

Learn to Train

Speed, Aerobic & Strength Training

Ulster GAA

Coaching & Games Development

www.ulster.gaa.ie





Learn to Train

Strength



Strength Training: What Coaches Should Know About Children ?

- ✓ The bodies own weight can be used for developing strength
- ✓ Focus on weight lifting techniques - use a brush shaft and should always precede any lifting with weights
- ✓ There is very little difference strength wise between boys and girls and should therefore play together during these years
- ✓ Girls can start strength training after PHV and usually have better balance and flexibility during the Learn To Train years
- ✓ Boys should not start until 18 months after PHV when there is enough testosterone in their bodies to make it beneficial
- ✓ Boys usually have better upper body strength in activities like throwing relative to lower body activities like sprinting
- ✓ Children should have a good range of flexibility before engaging in weight training
- ✓ They should develop core stability initially before embarking on weight training
- ✓ Strength gains are not a result of muscle mass but rather the ability of the central nervous system to activate and stimulate the muscles
- ✓ This is important for force and power in skill efficiency
- ✓ Players who experience a well structured weight programme are less likely to be injured when compared to those who have not
- ✓ Multi lateral training of all muscle groups especially the core are better than specific training
- ✓ Strength training at this stage should be seen only as an additive to their technical skill development



Superman – A Core Stability Task



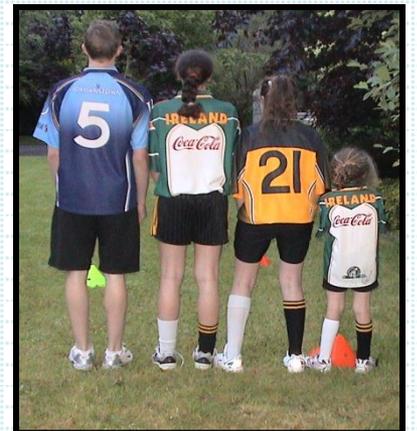
Learning To Squat Using Body Weight

Strength Training: What Coaches Should Know About Children ?

- ✓ The ends of bones are still cartilaginous and the body is very susceptible to injury through heavy tackling or heavy pressure
- ✓ There is no difference between boys and girls and both sexes should play together during the Learn To Train phase
- ✓ There is great improvement in speed, agility, balance, coordination and flexibility.
- ✓ Endurance capacity is more than adequate for most activities (little aerobic machines) and they do not need heavy interval type of training.
- ✓ The onset of peak height velocity (PHV) leads to an increase in the aerobic system.
- ✓ Aerobic training programmes for the 10 to 14 year old girls and 12 to 16 year old boys should be individualised or players grouped together according to them having reached PHV



Coach in Action



Maturation Levels

Strength Training: What Coaches Should Know About Children ?

- ✓ The 10% rule which advocates progression with regards to increases in volume, intensity etc. every week, could be used for the first month and then the intensity could be increased each month thereafter depending on fitness levels and adaptation to the training
- ✓ Single periodisation i.e. all year programme with emphasis on fun blitzes Short duration anaerobic activities (a lactic) endurance could be developed through small sided games of short duration e.g. 3 v 3 for three or four minutes
- ✓ All children will develop at different rates depending on their capacities for learning and performing skills There may be four or five years difference within each chronological age group
- ✓ The teams of the future should be placed into early, average and late maturing player groups based on maturation levels and not chronological age for physical training and come together for the technical and tactical
- ✓ Be sensitive about removing a child from her/his age group for fitness training
- ✓ If you are training different maturity groups together plan your session so the late developers have more sets or repetitions to do than their earlier counterparts

Strength Training: What Coaches Should Know About Children ?

