

10U/12U PHASE II - RUNNING & JUMPING

MONSTER WALK TWIST

MOVEMENT

- Forward lunge, holding a soccer ball.
- Monster Walk Twist 10 yards.
- Alternate legs.

TECHNIQUE

- 1 Stand with feet shoulder width apart.
 - Hold soccer ball in front of body with elbows bent about 90 degrees.
- 2 Step forward with left foot into a lunge position.
 - Be sure to keep knee over left foot and behind ankle; do not twist at the knee.
- 3 From torso, twist upper body to the right-belly button should be at 3 o'clock.
 - Arms are stretched straight out towards 3 o'clock.
 - Maintain a slow and controlled movement throughout the exercise.
 - Slowly move arms/ball to center and return to standing position.
 - Step forward with the opposite foot.
 - Twist to the other side-arms stretched out to 9 o'clock.

If players struggle with technique perform Monster Walk Twists without a ball.

ADVANCED

Use a 1lb, 2lb or 3lb medicine ball performing Monster Walk Twists. Do not add weight if technique diminishes.



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