



### 3 and 4-year-old At-Home Training Lesson 6: rolling

#### Section 1: Active Warm-up

- Arms: Seal-ups for 10 reps - Raise your head and belly off the ground using your palms, just like a seal, then lower your body back to the ground.
- Legs: Jack-in-the-box for 10 reps - Lower your body as far as you can without your bottom touching the ground, as if you were in a tiny box, like a jack-in-the-box, then jump as high as you can.
- Abs: Reverse curl-ups for 10 reps - Raise your legs above your head and then lower them back without letting your heels touch the ground in between each rep.
- Core: Spider ups for 10 reps - Raise your entire body off the ground with the palms of your hands and the balls of your feet, as if you were Spiderman stuck on a wall, then lower your body close to the ground, but do not let your knees or belly touch the ground.

#### Assignment Overview

- Today you are going to work on ROLLING.
- Here are the three ROLLING tips:
  1. Watch what you are doing.
  2. Keep your balance.
  3. Have good discipline.

#### Section 2: Skill-building drill (Do 3 sets)

- Figure 8 rolls: You will roll a ball in and out of your legs in a figure “8” motion. Continue until you do this two times in a row, and then do 4 punches.
- Around the chair: You will roll a ball around a chair two times and then do 4 kicks.

#### Section 3: Active stretches

- Hand throw triceps stretch for 10 seconds - Stand up straight with feet close together. Throw your hands up. Bend at the elbow and touch the back or your shoulders.
- Hip rotations for 10 seconds - Stand with feet apart. Place hands on your hips. Rotate hips in a large circular motion.
- Knee wobble (side to side) for 10 seconds - Stand with feet together, knees halfway bent. Place hands on your knees. Move knees in a lateral motion alternating to the left and right.
- Sitting toe touches for 10 seconds - Sit with both feet straight out and together. Raise your hands above your head. Reach forward to touch your toes, or go as far as you can without bending your knees.