

LEZIONE N° 02 JANUARY 2020 K

1. WARM UP – Time: 10' | Equipment: E-line

- **CHECK WITH PROGRESS TABLE 06** (Organize warm up with balance exercises)

2. REACTION TIME – Time: 7' | Equipment: Tennis Ball

- **F31** Tennis Ball run & touch (Organize challenge)

3. SPEED– Time: 10' | Equipment: BW, Speed ladder

- Run 10x10m (team of 4-5 kids) as fast as possible
- Skip **G11** with speed ladder (team of 4-5 kids) as fast as possible

4. REACTION TIME/SPEED– Time: 10' | Equipment: marker

- **F27** - Orienteering / Reaction T. touch the opposite

5. WORKOUT – Time: 9' | Equipment: BW, Box, Rope

AMRAP 6'

- HEAD STEND OR HAND STAND 5'' **H05-H01**
- PULLING BODY **A06**
- 6 BURPPES **E01**
- 6 SIT-UP **D01**
- 10 JUMP ROPE **E02**

6. MOBILITY – Time: 5' | Equipment: BW

- **M28, M23, M27** 2x20'' / 30''

7. GAME: Time: 4' | Equipment: Steal the tail

- **I02** - GAME: Steal The Tail



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