hands off the ground when you hop.
- Ball roll for 10 reps - Sit with your feet in front, and knees bent. Hug your knees close to your chest. Without rolling over on your side, lean back and rock back and forth.