

Dirtee Disco > 4:16 mins

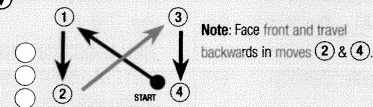
MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEAR
0:00 Instr	4x8 Run OTS. <i>RA</i>	32	1	
	RUN & BOUNCE COMBO			
0:13	4x8 Jog F. <i>Double Arm Punch F x4</i>	8		
	Bounce OTS. <i>Relaxed Arms</i>	8		
	Repeat B	16		
0:25 V1 Life's too	4x8 A Gallop L, R. <i>Double Arm Reach F</i>	8	4x	
	GALLOP & JOG COMBO			
0:38	8x8 B Gallop L. <i>Double Arm Reach F</i>	4		
	Jog OTS. <i>RA</i>	4		
	Jog OTS. <i>Bent Arm Side Raise x4</i>	8		
	Repeat R	16	2x	
	BOUNCE WITH DISCO ARM COMBO			
1:03 PC Dance, I'll	4x8 C Bounce. <i>Relaxed Arms</i>	4		
	Bounce <i>Disco Arm L, R, L, HOH</i>	4		
	Bounce. <i>Relaxed Arms</i>	4		
	Bounce <i>Disco Arm L, R, L, HOH</i>	4	2x	
	RUN & BOUNCE COMBO WITH DISCO ARMS			
1:15 C Dance, I'll	4x8 D Jog F. <i>Double Arm Punch F x4</i>	8		
	Bounce OTS. <i>Relaxed Arms</i>	4		
	Bounce OTS. <i>Disco Arms x3 L, R, L</i>	4		
	Repeat B	16		
1:28 Instr (Do it _)	8x8 D Run & Bounce Combo with <i>Disco Arms</i>	32	2x	
1:53 V2 You	4x8 A Gallop L, R. <i>Double Arm Reach F</i>	8	4x	1
2:05 So I can't	8x8 B Gallop & Jog Combo L, R	32	2x	
	BOUNCE WITH DISCO & ROLL ARMS COMBO			
2:30 PC Dance, I'll	4x8 C' Bounce. <i>Relaxed Arms</i>	4		
	Bounce. <i>Disco Arm L, R, L, HOH</i>	4		
	Bounce. <i>Relaxed Arms</i>	4		
	Bounce. <i>Roll hands L to R</i>	4	2x	
2:44 C Dance, I'll	12x8 D' Run & Bounce Combo with <i>Disco & Roll Arms</i>	32	3x	
3:21 V3 Let	8x8 A Gallop L, R. <i>Double Arm Reach F</i>	8	4x	1
3:34	B Gallop & Jog Combo L, R	32		
3:47 Instr (Beat)	8x8 D' Run & Bounce Combo with <i>Disco & Roll Arms</i>	32	2x	2

Track Focus I want my class to experience agility and speed training – netball style!

TECHNIQUE + COACHING CUES ✓

BOW TIE RUNNING PATTERN

- Face corners then
- Face center on way back
- Run/Bounce straight back



HOP & STEP COMBO

- Weight in heels and butt back
- Chest up

1-LEGGED SQUAT, STEP & JUMP COMBO

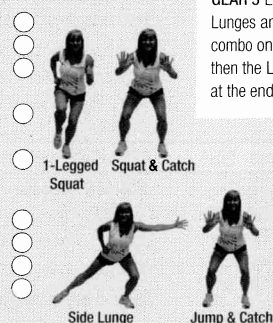
- Bend knees
- Chest up
- Push and drive out of legs
- Land in a Squat position with knees bent to absorb the impact
- Only go as low as you feel comfortable and keep the chest up

SIDE LUNGE, STEP & JUMP COMBO

- Bend supporting knee
- Brace abs
- Reach arm to side
- Stay tall

STRADDLE LADDER AGILITY RUN

- Out, out, in, in
- Stay light on toes
- Lean forward



GEARS COACHING

GEAR 2 Most moves.
GEAR 3 Last 4x8
Lunges and Squat
combo on each side,
then the Ladder Runs
at the end.

CONNECTION

Watch how Mid uses Netball Imagery using the Bow Tie Run as a cross-court run with the Run/Bounce back as getting back on defense. Driving intensity of the last block of Lunge and Squat combo moves using sports training imagery like: *Lean and reach*, on the Ladder Agility Run *all defenders are quick*.



KNOW IT? SHOW IT! How can you coach more intensity in the 1-Legged Squat, Step & Jump Combo?