- ✓ **Physiological factors are influenced by genetic factors and must be nurtured during the first three phases of the LTPDP**
- ✓ **Extends to the Physical Growth Spurt (Peak Height Velocity) and depends on genetic make up and may vary by as much as five years e.g. when girls start to mature**
- ✓ **Emphasis on general physical conditioning through volume and frequency rather than intensity before PHV and intensity after PHV**
- ✓ **Hard physical training should be reduced during the adolescent growth spurt**
- ✓ **Anaerobic power and capacity are less well developed than the Aerobic System so Hard Physical Interval Type Training should be avoided**
- ✓ **Research shows that children's exercise intensity is below anaerobic threshold and is mainly aerobic in nature**
- ✓ **Prior to the onset of puberty, children mainly improve in the economy of movement i.e. the oxygen cost of activity decreases without an increase in VO₂ max.**
- ✓ **VO₂ increases about 150% for males between 8 to 16 and 80% for females between 8 and 15**



Use every opportunity to practice your skills



Strength Training: What Coaches Should Know About Children ?

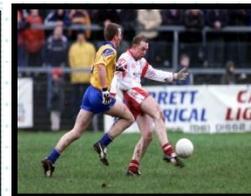
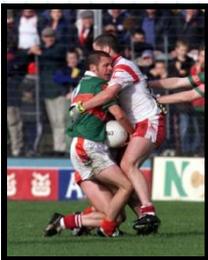
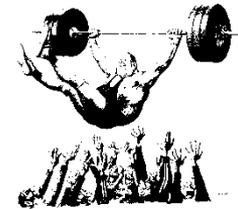
- ✓ Young players differ in their thermoregulatory responses to heat and as such should receive adequate and appropriate fluid intake and protection in the hot sun
- ✓ Pre –pubescent children may have a greater muscular strength trainability than older age groups
- ✓ During PHV players are very vulnerable to injuries due to the imbalance between strength and flexibility
- ✓ High intense training may inhibit bone length because of the plasticity of the skeleton and result in serious injury of the weight bearing joint surfaces
- ✓ Endurance training regimens are probably responsible for 60% of all over-use injuries sustained and could be avoided with appropriate changes in training
- ✓ Children can vary in height by as much as 40% which could have competition consequences
- ✓ Girls tend to develop at a faster rate than boys
- ✓ These differences should have an important part to play in planning for all coaches

Strength Training: Long Term Training Model For Strength

Stages of Development	Forms of Training	Training Methods	Volume	Intensity	Means of Training
Active Start Fundamentals Learn To Train (4-12 yrs.)	ABC's RJT's Relays Games	Informal Circuits Incorporate into Multi Sports Circuit Training	Low	Very Low	Own Body Partners Light Medicine Balls Swiss/Fitt Balls
Train To Train (12-15)	General Strength Games	Circuit Training	Low To Medium	Low	Brush Shafts Medicine Balls Light dumbbells
Train To Compete (16-18)	General Strength Specificity	Circuit Training Power Training Low Impact Plyometrics	Medium Medium-High Maximum	Medium Sub maximum	As Above Free Weights Lifts Olympic Lifts
Train To Win (18 +)	Specificity	Maximum Strength Power/Plyos Muscular Endurance	Medium Medium-High Maximum	Medium to High Sub maximum	Olympic Lifts Dumbbells Free Weights

Learn to Train

Strength Body Weight



Strength Training:Using Body Weight...AGE GROUPS

- ✓ Strength gains before PHV and during pre-adolescence are possible.
- ✓ Research now shows that children can benefit from safe and effective strength programmes, provided it is properly designed and competently supervised (The American College Of Sports Medicine)
- ✓ They also contend that strength training may enhance muscular strength, motor fitness skills, motor performance, psychological well-being and decrease the incidence of certain injuries

7 or Younger:

- ✓ Introduce to basic exercises using child's own body weight e.g. taking weight on hands etc.
- ✓ Teach exercise techniques e.g. simple squatting with hands held out in front of the body or holding dumbbells ($\frac{1}{2}$ kg) in either hand.
- ✓ Progress from body weight to partner exercises
- ✓ Keep volume low



**Body Weight
Press ups on Knees**



**Body Weight
Squatting**

Strength Training: Using Body Weight...AGE GROUPS

8 – 10 years:

