

Base Warm up: Each for 20 meters

1 lap jog

Arms circles with skip (forward)

Arms circles with skip (backward)

Side Shuffle with arms (both ways)

Carioca

Frankenstiens

Knee Pulls

Flamingos

Heel Sweeps/Scoops

Lunge with reach

Side Lunge

Elbow to instep

Leg swings (done on the fence)

Plyo warm-up: plyos oriented, do following base warm up every time

High Knees

Butt Kicks

Ankle dribble

A-skips

B-skips

40m build up (x2)