**IABA Junior/Youth team**

 **(Home sessions)**

**Warm up: 12/15 mins**

(General warm up/stretching)

**Technical shadow boxing:**

Juniors 6 x 2mins rounds

Youths 6 x 3mins rounds

**Round 1: (Feinting/Movement)**

Building up from good shape, show or feint to body and head while using all defences.

**Round 2: (Build on round 1, long distance)**

Add in Single punch attack, Every 2 or 3 attacks change between body and head.

**Round 3: (Mid/short distance)**

Defend, Attack, Defend, slip or roll then single punch **HEAD** followed by 2/3 body, exit with defence movement

**Round 4 (Mid/short distance)**

Defend, Attack, Defend, slip or roll then single **BODY** punch followed by 2/3 head, exit with defence movement

**Round 5 (Work between distance)**

Faint jab followed by 2/3 punch attack starting with backhand, after 2 or 3 attacks start attacks with back uppercut. Focus on good defence after attack.

**Round 6 (Open round)**

Focus on good shape and correct punching technique while working at 100%.

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 **(Home sessions)**

**Run/sprints**

20mins

Jog for 50 seconds then sprint for 10secs then jog for 50secs then sprints for 10seconds keep repeating until you have done 20mins

**Conditioning**

**S&C Exercises**

**Juniors/Youths x 3**

Tuck Jump x 20

Sit Ups x 20

Push Ups x 20

Mountain Climber x 20

1 minute break

**Cooldown/Stretch 10 minutes**