- ✓ Increase the number of exercises gradually
- ✓ Practice lifting techniques in all lifts – use brush shaft
- ✓ Gradually increase the loading e.g. feet on bench for press ups etc.
- ✓ Gradually increase the training volume – 10 yr. olds need 2 sessions per week not exceeding 30 min.
- ✓ Monitor toleration to exercise stress



Front Raise With
Dumbbells



Lunge With
Dumbbells



Squats With
Dumbbells

Strength Training: Using Body Weight...PARTNER RESISTANCE

Exercise 1: Horse and Jockey

- ✓ Pairs stand one behind the other. The player behind grabs the front player and tries to prevent them moving forward or use a harness
- ✓ Tip: Front player drives hard off back foot and uses a high knee lift to sprint forward.

Exercise 2: Rugby Push-up

- ✓ Place your hands on your partners' shoulders or hands and attempt to push them forward.
- ✓ Tip: Push with straight arms and drive with one foot in front of the other.

Exercise 3: Rugby Pull

- ✓ Grab your partners, elbows and attempt to pull them backwards
- ✓ Tip: Be careful you don't stamp on your friends' toes.

Exercise 4: Wrist Boxing

- ✓ Pairs hold each others wrist with one hand holding their partner's wrist while their partner holds theirs. The aim is with your one free hand you attempt to touch the cheek of your partner to score a point.
- ✓ Tip: N.B. No slapping or punching!!!



Rugby Push



Horse and Jockey

Strength Training: Using Body Weight...PARTNER RESISTANCE

Exercise 5: Back to Back Pushing

- ✓ Stand back to back with your arms locked. Attempt to push your partner backwards by driving with your feet. Who can push their partner over a set line first?
- ✓ Tip: Keep your back straight.

Exercise 6: Back to Back Squats

- ✓ Same stance as above. Try and go down as far as possible before coming back up again. Can your bottoms touch the ground before coming up again?

Exercise 7: Hopping Over

- ✓ Both stand on one leg with hands behind your backs. Now try and shoulder your partner over onto the other foot.
- ✓ Tip: Pretend to shoulder but step to the side.

Exercise 8: One Arm Tug O War

- ✓ Stand side by side with your inside arms locked at the elbow and near feet touching. The aim is to pull your partner over onto the other foot.



Strength Training: Using Body Weight...PARTNER RESISTANCE

Exercise 9: Stubborn Donkey

- ✓ Here one pupil kneels down and pretends to be a donkey. The other pupil attempts to move the donkey by pushing and pulling various parts of the 'donkey's' body. The 'Donkey' must tighten up every muscle to prevent being moved



Exercise 10: The Stamp

- ✓ Here one player lies down on the ground with arms and legs spread out. The other child attempts to lift parts of the 'stamp' off the ground.



Exercise 11: The Parcel

- ✓ One player tucks up into a tight 'parcel'. The other player attempts to unwrap the 'parcel' by pulling at the arms and legs. Safety – no rough handling and same gender work together etc.

Comment

- ✓ These and many more partner resistance tasks should be incorporated into your overall programme as
- ✓ They will develop all round strength in your young players and help to prepare them for future weight.
- ✓ Training programmes and prevent injuries.



Strength Training: Swiss Ball CORE STRENGTH

- ✓ Children in this phase can use Swiss balls to help develop core strength. Mats should always be used initially around the balls as a safety precaution. Adult supervision should always be present at the start of their programme.
- ✓ Like any programme young children should be taken slowly through all the basic exercises before moving on to more advanced ones.

