

Sport for Life Movement Preparation: Lev...

First level of Movement Preparation Core Training. Can be performed as part of movement preparation or as part of a standalone core program.

Setup

- Arrange participants into two lines or a circle.
- Participants lay down face forward, on mats on hard surfaces.
- All in a line, side by side, or facing each other in a circle.
- Spaced about 3 – 4 feet apart.
- Designated participant, coach, or parent leads the session.
- The lead cues each activity and sets duration of the activity.



Safety

Participant Space

- Ensure there is safe space between each participant and are positioned to minimize peer pressure.

Surface

- It is preferable to perform these activities on a soft surface or mats.
- Inspect the surface for debris before starting this activity.

Key Objectives

- Develop multi-planar stability (control movement in all directions).
- Develop multi-segmental stability.
- Develop perturbation management for expected and unexpected circumstances.
- Develop distal segment load control (control limb motion).
- Develop inter-segmental buffering (use interposed joints to buffer load).


Note: Stability does not mean static; the aim is dynamic stability (i.e. stability during movement).

Instructions

- Perform each activity for 10 seconds.
- Provide a brief rest between each activity at first.

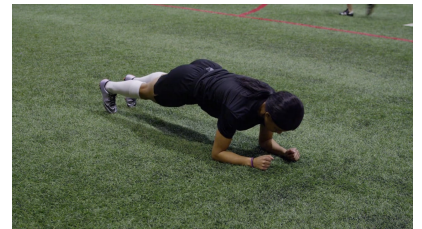
- Build towards the ability to perform all exercises with good form and fluid transitions between each with no rest.

■ Plank


 No Equipment



- Place elbows directly under shoulders and forearms straight forward.
- Align shoulders with hips and ankles.
- Legs are extended out.
- Upon command lift body up evenly distributing weight from the forearms to the toes.
- The body should be held in a straight line as if there is a rod running from the head to the feet.
- Begin by holding for 10 seconds (or less), take a pause and repeat or transition to another exercise.
- Progress to 60 second hold with no pause.



■ Plank: Up, Up, Down, Down

 No Equipment

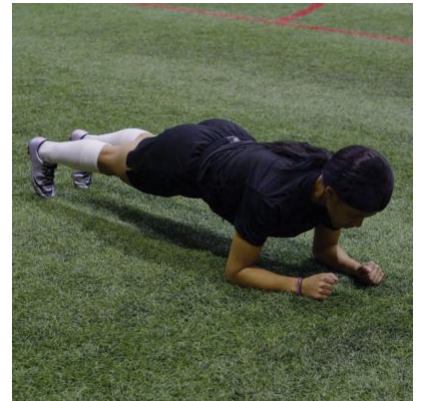
Sport for Life Movement Preparation: Lev...

First level of Movement Preparation Core Training. Can be performed as part of movement preparation or as part of a standalone core program.



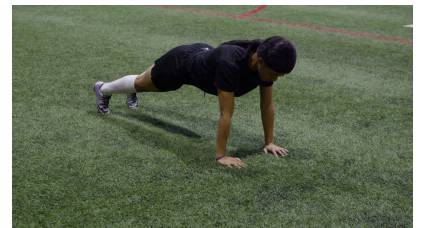
Participants start in front plank

- Shoulders align with hips and ankles.
- Left and right hips are same height.
- Elbows directly under shoulders.
- Forearms straight forward (not grasping hands to form a triangle).



Instructions

- Arrange participants into two lines or a circle.
- Participants lay down face forward, on mats on hard surfaces all in a line, side by side, or facing each other in a circle spaced about 3 – 4 feet apart.
- Participants start in front plank:
 - Shoulders align with hips and ankles.
 - Left and right hips are same height.
 - Elbows directly under shoulders.
 - Forearms straight forward (not grasping hands to form a triangle).
- Participants push up off one forearm and on to the palm of that arm. They now have their weight on one forearm and the palm of the opposite arm. Participants then lift the other forearm up and place that palm on the ground to end up in a push-up position (command:




“Up, Up”).

- Their bodies should stay as rigid as possible.
- On the command “Down, Down,” participants return one arm, then the other arm, to Front Plank position.
- Vary time in each position based on the groups ability.

Progression

- Build towards the ability to perform the exercise with good form and fluid transitions to other exercises without pause.
- Begin by performing the plank for about 10 seconds, then pause and repeat or transition to another exercise.
- Progress to 30-seconds of performing the plank.
- Vary the tempo by having participants “**Follow the leader**”.

■ Plank: Pointers (Right and Left)

 No Equipment

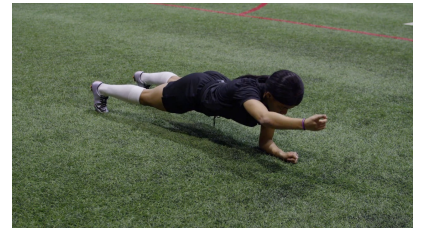


 Participants start in front plank

- Shoulders align with hips and ankles.
- Left and right hips are same height.
- Elbows directly under shoulders.
- Forearms straight forward (not grasping hands to form a triangle).

