



3 and 4-year-old At-Home Training Lesson 3: BLOCKING

Section 1: Dynamic Warm-ups

- Arms: Seal taps for 10 reps - Tap your chest with each hand, one at a time, without letting your belly touch the ground.
- Legs: Stationary Frankenstein's for 10 reps - Raise your legs up to your hands, one at a time, while trying to keep your legs straight.
- Abs: Bicycles for 10 reps - Raise your legs up and begin moving your feet as if you were riding a bicycle non-stop.
- Core: Crab kicks for 10 reps - Kick each leg, one at a time, without letting your bottom touch the ground.

Assignment overview

- Today you are going to work on BLOCKING.
- Here are the three BLOCKING tips that I want you to practice today:
 1. Keep your fists tight.
 2. Pull your other arm tight to your side.
 3. Watch where you are blocking.

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

- Pad drop challenge: You will practice BLOCKING by protecting your head from targets that are dropped from above by your helper. Continue until you block five targets in a row without the targets hitting your head.
- Block by number: You will roll a dice and then execute the same number of blocks as the number on the dice while counting out loud.

Section 3: Dynamic stretches

- Twist stretch for 10 reps - Stand up straight with feet shoulder width apart. Twist side to side trying to go as far as you can each side.
- Airplane for 10 reps - Touch the bottom of your feet together and hold your toes. You will then alternate your knees up and down.
- Stretch kicks for 10 reps - Swing your leg as high as you can. Focus on not bending your knee when going higher.
- Row boat for 10 reps - Sit with both feet straight out and together. Raise your hands above your head. Reach forward past your toes if possible then drag your hands back towards your hips.