

10U/12U PHASE I - UPPER & LOWER BODY

# BODY WEIGHT SQUAT

## MOVEMENT

- Reach and hold hands straight out in front of body.
- Feet shoulder width apart with toes pointing straight ahead.
- Keep a tall chest and tight core.
- Keep heels on ground and breathe in while pushing hips back.

- ① • Top-3/4 squat.
- ② • Middle-90 degree squat.
- ③ • Bottom-heels on ground with glutes low to ground.
  - Drive heels into ground.
  - perform for 30 seconds and rest for 30 seconds.

## REACTIVE

*Lower body to 1 of the 3 positions on coach's command.*

## ADVANCED

Have players follow the leader, squatting together and counting backwards out loud to 10. Pick a pattern (bottom, top, middle...) and have players perform trying to execute together in sync.



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