



## IABA Youth National team



**Dynamic warm-up 10mins**

**School boxing: practice Defensive Simulation Drills: 1min on each drill**

**All work from normal boxing stance**

- Slip/slip/sit down
- Roll/roll
- Slip/slip/ lean back
- Slip/slip/roll/roll/lean back/block/ block/lean back
- Slip with step to lead and back hand side
- Roll with step to lead and back hand side
- Slip and hook lead side/ slip and hook backhand side
- Slip and uppercut lead side/ slip and uppercut backhand side... repeat
- Continuous side step with hook Simulation

**Specific shadow boxing : youths 3min rds 1min recovery**

**Juniors 2min rds 1 min recovery**

**Rd1**

Practice upper body movement. Minimum 8 defensive movements followed by a combination of punches, change angle after combination. Include good footwork.

**Rd2**

Use single and double defensive drills followed by single and double attacks. I.e., slip or roll, followed by hook or uppercut.

**Rd3**

Open: all types of counter attacks, meet opponent with powerful counters, I.e., slip and counter, roll and counter, feint and counter. Use all types of attacks.

**Rd4**

Open round: finish every 30secs with explosive punching (explosive punching time should last a minimum 10secs).

**Rd5**

20secs on 20secs off, work with explosive continuous punching using middle and long distances. On your 20secs off practice footwork: continue for duration of the round.

**Rd6**

Open: practice favourite attacks and defences.

**Cool down and post stretch 10mins.**

