

10U/12U PHASE II - LOWER BODY

LATERAL MONSTER WALK

MOVEMENT

- Lateral Monster Walk 10 yards to cone, touch cone, return facing same direction.

Once technique is mastered have players perform Lateral Monster Walk relay races.

TECHNIQUE

- 1 Stand with feet shoulder width apart.
- 2 Step laterally, in a 3/4 squat position.
 - Long strides so knee does not go past toes.
 - Arms bent at 90 degrees.
 - Change direction by alternating legs.

GAME: LATERAL MONSTER WALK TAG

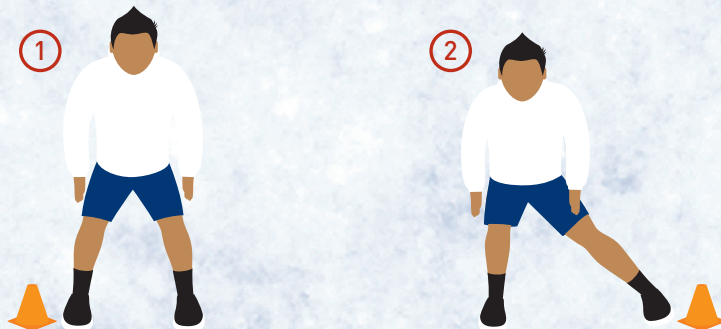
- 3 In a designated area play freeze tag.
 - Coach designates a player to be "it."
 - All players must shuffle left and right to evade player who is "it."
 - If you are tagged you are "it."

Players will fatigue fast, play for 30 seconds, rest for 30 seconds.



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3 LATERAL MONSTER WALK TAG

