

Monday 24th March	Warrick 7-9	Omari 10-11	Luke 12+
	Separate Group Warm up		
9am -9.45am	Jumps - Plyometrics Long Jump practice, Seated landings - LJ competition	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes	Run - Sprint starts Timed Trial 300m, 200m, 100m - Relays
9.45am-10.30am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Throw - Shot Put, javelins (try to use circle / proper run up)	Jumps - Plyometrics Long Jump practice, grab the stick, LJ competition
10.30am-11am	Break - wash hands - Kibsons (find a shaded area)		
11am-11.45am	Throw - Shot Put, Vortex - throwing and catching tennis ball in pairs. Games, first to 10 throws without dropping, target throws through a hoop	Run - Sprint starts Timed Trial 100m, 200m, 400m - Relays 4 x100m	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes
11.45am - 12.30pm	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Jumps - Plyometrics Long Jump practice, grab the stick, LJ competition	Throw - Shot Put, Vortex - throwing and catching tennis ball in pairs. Games, first to 10 throws without dropping, target throws through a hoop
Tues 25th March	Warrick 7-9	Omari 10-11	Luke 12+
	Separate Group Warm up		
9am -9.45am	Jumps - Plyometrics Long Jump practice, Seated landings - LJ competition	Fitness - Sleds, Circuit, ladders, med ball, bands, parachutes	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games
9.45am-10.30am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Throw - Discus, Shot or Javelin	Jumps - Bounding over hurdles, jumps on the black boxes, High Jump
10.30am-11am	Break - wash hands - Kibsons (find a shaded area)		
11am-11.45am	Throw - Javelin, Discus, throwing game like rounders - back field??	Run Time trial 800m Fartlek session 200m relays	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes
11.45am - 12.30pm	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Jumps - Bounding over hurdles, jumps on the black boxes, High Jump	Throw - Javelin, Discus, throwing game like rounders - Back Field??
Weds 26th March	Warrick 7-9	Omari 10-11	Luke 12+
	Separate Group Warm up		
9am -9.45am	Jumps - Plyometrics Long Jump practice, Seated landings - LJ competition	Fitness Circuit - own body exercises, 40 seconds each station.	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games
9.45am-10.30am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition
10.30am-11am	Break - wash hands - Kibsons (find a shaded area)		
11am-11.45am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	Wicket Runs, Sprint starts -Blocks - accelerations - timed 30m/60m	Fitness Circuit - own body exercises, 40 seconds each station.
11.45am - 12.30pm	Fitness Circuit - own body exercises, 40 seconds each station.	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting
Thurs 27th March	Warrick 7-9	Omari 10-11	Luke 12+
	Separate Group Warm up		
9am -9.45am	Jumps - Plyometrics Long Jump practice, Seated landings - LJ competition	Medley Relays 200,200,400, 800	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games
9.45am-10.30am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.	Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp
10.30am-11am	Break - wash hands - Kibsons (find a shaded area)		
11am-11.45am	Throw Vortex- Rounders/Baseball type game, throw vortex - instead of batting	Hurdle drills, Hurdle races 60m Hurdle relays	Medley Relay 200,200,400, 800
11.45am - 12.30pm	Medley Relay 200,200,400, 800	Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp	Throw Vortex- Rounders/Baseball type game, throw vortex - instead of batting
Fri 28th March	Warrick 7-9	Omari 10-11	Luke 12+
	Separate Group Warm up		
9am -9.45am	Jumps - Plyometrics Long Jump practice, Seated landings - LJ competition	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games
9.45am-10.30am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Javelin and Shot put Measured Competition at the end	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp
10.30am-11am	Break - wash hands - Kibsons (find a shaded area)		
11am-11.45am	Javelin/ Vortex/Shot add glide/run up. Measured Competition at the end	Run - Timed 800m + 80m, 150m, 300m compare day 1 & 2 timings	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes
11.45am - 12.30pm	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp	Javelin/ Vortex/Shot add glide/run up. Measured Competition at the end