Exercise 1: Good Posture

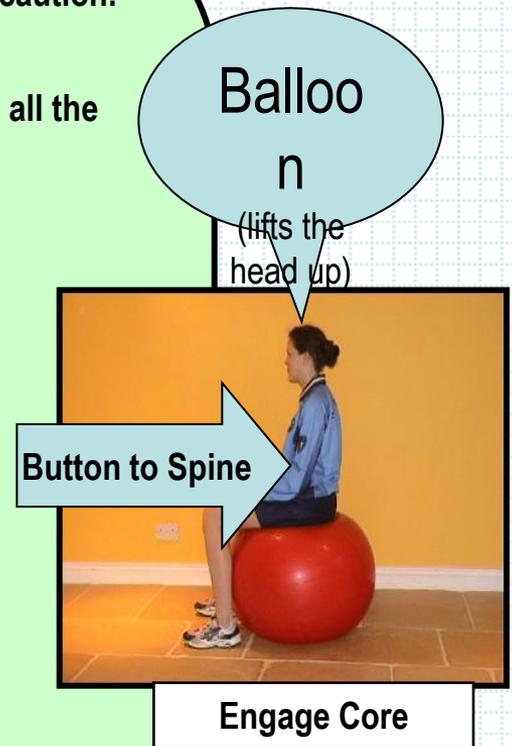
- ✓ Finding neutral and engage core.
Sitting on Ball – pull the belly button back to the spine and pretend there is a balloon on you head lifting you up. Tighten muscles in abdominal region to engage muscles.

Exercise 2: Two Leg Sit

- ✓ This should be the first simple exercise that children learn.
The aim is to sit with a straight back and both feet on the ground.

Exercise 3: Arm Circle

- ✓ Sitting on ball, lift the arms up and down while trying to maintain balance, make circles with the hands, make circles with your bottom.



Strength Training: Swiss Ball CORE STRENGTH

Exercise 4: One leg sit

- ✓ A repeat of the previous task except one leg is lifted off the ground.
- ✓ The hamstring may be stretched by straightening the support leg and leaning forward with the upper body, hold for 10 sec, relax and repeat 3 times

Exercise 5: Lie face up on the ball

- ✓ Keep both feet on the ground and walk forward so that the feet remain shoulder width apart. Keep going until only the shoulder and upper back are on the ball. Tighten the core and hold the position with straight back and legs at 90°

Exercise 6: Sit-ups

- ✓ Attempt to lay back on the ball from a sitting position, hold for a few seconds and return to sitting. Repeat a set number of times adding an extra repetition every session. Can you add a twist as you go down and up? This helps to strengthen the side muscles. This becomes more difficult if a medicine ball is held in the out stretched hands



Balance - One Leg Sit



Lie Prone on the Ball

Strength Training: Using Body Weight...LEGS

Exercise 1: Calf Raises

- ✓ Stand with your toes on the edge of a step etc. Raise your body as high as possible and then lower your body back down again. When ready try this on one leg

Exercise 2: Two Leg Squat

- ✓ Repeat above but squat down as you lower the body. Repeat on one leg when ready. Tip: Use a wall/partner to help you balance initially. Keep your back straight with head up. Don't go down past 90° at the knees.

Exercise 3: Squat Jumps

- ✓ Start in squat position and jump forward to land in squat position
Tip: Use soft ground only and take small steps initially

Exercise 4: One Leg Squat Jump

- ✓ Repeat above using one foot only change feet mid air to land on opposite foot

Exercise 5: Running Long Jump

- ✓ Use a short run up to take off one foot and land on two
Tip: Use a sand pit or soft ground to land on

Exercise 6: Sergeant Jump

- ✓ Stand sideways to a wall, bend your legs and jump as high as possible to touch the wall at your highest point.
Tip: Use this jump to test your player's leg power

Exercise 7: Step-ups

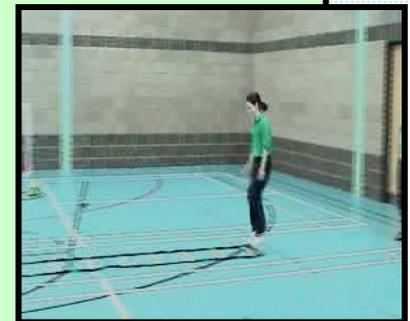
- ✓ Use a gym bench to step up on and back down again
Tip: Drive up from the 'ball' of your foot and straighten your legs on the bench. Repeat above holding a medicine ball

Exercise 8: Ricocheting

- ✓ Take small fast jumps with your legs as straight as possible. This is an excellent activity for strengthening the muscles of the feet especially if done in bare feet on grass



