

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

TELEPHONE WALL SITS

MOVEMENT

- 1 • Lean back against a wall with heels about 2 feet in front of the wall.
- 2 • Slide down leaning against wall until upper thigh is at about a 90 degree angle and hold.
 - Keep abs contracted.
 - Hold squat for 10-30 seconds...start easy and build up.
 - While players are performing wall sits each player in sitting order must say one word to build in a story - "Telephone."
 - After each repetition have the players jog 20 yards and return for another wall sit.



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