**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%, no punching.

**Round 2**

High tempo shadow boxing, movement & feints only.

**Round 3**

Lead hand only round. Feinting, single jabs, double jabs, triple jabs going forward & back. Straight line movements only.

**Round 4**

Lead hand feint, followed by step back or to the side ( avoiding opponents counter ) then your own 3\4 punch counter with back hand lead.

**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 60/70%.