

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Alternate foot cone taps	<ul style="list-style-type: none"> Place a cone in a central position in front of the shoes Tap the cone with alternate feet Stay light on the balls of the feet 	<ul style="list-style-type: none"> Perform slower
Plank alternating knee to elbow	<ul style="list-style-type: none"> Place hands directly under shoulders Place the racket in between hands Brace the core Bring one knee forwards to the elbow on the same side of the body Straighten the knee back Bring the same knee forwards to the opposite elbow Straighten the knee back and put the foot down Swap legs and do the same on the other side 	<ul style="list-style-type: none"> Put one knee down
Mountain Climbers	<ul style="list-style-type: none"> Place hands directly under shoulders Place racket in between hands Pump one knee up towards the chest, then straighten it back out and put the foot down Pump the other knee up towards the chest, then straighten it back out and put the foot down Keep hips down 	<ul style="list-style-type: none"> Perform slower Place one foot in towards the chest, then the other, then step the first foot back out, followed by the other foot
Skaters	<ul style="list-style-type: none"> Place elbows directly under shoulders Twist to one side and raise the lifted arm straight up Stack the shoulders Twist back into the central position Twist to the other side and raise the other arm straight up Move the shoulders and hips at the same time Move slowly with control 	<ul style="list-style-type: none"> Put the knees down