Calf Raises



Ricocheting

Strength Training: Using Body Weight....UPPER BODY

- ✓ Children at this stage should use the weight of their own bodies to help develop strength training. Coaches may use the following activities to help develop a good strength base for children:

Exercise 1: Wall Press-ups

- ✓ Ideal for helping to develop upper body strength. There are numerous ways they can be used starting with easy tasks and progressing in difficulty

Exercise 2: Knee Press ups

- ✓ Lay on the tummy, place your hands under the shoulders and cross the feet. Aim to push your body off the ground onto the knees and hands. Keep your back as straight as possible
- ✓ Tip: For all these tasks it is good practice to squeeze the belly button against the back bone. This helps to tighten up the core muscles around the middle.

Exercise 3: Toe Push up

- ✓ As above except the push up is performed onto the hands and feet
- ✓ Tip: Keep your hands flat with fingers pointing forward and back straight.

Exercise 4: Raised Feet push up

- ✓ Put feet up on a bench for a push up.

Exercise 5: Pull-ups

- ✓ Use horizontal bar to pull the body up until the chin touches the bar. Lower the body slowly to the start position.

Exercise 6: Dips (Triceps)

- ✓ Sit between two benches with the hands on either bench and your feet out in front.
- ✓ Aim to push your body off the ground by pushing hard against the benches.



Build Core Stability



Modified Sit Ups

Strength Training: Using Body Weight....TUMMY AND BACK

Exercise 1: Hyperextension

- ✓ Lay on tummy and lift your arms only up off the floor, hold and lower back down

Exercise 2 : The swimmer

- ✓ Lie on your tummy and pretend to do the front crawl by moving your arms and legs up and down as fast as possible



Exercise 3: Leg Raises

- ✓ Lay on tummy with hands down by the side lift your legs as high as possible

Exercise 4: Sit-ups

- ✓ Lay on back with legs bent and hands on the side of the head. Raise the body initially 8" off the mat and gradually as strength improves come up to touch elbows against the knees before lowering the back gently down onto the ground/mat
- ✓ Tip: Keep hands at the side of the head and not behind the head i.e. never jerk the head

Exercise 5: V Sit-ups

- ✓ Raise both head and feet at the same time. Feet and back are straight with hands out to the side and eventually touching toes
- ✓ Tip: Remain on bottom

Exercise 6: Modified Sit-ups

- ✓ When children can achieve the above challenge them further by asking them to use a small medicine ball



Strength Training: Using Body Weight...Programme

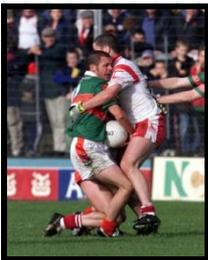
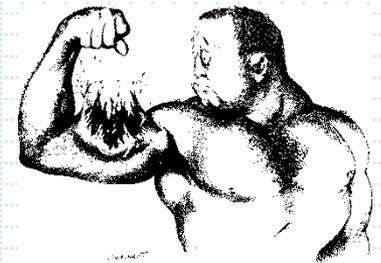
- ✓ Use 6 – 9 stations
- ✓ Build from 15mins. upwards to 20mins max. to 30mins. at the end of prepuberty
- ✓ Alternate the exercises according to body parts e.g. legs, arms, back, whole body tasks e.g. Burpee – hands on the floor and jump your feet in and out followed by a jump at the end and tummy etc.
- ✓ Children should be allowed to do the exercises at their own speed
- ✓ The coach should insist on proper technique especially proper limb alignment for safety i.e. straight backs, hands and feet in the right place etc.
- ✓ Circuits should be an enjoyable experience and never competitive
- ✓ Perform 1/2 circuits depending on the ability of the child and build to 3 towards the end of the Learn To Train stage
- ✓ Times may be used for more experienced children starting with low work to rest ratios e.g. start with 15/20 sec. Work with a 30/40sec. Rest Period and gradually increase the work period a few seconds each week as you decrease the rest period a few seconds

