

10U/12U PHASE I - CORE & BACK

## ROW THE BOAT

### MOVEMENT

- ① • Sit on glutes with feet crossed and dangling in the air.
- Hold ball with both hands straight out in front of body.
- ② • Keeping core tight, back straight, rotate ball to left and then to the right.
- Row The Boat for 30 seconds.

### VARIATION

- ① • Sit on glutes with feet crossed and dangling in the air.
- Hold ball with both hands.
- Keeping core tight and back straight.
- ③ • Pass the ball under and around legs in a figure 8 pattern.
- Perform for 30 seconds.



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