



7 to 9-year-old At-Home Training Lesson 5: INTENSITY

Section 1: Static Warm-ups

- Arms: Hold push-ups for 10 seconds - You will raise your body off the ground using your palms and the balls of your feet, keeping your feet, hips, and head aligned.
- Legs: Hold squats position for 10 seconds - You will lower your body as far as you can, trying to touch the ground with your fingers.
- Abs: Hold dish position for 10 seconds - You will raise your shoulders and feet slightly off the ground. Try to keep your feet together and try not to bend your knees.
- Core: Hold beginner bridge w/ leg out for 10 seconds - You will raise your body off the ground with the palms of your hands and your feet, as if you were a table; and then extend one leg up with your toes pointed.

Assignment Overview:

- Today you are going to work on INTENSITY.
- Here are the three INTENSITY tips that I want you to practice today:
 - Have great pitch – being loud when you answer up & yell.
 - Have great frequency – the amount of perfect reps that you can do.
 - Have great magnitude – having great strength and energy in what you do.

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

- Better at every rep: You will punch 10 times, getting better and more intense at each rep.
- Louder and louder: You will kick 10 times, yelling louder and louder on each rep.

Section 3: Passive stretches

- Hold figure four hamstring stretch for 10 seconds - Sit with both feet straight out in front. Cross one leg over the opposite knee. Raise hands above your head, then lean forward and try to touch your toes. If you cannot touch your toes go as far as you can and hold.
- Hold knee splits for 10 seconds - Sit on your hands and knees facing forward. Slowly slide your knees apart as far as they will go without feeling painful. Hold this position for 5-10 seconds. Then walk your elbows far forwards extending your hips towards the floor and hold. Then walk your elbows all the way back past the starting position pushing your hips past your knees and hold.
- Hold hip twist stretch for 10 seconds - Lay flat on your back with your hands extended out to the sides. Cross one leg over your body while keeping it straight. Keep your back in contact with the ground while making sure your shoulders are still flat on the floor as well.
- Hold wake up stretch for 10 seconds - Lay flat on your back with your hands in front of your body. Extend your arms as far above your head using your fingertips. At the same time, extend the tips of your toes in the opposite direction. The goal is to get a good stretch through your entire body.