

10U/12U PHASE II - UPPER & LOWER BODY

INCH WORM

MOVEMENT

- ① • Start in a push-up position.
- Back should form a flat bridge
- Perform 1 push-up.
- ② • Lift hips to form a V.
- ③ • Slowly walk feet to hands keeping knees straight.
- Repeat entire sequence.

Have players perform 5-10 Inch Worms.

REVERSE MOVEMENT

- Players start in a sandwich position.
- Place palms on ground outside feet.
- Walk feet backwards into push-up position.
- Perform one push-up.
- Walk hands back to feet.

Have players perform 5-10 reverse Inch Worms.



10U/12U PHASE II - UPPER & LOWER BODY

INCH WORM

