

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Squat jumps	<ul style="list-style-type: none"> • Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position 	<ul style="list-style-type: none"> • Perform squats without the jump
Squat, shoulder press and side bend	<ul style="list-style-type: none"> • Hold the racket with one hand at the head and one hand at the bottom of the grip, in line with the chest • Start with shoes shoulder width apart • Squat down and push back up • Shoulder press the arms straight up • Bend to one side and return to central position • Repeat the whole sequence, bending to the other side 	<ul style="list-style-type: none"> • Stay higher in the squat
Overhead extension and twist	<ul style="list-style-type: none"> • Hold the racket above head height, with one hand at the head of the racket and one hand at the bottom of the grip • Lean back into an extension • Twist to one side • Return to straight central position • Repeat the sequence twisting to the other side 	<ul style="list-style-type: none"> • Reduce the twist
Side sit up	<ul style="list-style-type: none"> • Lay with both shoulders on the floor and knees pointing to one side • Hold the racket with hands overlapped on the grip • Crunch lifting the shoulders off the floor and sliding the racket down the legs • Eyes looking straight up • Brace the core • Change sides and repeat 	<ul style="list-style-type: none"> • Keep the shoulders closer to the floor