

Youth Sports Participants Suggested Workout Details

I. Grade 3-5 Workout – M, W, F (3 days/week, 40 minutes max)

- A. Dynamic Stretching: each skill is done twice for 20 yards
 - 1.) form run
 - 2.) skipping
 - 3.) shuffle
 - 4.) backward run
 - 5.) lunge walk
 - 6.) backward skip
 - 7.) high knee hugs – knee to chest, hug your leg
 - 8.) foot grabs – walk, grab and pull up one foot at a time
 - 9.) sprint from your specific stance
- B. Strength Activities
 - 1.) pushups – 4 x 15 (4 sets of 15 reps)
 - 2.) situps – 3 x 20
 - 3.) squats with hands behind head – 2 x 15
- C. Agility Skills
 - Box drill – Set up a ten yard square with markers. Start at one corner of the square, sprint to first corner, shuffle to next corner, backward run to next corner, shuffle to last corner. Repeat 4 times.
- D. Cardiorespiratory
 - One mile run

II. Grade 6-8 Workout – M, T, Th, F (4 days/week, 40 minutes max)

- A. Dynamic Stretches – each skill is done twice for 20 yards
 - 1.) form run – jog
 - 2.) skipping
 - 3.) shuffle
 - 4.) carioca
 - 5.) backward run
 - 6.) lunge walk
 - 7.) backward lunge walk
 - 8.) backward skip
 - 9.) high knee hugs
 - 10.) foot grabs
 - 11.) sprint from your position (stance)
- B. Strength Skills – if you can't get the number of reps, try your best to reach that goal
 - 1.) pushups – 4 x 25 (4 sets of 25 reps)
 - 2.) situps – 4 x 20
 - 3.) squats with hands behind head – 3 x 15
- C. Agility Skills
 - Pro Agility – Set up 3 markers in a straight line. The markers should be 5 yards apart. Start at the middle marker, on go, sprint to marker on right, plant foot and sprint to opposite marker, plant foot and sprint to middle marker. Repeat 4 times, rest 30 seconds between sets.
- D. Cardiorespiratory – work up to 1.5 miles
 - run 1 mile – week 1 & 2
 - run 1.5 miles – for each workout until camp begins