

ECWF High Performance Training Plans

| | |
|--|--|
| <p>Circle drill</p> <ol style="list-style-type: none"> 1. Running star seated 2. Leap frog - high jumps | <p>Line drill relay</p> <ol style="list-style-type: none"> 1. Running star 2. Leap frog - high jumps |
| <ol style="list-style-type: none"> 3. Sprawl shot w/lift 4. Jumps - low jumps 5. Level change - shot w/leap frog 6. Arm drag drill - both arms/high shot | <ol style="list-style-type: none"> 3. Sprawl shot w/lift 4. Jumps - low jumps 5. Level change - shot w/leap frog 6. Arm drag drill - both arms/high shot |
| <p>Partner drills (A)</p> <ol style="list-style-type: none"> 1. Running star 2. Shot - leap frog 3. Forward rolls - both 4. Sprawl shot w/lift 5. Side jumps - medium standing 6. Both neck bridge; kick over 5x & circle 5x 7. Jump in arms back arch | <p>Partner drills (B) relay</p> <ol style="list-style-type: none"> 1. Low jumps 2. Arm drag double 3. Buddy carr 4. Wheel barrel 5. Down block or sprawl 6. Referee's position; kick over 5x & circle 5x |
| <p>Reps drill (10 x 3rds)</p> <ol style="list-style-type: none"> 1. Jumping Jacks 2. Shot - sprawl 3. Line jumps 4. Back arch 5. Neck bridge; kick over 5x & circle 5x | <p>JPN</p> <ol style="list-style-type: none"> 1. 3 person group <ol style="list-style-type: none"> a. Sprint b. W/fwd roll c. Bear crawl, fwd roll, sprint fwd roll |
| <p>JPN2 (while jogging)</p> <ol style="list-style-type: none"> 1. Jump fwd roll 2. Duck walk 3. Bwd duck walk 4. Gradual sprint 5. Knee tucks 6. Push up jumps 7. Push pull w/partner (same side) 8. Push pull w/partner (criss cross) | <p>JPN3</p> <ol style="list-style-type: none"> 1. Partner fwd rolls (holding hands) 2. Partner bwd rolls (holding hands) 3. Partner fwd rolls (holding feet) 4. Partner back flips (back arch) 5. Partner resisted neck bridge |
| <p>Jumps drill #1</p> <ol style="list-style-type: none"> 1. JPN jumps 2. Squat jump 3. 1-leg jump 4. 1-leg jump 5. 20 star jumps 6. Sprint | <p>Jumps drill #2 (w/partner)</p> <ol style="list-style-type: none"> 1. 20 knee tucks 2. 20 dbl from knees & lift 3. Coach King speed drill 4. Coach King neck drill 5. Wheelbarrow alt. drill <p><i>Jump over / Pen + hand</i></p> |
| <p>Gymnastics line drill</p> <ol style="list-style-type: none"> 1. Fwd roll 2. Straddle fwd roll 3. Straddle bwd roll 4. Fwd roll straight legs 5. bwd roll 6. Bwd roll extension 7. Cartwheel 8. Shoulder roll 9. Head spring 10. Hand spring | <p>Handfight</p> <ul style="list-style-type: none"> • 3 person group • :15 HF • :15 sprint • 3 minute total |

BB#6: Hold base of BB

Swings
Snatch
2-way press
Twist

Suples Training Examples

| | |
|--|---|
| <p>BB# 1</p> <ol style="list-style-type: none"> 1. Swing 2. Split lunge 3. Spin overhead (L) 4. Spin overhead (R) 5. Standups 6. Snatch | <p>BB# 2</p> <ol style="list-style-type: none"> 1. Slam 2. Plate rotations (L) 3. Plate rotations (R) 4. Squat Jumps 5. Swing swing/spin 6. Sit-up/stand-up |
| <p>BB# 3</p> <ol style="list-style-type: none"> 1. Lunge jumps 2. Body Curl 3. Neck bridge flip 4. Swing 5. Push-up w/BB on back 6. Stance, throw, catch | <p>BB# 4</p> <ol style="list-style-type: none"> 1. Spin (L) 2. Spin (R) 3. High knee jumps 4. Back arch to ground/wall 5. Neck bridge flip pull-over 6. Side-to-side push-ups |
| <p>BB# 5 Combos</p> <ol style="list-style-type: none"> 1. 2 Swing & 2 Spin 2. 2 Slams & 2 Snatches 3. 2 Swing & 2 Squat jumps <p>sit up stand up</p> | <p>Bone Flips</p> <ul style="list-style-type: none"> • 3 rounds x :30 (1 min 30 sec) • 5 rounds x :30 (2 min 30 sec) • 7 rounds x :30 (3 min 30 sec) |
| <p>Dummy #1 Back Step Pre-Warm: 50 Back Steps</p> <ol style="list-style-type: none"> 1. Arm throw 2 2. Head lock 3. Hip toss 4. Arm spin 5. Pinch headlock | <p>Dummy #2 Back Arch Pre-Warm: 50 Back Arch Bumps, Good Mornings, Waist Ties</p> <ol style="list-style-type: none"> 1. Lateral 2. Suplay 3. Double overhook 4. Double underhook 5. Neck tie |
| <p>Dummy #3 S&C Pre-Warm: 50 Body Curls</p> <ol style="list-style-type: none"> 1. Squats 2. Bench 3. Lunge 4. Swing 5. Good morning | <p>CS #1 Pre-Warm: 50-100 Jumping Jacks :10-:20 interval training</p> <ol style="list-style-type: none"> 1. Push-ups 2. Bicycle sit-up 3. Skaters 4. Squat jumps 5. Speed punch |
| <p>CS #2 Pre-Warm: 50-100 Windmills :10-:20 interval training</p> <ol style="list-style-type: none"> 1. Explosive Push-ups 2. Sit-up flutter toe touch 3. Line jumps 4. Burpee 5. Speed uppercut | <p>CS #3 Pre-Warm: 50-100 Running in place :10-:20 interval training</p> <ol style="list-style-type: none"> 1. Close grip push-ups 2. Sit-up 3. Split squat lunge 4. Jumping jack 5. High knee 6. Speed kick |