**IABA Junior/Youth team**

**(Home sessions)**

**Warm up: 12/15 mins**

(General warm up/stretching)

**School of boxing/shadow boxing**

Juniors 6 x 2mins rounds

Youths 6 x 3mins rounds

**Round 1:**

Movement only at 60/70% no punching, no Feints, emphasising on defence so slipping, rolling, stepping off/back, while being mindful of guard also

**Round 2:**

Start of high tempo real time shadow boxing, movement and feints only (no punching)

**Round 3:**

Lead hand only, using feints etc., feint to head, throw to body, feint to body, throw to head. Double hand going forward, going back etc.

**Round 4**

2nd Phase combos, so lead with lead hand single shot drawing opponent in, then either step back or to the side (slipping counter) then come back with 2/3 punch combo, back hand first, then roll off/step off again remembering defence, back into stance ready to go again.

**Round 5**

Pressure/close range round, all short hooks/uppercuts, chin on chest high guard, looking for openings, drawing opponents defence down with one hand making opening to land other hand.

**Round 6**

Open round again but in real time with high tempo

**IABA Junior/Youth team**

**(Home sessions)**

**S&C Exercises**

**Running**

Staying with approx... 2km of your home run at a medium/good pace for 20 mins solid.

**Core Exercises**

**Push ups**

3 x 15 reps

**Tuck Jumps**

3 x 15 reps

**Explosive Jumps**

(From squat position, jump straight up as high as you can coming back down softly back into squat position)

**Cooldown/Stretch 10 minutes**