Sport for Life Movement Preparation: Lev...

First level of Movement Preparation Core Training. Can be performed as part of movement preparation or as part of a standalone core program.



Instructions

- From a solid plank, athletes slowly lift one arm straight out, hand level with shoulder.
- Their bodies remain rigid, similar to Front Plank position.
- Participants return to Front Plank position.
- Without bellying down, athletes now point the other arm out.



Progression

- Build towards the ability to perform the exercise with good form and fluid transitions to other exercises without pause.
 - When introducing this exercise, allow for a belly rest between pointers. As participants master the movement, begin to eliminate the rest.
 - Begin by performing the exercise for 10 seconds (or less), take a pause and repeat or transition to another exercise.
 - Progress to 30 second holds with no pause, sequenced with other activities - see core progressions.
 - Vary the tempo by having athletes *"Follow the leader"*.



Variation

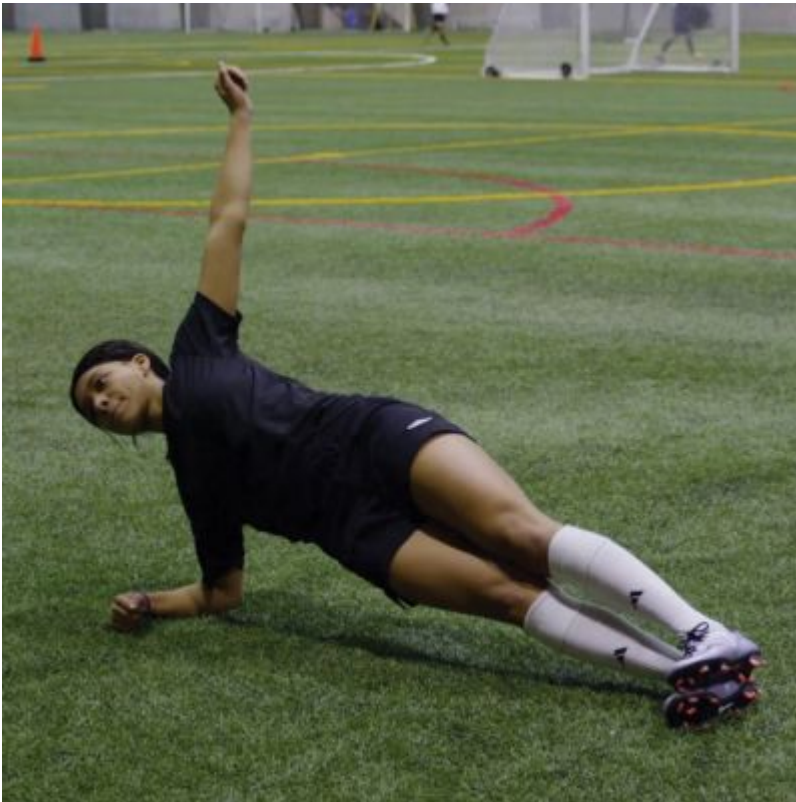
- Play patty cake with the participant directly in front of you.

■ Side Plank (Right and Left)

 No Equipment

Sport for Life Movement Preparation: Lev...

First level of Movement Preparation Core Training. Can be performed as part of movement preparation or as part of a standalone core program.



Begin by lying on the right side with the right elbow under the shoulder.

The right hand and elbow should be at 90 degrees.

From the front: The shoulder, hip, and leg should be aligned.

From the top: Watch that the body is straight from head to toe.

Begin by holding for about 10 seconds, then pause and repeat or transition to another exercise.

Progress to a 30-second hold with no pause.



Progression - Leg lift

- While maintaining the plank position, slowly lift top leg up in the air and hold for 1 second "Heel to Sky"
- Repeat on other side

■ Sky-Center-Side-Center

 No Equipment

Sport for Life Movement Preparation: Lev...

First level of Movement Preparation Core Training. Can be performed as part of movement preparation or as part of a standalone core program.



Instructions

- Sit with knees bent 90 degrees, toes pointing to sky, heels on the ground.
- Lean back slightly, trunk tall, and lift heels off ground (“center” position).
- From “center” position, grasp an imaginary grapefruit in your hands, and cradle it near your belly button
- Lift arms and grapefruit to “sky”, making trunk upright and tall.
- Lower arms and return to “center”.
- Touch your grapefruit on the ground to the right (“touch right”).
- Return to “center” and lift grapefruit to “sky”.
- Return to “center” and touch grapefruit on the ground to the left (“touch left”).
- Continue the pattern “sky, center, side, center” etc.



Progression

1. Manage pace by calling the cues for each movement.
2. Once participants understand the movements, the sequence can be varied to enhance interest and focus.