Exercise	Nos. of Reps/Time	Rest Interval (Sec)
Push Up	4-6/8	30
Medicine Ball Scoop Throw	10-12/15	30
Arm Curl	8-10/12	30
2 Foot Burpee	10-15	60
Shoulder Press	8-12	30
2 Leg Skips	60 Sec	120
Sit Ups	6-8	30

Body Weight Training Circuit

Learn to Train

Strength Lifting Technique



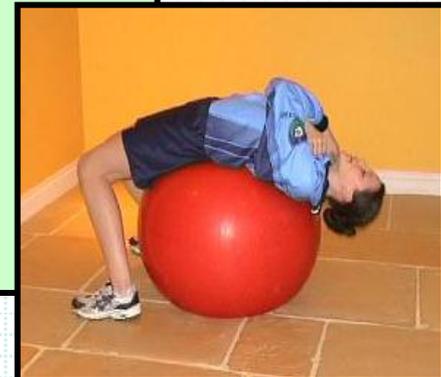
Strength Training: Lifting Technique

11 – 13 years:

- ✓ Teach all the basic lifting techniques without weights.
- ✓ Introduce **TECHNIQUES** for exercise such as Clean, Squat, Curls and Bench Press using a brush shaft or a training bar with little or no resistance – use dumbbells where possible
- ✓ NB If a child starts a programme with no previous experience start him/her at a previous level and only allow him/her to the next level as exercise tolerance, skill, amount of training and understanding permit
- ✓ The critical period for accelerated adaptation to strength training is towards the end and immediately after PHV for females and 12 – 18 months after PHV for males
- ✓ Medicine ball, Swiss ball, Weights – use of this equipment should focus on Technical Development rather than heavy weight.
- ✓ Exercise using own body strength– Press Ups, Sit Ups, Hopping and Bounding should be well established at this stage.



Flys: Using Light Dumbbells



Swiss Ball Drills
Good Technique essential



Testing For Strength



Partner Resistance
Exercises

Strength Training: Teaching Lifting Technique – 6 Steps – The Lunge

1. Prime Movers

- ✓ The key muscles you are working
- ✓ Eg. Quadriceps and Gluteals

2. Get Set Position

1. Stand upright, feet shoulder width apart.
2. Light dumbbell in each hand
3. Hands and arms by the side throughout
4. Engage the Core muscles

3. Spotting (if required)

- ✓ Spotter available to take weights from player

4. Range of Movement

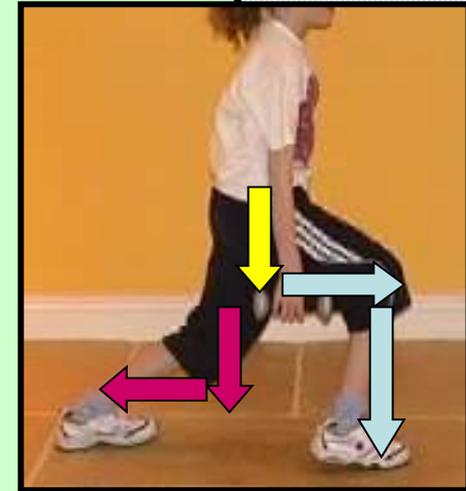
1. Step forward on one foot about a normal stride length
2. Bend at the knees so that each leg is at 90°
3. Return to the start position and repeat on the other leg

5. Key Joint Alignment

- ✓ Shoulder, hip, knee and ankle in line

6. Control and Breathing

- ✓ Breath in an out in one cycle of the exercise

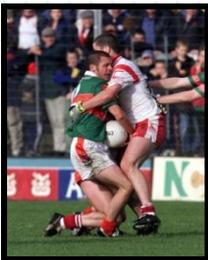
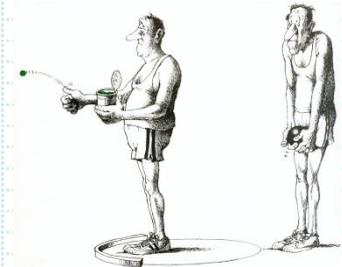


Coach Technique: ie:
Drop the hips so that
the front leg can get
to 90°.

