



KIDZKOACHING

Home Manual 2015



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KIDZKOACHING

1. The Purpose of this Manual

This manual is a follow-on from our very popular KIDZKOACHING Junior Physical Education & Skills Development Programme which gives the parents and guardians of our Members the opportunity to continue the work that we do with them on a weekly basis.

Please note: The majority of these exercises are repetitive motion exercises which means that, utilising the right technique, our Members will get better the more they attempt and are exposed to these exercises.

As can be seen in this manual, the majority of these exercises centre and focus on strength and core fitness. This is the foundation for all muscle, balance and skill acquisition.

2. Equipment Requirements

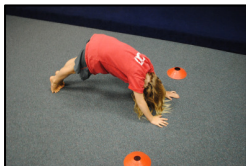
We have tried to make these Home Manual Exercises as user-friendly as possible with a minimum of expensive equipment. The equipment requirements are as follows:

- * **One exercise mat**
- * **One small basketball**
- * **Two flat beacons and four upright cones**

All equipment may be bought for under R60.00 at most large retailers.

Core/Strength Exercises

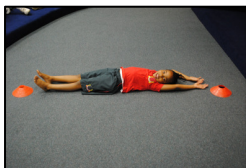
Name	Build a Bridge
Equipment	None
Method	On hands and feet, Member must try and maintain a bridge position for as long as possible.



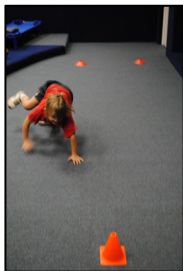
Name	Core Snap
Equipment	Small Basketball
Method	Parent to roll ball to Member who is sitting on the floor with back straight. Pick up ball and throw it back to parent maintaining a straight back.



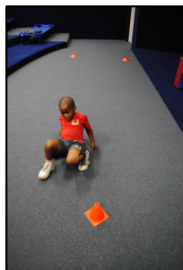
Name	Log Roll
Equipment	None
Method	Have the Member lie on their backs with arms and legs straight. Member must mimic the rolling action of a log whilst maintaining straight arms and legs.



Name	Monkey Trundle
Equipment	Two beacons and one upright cone.
Method	Starting between two beacons, the Member must run around an upright cone on hands and feet mimicking the movement of a monkey



Name	Crab Crawl
Equipment	Two beacons and one upright cone.
Method	Starting between two beacons, the Member must move around an upright cone on hands and feet with their stomachs facing the ceiling.



Name	Planking
Equipment	None
Method	Member to raise themselves off the floor maintaining a flat body position at all times. Hold for as long as possible.





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