

<b>Circuit Training Block Plan – 2 weeks</b>	
<p><b>Week 1</b>  Day 1  Warm-up  Stretches  <b>Intro:</b> Circuit Training and Fitness  <b>Include handouts for each.</b></p> <ul style="list-style-type: none"> <li>- What it does and how it affects your body</li> <li>- Aerobic and anaerobic fitness</li> <li>- Weights and weight training</li> </ul> <p><b>Skills:</b>  Plyo boxes – Peaks and valleys, bounding jumps, skiers  Step Hurdles  Agility Ladder – 1 foot, 2 feet, slalom, sideways 1 and 2 feet, sideways up and back  Dot Drill: 2 feet forward, one foot</p> <p><b>Concepts:</b>  Understanding  Rules and concepts</p> <p><b>Personal Social Skills:</b>  Cooperation  Best effort</p> <p><b>Activities:</b>  Small circuit rotation</p>	<p>Day 2  Warm-up and stretches  <b>Skills:</b>  <b>Stations:</b>  Medicine Ball: jackknives, side touches, tosses  Sit-ups 100/push-ups 50 (super set)  Step Hurdles  Plyometric Boxes  Agility Ladder  Conditioning: Jump rope – 1 minute interval routine</p> <p><b>Concepts:</b>  Rotation  Strength Training</p> <p><b>Personal Social Skills:</b>  Cooperation  Best Effort</p> <p><b>Activities:</b>  Stations and Conditioning</p>
<p>Day 3  Warm-up and stretches  <b>Skills:</b>  <b>Intro Dot Drill</b>  Pull-ups  Lunges  “Supermans” –lower back  Medicine balls – partner sit-ups and tosses  Agility ladder  Step Hurdle  Conditioning: Dot Drill</p> <p><b>Concepts:</b>  Rotation  Core Training  Knowledge of dot drill steps</p> <p><b>Personal Social Skills:</b>  Cooperation</p>	<p>Day 4  Warm-up and stretches  <b>Skills:</b>  Pull-ups/Dips (intro)  Lunges  Jump Rope  100/50 Super Set  Cone Balance (intro)  Stability Balls (intro)  Conditioning: Agility cone drills</p> <p><b>Concepts:</b>  Best effort  Practice  Upper-body development</p> <p><b>Personal Social Skills:</b>  Cooperation  Best Effort</p>

<p>Best Effort  <b>Activities:</b>  Stations and Conditioning</p>	<p><b>Activities:</b>  Stations and conditioning</p>
<p>Day 5:  Warm-up and stretches  <b>Skills:</b>  Target Heart Rate  Dot Drill  Jump rope  Lunges  <b>Concepts:</b>  Learning to manage THR  <b>Personal Social Skills:</b>  Cooperation  Best Effort  <b>Activities:</b>  THR worksheets</p>	

<p><b>Week 2</b>  Day 1  Warm-up and stretches  <b>Skills:</b>  Plyometric hurdles  Step hurdles  Agility Ladder  Medicine ball lunges  Single Leg squats  Heavy Jump rope  “Supermans”  Conditioning: Jump rope routine and Dot drill  <b>Concepts:</b>  Leg training for strength and endurance  Core development  <b>Personal Social Skills:</b>  Cooperation  Best Effort  <b>Activities:</b>  Stations and conditioning</p>	<p>Day 2  Warm-up and stretch  <b>Skills:</b>  Lunges – exchanges with a partner  Back hyperextensions on stability ball  Wall Jumps (intro)  Calf raises (intro)  Dumbbell lunges – 8x3  Dips/Pull-ups  Single leg squats  Super set – push-ups and sit-ups  <b>Concepts:</b>  Best Effort  Cooperation  Support  <b>Personal Social Skills:</b>  Cooperation  Best Effort  <b>Activities:</b>  Stations and conditioning</p>
<p><b>Day 3</b>  Warm-up and stretches  <b>Skills:</b>  Plyometric boxes  THR  Stability balls  Agility Ladder  Step Hurdles  Conditioning: Bleacher Runs  <b>Concepts:</b>  Best Effort  Focus  Discipline  <b>Personal Social Skills:</b>  Cooperation  Best Effort  <b>Activities:</b>  Stations and Conditioning</p>	<p><b>Day 4</b>  Warm-up and stretches  <b>Skills:</b>  “Bun Busters”  Cone balance  Medicine ball sit-ups  “Supermans”  Step-ups (explosive with DB’s)  Dips and Pull-ups  Conditioning: Jump rope and dot drill  <b>Concepts:</b>  Best Effort  Cooperation  Motivation  <b>Personal Social Skills:</b>  Cooperation  Best Effort  <b>Activities:</b>  Stations and conditioning</p>
<p>Day 5  Warm-up and stretches  <b>Skills:</b>  Target Heart Rate  Dot Drill  Jump rope</p>	

<p>Lunges</p> <p><b>Concepts:</b> Learning to manage THR</p> <p><b>Personal Social Skills:</b> Cooperation Best Effort</p> <p><b>Activities:</b> THR worksheets</p>	
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