

THE CAPTAINS' PROJECT:

LEAD WARMUPS, PROTECT YOUR TEAMMATES

Set Up: 

Place 12 cones in a line two paces apart. Compete one rep at each cone. Switch sides and repeat on the way back.

Increasing Difficulty Variations

- Hold ball over head
- Rise up on toes after returning to start position



Core Exercises

Increasing Difficulty Variations

- Jump forwards on one leg and take a small jump back
- Jump sideways back and forth and land on one foot

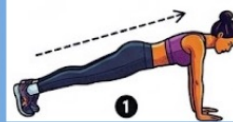


- Hold ball over head
- Put hands on hips mark non-supporting foot at 12-2-4 o'clock



30-60 Sec

5) PLANK



- Support with tip of feet
- Move foot to the side and back; alternate sides

- Hold ball straight in front of body
- Push back with front leg to return to start position



30-60 Sec

6) GLUTE BRIDGE



- Stretch out one leg to create a straight line through both thighs (switch legs a half way)



*Indicates a stagnant single exercise not using the cones

