**IABA Youth National team**

**(Home sessions)**

**Warm Up 12/15 Mins**

( General warm up/stretch )

**School of Boxing**

Juniors 6 X 2 minute rounds

Youths 6 X 3 minute rounds

**Round 1**

Open round at only 60/70%

**Round 2**

High tempo shadow boxing, movement & feints only.

**Round 3**

Double attack combos, lead hand single shot, followed by step back/side with 3 punch combo.

(for example, lad hand jab, lean back followed by one, two lead hand hook )

**Round 4**

Feint lead hand, ( drawing opponent in ), then slip/side step counter with back hand, lead hand hook.

**Round 5**

Close range boxing, with feet planted, good strong stance, chin on chest high guard, throw 3\4 punch combos using short hooks & uppercuts.

**Round 6**

Open round, all ranges, long medium & short.



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**S&C Session**

**Running/Explosive Sprints ( 3 sets of 10 )**

Try and find a safe place to run approx. 25 meters.

Sprint as hard as you can the whole 25 meters, then jog back (jog back is your recovery )

**Core Exercises**

Press ups: 3 X 15 reps

Tuck Jumps: 3 X 15 reps

Plank: hold for 90 secs X 3

**Cooldown/Stretch 10 minutes**