MIXED IMPACT

DISCO - COMBO

Dirtee Disco> 4:16 mins

					and American			
		MUSIC	12.5		SEQUENCE/EXERCISE	CTS	REPS	
0:00	Instr		4x8		Run OTS. <i>RA</i>	32		1
				l	RUN & BOUNCE COMBO			
0:13			4x8		Jog F. <i>Double Arm Punch F x4</i>	8		
					Bounce OTS. Relaxed Arms	8		
					Repeat B	16		
0:25	V1	Life's too	4x8	Α	Gallop L, R. Double Arm Reach F	8	4x	
					GALLOP & JOG COMBO			
0:38			8x8	В	Gallop L. Double Arm Reach F	4		
				1	Jog OTS. RA	4		
					Jog OTS. Bent Arm Side Raise x4	8		
					Repeat R	16	2x	
	DO	D (11)			BOUNCE WITH DISCO ARM COMBO			2
	PC	Dance, I'll	4x8	C	Bounce. Relaxed Arms Bounce Disco Arm L. R. L. HOH	4		
				38	Bounce Disco Arm L, H, L, HUH Bounce. Relaxed Arms	4		
	,				Bounce Disco Arm L, R, L, HOH	4	2x	
					RUN & BOUNCE COMBO WITH DISCO ARMS			
1:15	C	Dance, I'll	4x8	D	Jog F. Double Arm Punch F x4	8		
		Danio, in	470		Bounce OTS. Relaxed Arms	4		
					Bounce OTS. Disco Arms x3 L, R, L	4		
					Repeat B	16		
1:28	Instr	(Do it _)	8x8	D	Run & Bounce Combo with Disco Arms	32	2x	
1:53	V2	You	4x8	Α	Gallop L, R. Double Arm Reach F	8	4x	1
2:05		So I can't	8x8	В	Gallop & Jog Combo L, R	32	2x	
					BOUNCE WITH DISCO & ROLL ARMS			2
					COMBO			
2:30	PC	Dance, I'll	4x8	C1	Bounce. Relaxed Arms	4		
					Bounce. Disco Arm L, R, L, HOH	4		
					Bounce. Relaxed Arms	4		
					Bounce. Roll hands L to R	4	2x	
2:44	С	Dance, I'll	12x8	D ¹	Run & Bounce Combo with Disco & Roll			
					Arms	32	3x	
3:21	V3	Let	8x8	A	Gallop L, R. Double Arm Reach F	8	4x	1
3:34				В	Gallop & Jog Combo L, R	32		
3:47	Instr	(Beat)	8x8	D ¹	Run & Bounce Combo with Disco & Roll			2
					Arms	32	2x	J.

SPORTS TRAINING



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

TECHNIQUE + COACHING CUES ♥

BOW THE 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 leas
- 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

 COACHING

When coaching the Bow Tie Run your direction cues must be clear and concise. Use short cues and big visuals! Do not talk too much.

In the Hop & Step Combo clearly coach the differences in moves to get the right technique. Say...

HOP & STEP ACROSS

- · Hop, Step across, Hop
- 1-LEGGED SQUAT, STEP & JUMP
- 1-Legged Squat, Jump, both feet

SIDE LUNGE, STEP & JUMP

- · Side Lunge, jump and catch
- After you have set up **HOW to do the move**, then coach the technique: *Butt back, knee out, abs braced.*

Then you coach **HOW** to get more intensity — Push and drive out of balls of your feet on the Straddle Ladder Agility Run. Say: *Out — in as fast as you can on the balls of your feet!*

GEARS COACHING

Note: Face front and travel

backwards in moves (2) & (4).

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



1-Legged Squat & Catch



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.



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