

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

ROWS WITH RESISTANCE

SETUP

- Use towels or a rope approximately 2 feet long.
- Divide players into partners.

MOVEMENT

- 1 Sit on the floor facing partner with feet touching.
- Knees are slightly bent, with the torso upright and stable.
- Both players grasp each end of both towels.
- 2 With bent arms one partner pulls (rows) towel keeping elbows tight to body while the other partner's arms are extended.
- Partner with arms extended begins row by pulling shoulder blades together, keeping elbows in tight to body and pulling the towel toward torso.
- Simultaneously partner provides resistance to this movement.
- Once the row has been completed the partners will switch roles, one resisting while the other pulls.
- Each player performs 10 repetitions.

Enough resistance should be applied, so that it is challenging, but not impossible to perform 10 repetitions.



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