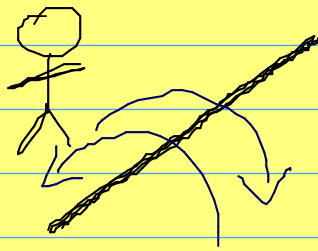


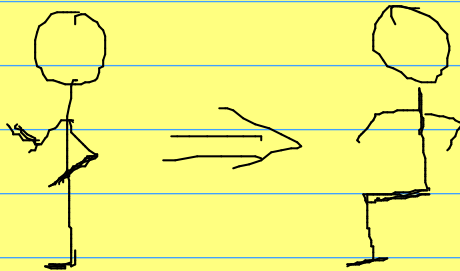
Circuit Training for Young Player 5-13

1. Line Jumps



Simple jumps back and forth over the line

2. Squats



Back against wall or not, slide down so legs are bent and knees are bent 90deg

Ensure back is straight and bottom goes out behind the feet

3. Star Jumps



Slow or fast depending on child ability

4. Running on the spot

Simple running on the spot, could make more harder by getting knees higher

5. Ball Roll



Roll ball around waist while making circle with their hips

6. Push Ups



Knees can be on floor if child finds difficult

Setup all around the hall in a clockwise manner. Begin with 20 secs on each and add 5secs until we reach 30secs. Quickly change between exercises.