

# Strength Training Week 5

## **Dynamic Warm up 10 minutes**

High knees  
Skips  
Light jogging  
Stretches

## **Exercise 1 – Plank Ups 6x3**

### Coaching Points

- \* Hands slightly wider than shoulder width
- \* Keep feet together
- \* Keep back straight

## **Exercise 2 – Plank Knee Ins 6x3 (each side)**

### Coaching Points

- \* Start with feet together
- \* Keep back straight
- \* Knee drives towards elbow

## **Exercise 3 – Knee Jumps 6x3 (alternative start from crouch position)**

### Coaching Points

- \* Push up with hips
- \* Swing arms for momentum
- \* Land in athletic position

## **Exercise 4 – Calf Jumps 12x3**

### Coaching Points

- \* Push onto balls of feet
- \* Keep shoulders back
- \* Get into a rhythm

## **Exercise 5 Squat In Outs 12x3**

### Coaching points

- \* Legs shoulder width apart
- \* Push hips back
- \* Push up and feet together

