
	Group: Juniors/Prem	Age range: 9-17	Date:	
	Land Training Sessions ON= Doing Exercise (EFFORT) OFF = Rest or Slow exercise If you don't know any of the exercises look online or ask 😊			

Set 1: Circuit Session (All Groups)

Warm Up:

5 minutes Mobility (Arm/leg movement e.g.- Monkey Swings)

5 minutes Skipping – **30s ON** (MAX Skipping) **30s OFF** (Slow Skipping)

If you don't have a skipping rope **run** on the spot (30 MAX 30 STEADY)

Main Set:

- Burpees
- Plank
- Press ups
- Squats
- Star jumps
- Flutter kicks
- Up and down plank
- Lunges

X2

1minute ON (doing exercise)

30 seconds OFF (rest)

1 minute rest after all exercises and then repeat

Cool Down:

5 Minutes Stretches – e.g.- Shoulder, Triceps, Biceps, Quadriceps, Hamstring, Calves, Abdominals etc.

Set 2: Circuit Session (All groups)

Warm Up:

5 minutes Mobility (Arm/leg movement e.g.- Monkey Swings)

5 minutes Skipping - **30 ON** (MAX Skipping) **30 OFF** (Slow Skipping)



If you don't have a skipping rope do **jumping jacks** (30 MAX 30 STEADY)

Main Set:

- Mountain Climbers
- Sit Ups
- Walk out Press Up
- Squat Jumps
- Spotty Dogs
- Leg Lowers
- Tricep Dips or Tricep Press Up
- Split Squats (same leg lunges)

X2

1minute ON (doing exercise)

30 seconds OFF (rest)

1 minute rest after all exercises
and then repeat

Cool Down:

5 Minutes Stretches – e.g.- Shoulder, Triceps, Biceps, Quadriceps, Hamstring, Calves, Abdominals etc.

Set 3: Circuit Session (All Groups)

Warm Up:

5 minutes Mobility (Arm/leg movement e.g.- Monkey Swings)

5 minutes Skipping - **30 ON** (MAX Skipping) **30 OFF** (Slow Skipping) —> If you don't have a skipping rope do **mountain climbers** (30s MAX 30s STEADY)

Main Set:

- Star Jump Burpees
- Row Boat or V-sit
- Arm Pulses
- Wall Sit
- Lateral Plank Walk
- Lunge Jump
- Shoulder touches (On Hands and Feet)
- Glute Bridge (Can put band around legs)

X2

1minute ON (doing exercise)

30 seconds OFF (rest)

1 minute rest after all exercises
and then repeat

Cool Down:

5 Minutes Stretches – e.g.- Shoulder, Triceps, Biceps, Quadriceps, Hamstring, Calves, Abdominals etc.

Set 4: Abdominal Set (All Groups)

- Crunches
- Flutter Kicks
- Leg lowers
- Russian Twists
- Turtles
- Single Arm/Leg V-Sit (alternate)
- Plank
- Superman (On Hands and Feet)



JP: 30s ON 30s OFF (Rest)

PREM: 40s ON 20s OFF (Rest)

Set 5: Med Ball Set (If available)

- Sit Up Chest Pass
- Sit up Overhead Pass
- Side Pass (Left)
- Side Pass (Right)
- Standing Chest Pass
- Lying Down Chest Pass
- Bicep Slams



JP: 30s ON 30s OFF (Rest)

PREM: 40s ON 20s OFF (Rest)