Arms by the side.
Head looking forward
Straight back
Engaged Core

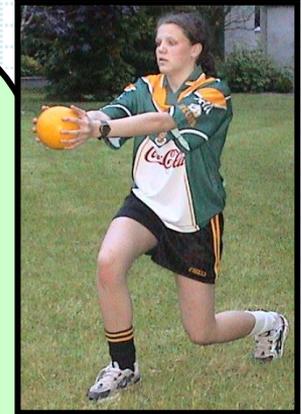
Learn to Train

Strength Medicine Balls



Strength Training: Medicine Balls

- ✓ **Medicine Balls can be used with the appropriate age group to help develop strength in children. Start with ½ k and build to 2K as strength improves**
- ✓ **Tasks can be made more difficult by using heavier balls 2-3 kilograms, throwing further/higher or easier by doing the opposite**
- ✓ **Make up own balls e.g. take the valve out of small used basketballs and fill them with water or sand put the valve back in and glue**
- ✓ **Challenge children to come up with their own ideas:**
- ✓ **How many ways can you send your medicine ball along the ground, at the wall, up in the air etc. ?**
- ✓ **How near the ground can you catch your ball?**
- ✓ **Can you catch it above your head? Be careful !!!**
- ✓ **Hold the ball between your feet and jump about. Who can do the most jumps? Have a jumping race**
- ✓ **Try holding ball in, on other parts of your body and travel about**



Lunge with Medicine Ball



Sit Ups with Twist



Chest Push



One Hand Push Shot

Strength Training: Medicine Balls

Exercise 1: Side Toss

- ✓ Two players stand 3-4m in front of each other
- ✓ One player holds the medicine ball with both hands at the right hip
- ✓ She fully rotates to her right as far as possible before returning to her neutral position while tossing the ball to her partners right hand side
- ✓ Her partner catches the ball out in front of the body and repeats above
- ✓ After a set number of throws change and throw from the left side
- ✓ Try and keep the ball moving at all times



SIDE TOSS

Exercise 2: Up and Over

- ✓ Pairs stand one behind the other. Start close together.
- ✓ Child in front picks the ball off the ground and lifts it over her head to her partner before touching the floor in front again
- ✓ Her friend holds the ball until she reaches over her head to take the ball back from her friend again etc.
- ✓ Change roles after a set number e.g. 10
- ✓ The task becomes progressively more challenging as the pair move further apart



UNDER and OVER

Exercise 3: Under and Over

- ✓ The pairs stand back to back and repeat the above task only this time the ball is passed under their legs to their partner who lifts it up and over their head to their partner
- ✓ The task becomes more difficult as they move further apart

Strength Training: Medicine Balls

Exercise 4: Underhand Throws

- ✓ Stand in a squat position with heels on the ground and knees over the feet 4/5 m in front of a wall
- ✓ Hold the ball between your legs with both hands
- ✓ Use a vigorous underhand throwing technique to toss the ball high against the wall opposite
- ✓ Drive the hips upwards and outwards as you straighten the legs to release the ball
- ✓ Keep your back as straight as possible through out the task



Underhand throw

Exercise 5: Medicine Ball Press

- ✓ Laying on your back preferably on a mat or soft surface aim to push the ball from Your chest to straight arm
- ✓ Repeat a set number of times have a rest and repeat
- ✓ Try with one hand only then the other
- ✓ Can you touch the ground behind you and bring the ball back above your chest
- ✓ Repeat above but continue to touch the ball to your feet before returning the ball behind your head etc
- ✓ Place both hands on the medicine ball an attempt a push up (only for the very capable)



Medicine Ball Press

Strength Training: Medicine Balls

Exercise 6: Overhead Back Squat Throws

- ✓ Repeat above but stand with your back about 4/5 m in front of a wall
- ✓ Start in the squat position with the ball held between the legs
- ✓ As you straighten the legs toss the ball over your head to strike the wall behind

Exercise 7: Medicine Ball Throw to Partner

- ✓ Laying on your back with a medicine ball on your chest, extend the arms and throw up to a partner.

