



IABA Youth National team

(Home sessions)



Warm-up Dynamic 10mins

Youths 3min rounds.

Juniors 2min rounds.

Shadow Boxing

Make sure all combinations are executed correctly. And maintain good boxing shape.

RD1

Lead hand only, body and head include feints, jabs, hooks, uppercuts, single double and treble attacks.

RD2

Using all manor of feints, followed by all types of explosive attacks. Include two tiers body and head.

RD3

Working from long distance execute all types of single ballistic punching I.E., long straight shots, long hooks and long uppercuts to the body. In out boxing

RD4

Working on all types of attacks and counter attacks working at a high rate. Working in the middle and close distances.

RD5

Focus on specific combinations/tactics to box a southpaw if you're an orthodox boxer or vice versa specific combinations/ tactics to box an orthodox if you're a southpaw boxer.

RD6

Open skills. High tempo

5x rounds of skipping.

Cool/down post stretch 10mins