



## 7 to 9-year-old At-Home Training Lesson 8: CONCENTRATION

### Section 1: Ultimate Warm-ups

- Arms: Super slides across the ground - You will drag your body down the mat using only your palms.
- Legs: Plyos across the ground - You will jump down the mat while keeping your feet together. Jump in continuous motion without pausing in between each jump.
- Abs: Stomach rolls up across the ground - You will roll your body sideways down the mat using your abdominal muscles.
- Core: reverse crab walks across the ground - You will walk down the mat in reverse keeping your bottom off the ground.

### Assignment Overview

- Today you are going to work on CONCENTRATION.
- Here are the three CONCENTRATION tips that I want you to practice today:
  - CONCENTRATION with your eye contact.
  - CONCENTRATION with your chambers.
  - CONCENTRATION with your technique.

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

- Form in a box: Mark off a small box to stand in that is approximately 3 feet long and 3 feet wide. In this drill you will practice your form while staying in the box, which means that you will need to adjust your stances and movements. Continue for three sets.
- Math challenge: You will roll a dice twice and add those two number and then do that many kicks over a chair without putting your foot down while concentrating on not kicking the chair.

### Section 3: Partner stretches

- Surfing stretch for 10 seconds - Lay on your stomach with your hands by your side. Your partner will sit on your legs and grab your wrists. They will then gently pull your arms back and together lifting you off your chest.
- Standing hamstring stretch for 10 seconds - Lay on your back with your legs straight. Your partner will lift one leg up over your head.
- Seesaw stretch for 10 seconds - Stand back to back with your partner. Hook arms and hold firm. Alternate turns leaning forward and hold. Focus on lifting your partner off the ground and relaxing into the stretch.
- Sitting belt pull stretch for 10 seconds - Face your partner sitting in a straddle position. Reach forwards and grab your partner's belt. Then lean back pulling on the belt and hold.