Exercise 8: Sit up and Throw

- ✓ Ball above the head, sit up and toss the ball as high up a wall as possible Repeat above from a kneeling position

Exercise 9: Hamstring Flick Up

- ✓ Pairs – One laying on tummy the other stands astride their partner with a medicine ball and rolls it down the back of their friends' legs. When the medicine ball is near the heels s/he flicks it up into their partners' hands. Repeat until a set number are completed and change role

Exercise 10: Side Bends

- ✓ Hold the medicine ball above the head and bend to the side , hold a few seconds and repeat to the other side



Chest Press Ups



Side Bends

Strength Training: Core Strength using Swiss Ball

Exercise 11: Underhand Lobs:

- ✓ 2's both laying on tummies, facing each other with one medicine ball
- ✓ The aim is to lob the ball into your partners' hands

Exercise 12: Press ups

- ✓ Lay with your tummy on the ball, place your hands on the ball and attempt to push up, hold a few seconds before returning. Gradually build up your reps. (repetitions)

Exercise 13: Roll our push ups

- ✓ When laying on the ball try and roll your body out onto your hands and hold a balance. As you get stronger roll out a little further. Can you roll out until your feet are only remaining on the ball? Challenge the players to lift one leg from the ball in this position
- ✓ N.B. Only attempt these if you can do at least 15/20 toe push ups from the ground

Exercise 14: Back Squats

- ✓ Stand with your back between the ball and a wall. Now attempt to squat down to 90° hold a few seconds before returning. As usual start with a few and gradually build up over time. Can you hold your arms out in front or dumbbells? When ready try one leg squats!!!
- ✓ As strength improves do sets of 10 reps holding the last one each time before starting the next set



Press Ups:



Back Squats

Strength Training: Core Strength using Swiss Ball

Exercise 15: Hip Raises

- ✓ Hip Raises – Place your feet on the ball while laying on the mat. From this position raise your hips as high as possible. Hold for a set time before returning to the mat to rest. Repeat above with one foot on the ball. Keep your thighs parallel



Exercise 16: Side Raises

Lay side ways on the ball and attempt to raise your body up side ways from the ball, hold a few seconds before returning



Exercise 17: Superman

- ✓ Kneel over the ball with both hands and feet on the mat. On signal lift your right hand and left leg from the mat and hold them as straight as possible until fatigued. Change hand and foot and repeat a set number of times
- ✓ Most of the above tasks may be made more difficult by adding dumbbells or medicine balls
- ✓ Make Up Your Own: Challenge children to make up their own exercises and question them as to what muscle groups they believe they are strengthening
- ✓ When good core stability has been established medicine ball and dumbbell exercises may be added as a further challenge
- ✓ Let the children come up with their own ideas provided they are safe and award creativity and innovation



Strength Training: Resistance Bands

- ✓ Children may use tubing to develop a good strength base before moving on to use weights. They may be used on the feet as shown to help develop ankle, hamstrings and groin
- ✓ Different degrees of flexibility tubing may be used to make it harder or easier. They can be placed under the feet and held in the hands to develop arm strength as in the arm curl.

Exercise 1: Lateral Raise

- ✓ Hold the tube at the ends with the middle part under the feet. Bring the arms out to the sides and above the head a set number of times.

Exercise 2: Biceps Curl

- ✓ Bring the tubing up to your chest a set number of times. Adjust the tube so that it just gets to your chest
- ✓ Let the children make up their own challenges and inform them as to what muscles they are developing.

Exercise 3: Ball Strike

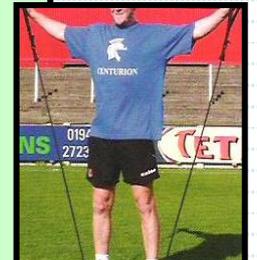
- ✓ They may be used to develop leg power by attaching to one ankle and kicking out at an imaginary ball. The aim is to pretend to kick a ball by bringing the foot through as fast as possible



Hamstring Strengtheners



Groin Strengtheners



Lateral Raise