

Circuit Training Block Plan – 2 weeks	
<p>Week 1 Day 1 Warm-up Stretches</p> <ul style="list-style-type: none"> - Intro: Circuit Training and Fitness <p>Skills: Plyo boxes – Peaks and valleys, Step Hurdles Agility Ladder – 1 foot, 2 feet, slalom, Dot Drill: 2 feet forward,</p> <p>Concepts: Understanding Rules and concepts</p> <p>Personal Social Skills: Cooperation Best effort</p> <p>Activities: Small circuit rotation</p>	<p>Day 2 Warm-up and stretches</p> <p>Skills: Stations: Medicine Ball: jackknives, side touches, Sit-ups 50/push-ups 35 (super set) Plyometric Boxes Agility Ladder Conditioning: Jump rope – 1 minute interval routine</p> <p>Concepts: Rotation Strength Training</p> <p>Personal Social Skills: Cooperation Best Effort</p> <p>Activities: Stations and Conditioning</p>
<p>Day 3 Warm-up and stretches</p> <p>Skills: Intro Dot Drill Pull-ups Lunges “Supermans” –lower back Medicine balls – partner sit-ups Agility ladder Conditioning: Dot Drill</p> <p>Concepts: Rotation Core Training Knowledge of dot drill steps</p> <p>Personal Social Skills: Cooperation Best Effort</p> <p>Activities: Stations and Conditioning</p>	<p>Day 4 Warm-up and stretches</p> <p>Skills: Pull-ups/Dips (intro) Lunges Jump Rope 50/35 Super Set Cone Balance (intro) Stability Balls (intro) Conditioning: Agility cone drills</p> <p>Concepts: Best effort Practice Upper-body development</p> <p>Personal Social Skills: Cooperation Best Effort</p> <p>Activities: Stations and conditioning</p>
<p>Day 5: Warm-up and stretches</p> <p>Skills: Target Heart Rate Dot Drill</p>	

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

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