



IABA Youth National team

(Home sessions)



Dynamic warm-up 10 minutes

Junior 6x2 minute rounds

Youths 6x3 minute rounds

School Boxing/Shadow Boxing

School Boxing: practice of Feinting Skills 20mins

Lead hand work:

Show body, Show head

Show head, Show body

Show body, show head, Show body

Show head, show body, Show head

Show Back hand, Show lead hand

Show lead hand to head followed by back hand to body.

Show lead hand to body followed by straight back hand lead hook to head.

Show lead hand, show back hand, make combination attack of lead hand.

Show back hand, show back hand, lead hook ,back hand lead hook..

Shadow Boxing

Round 1

Relaxed punching with forward/backward lateral movement.

Round 2

Use lead hand, feint to find range followed by explosive combination, exit with defences or side step

Round 3

Using lead hand or back hand feints to draw opponents attack, defend attack and counter with 3 punch combination, exit with slip or defence.

Round 4

Work in long distance, feint before attack get in and out using good footwork.

Round 5

Work in middle distance, the scoring zone focus on all elements of feinting, attacks and counter attacks, upper body defensive moves , work with a high intensity

Round 6

Focus on close distance boxing high intensity work use head and body attacks, roll shift and change angle of attack

Cool down/ post stretch 10mins

