

10U/12U PHASE II - CORE & BACK

HIGH FIVE PLANK HOLDS

SETUP

- Divide players into partners.
- Partners face each other in forearm plank position.

MOVEMENT

- 1 • Begin with elbows under shoulders, hands in line with elbows and weight on forearms.
 - Weight on toes and legs fully extended.
 - Shoulders down and back with shoulder blades pinched.
 - Core tight, tuck tail, squeeze glutes and draw belly button back into spine.
- 2 • With fingers pointing at partner lift right hand and high five (thumb pointing up slapping palms) each other.
 - Return to plank position and perform high five with left hand for 1 repetition.
 - During high five movement players brace body and limit twisting to maintain plank position.

Perform for 30 seconds, rest for 30 seconds.



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