

Dryland for all groups is optional but strongly recommended.

If you miss a day or can't get to dryland at all, here are some suggested activities for Q1/Q2/Q3 to do at home. Just pick a few per session.

**Goals for Q1 and Q2:**

**Improve coordination, and awareness, of right side and left side**

**Improve balance**

**Improve core strength**

**Goals for Q3:**

**All of the above and increase muscular endurance and explosiveness**

Suggested Exercises:

Jump rope

Jumping jacks

Hula hoop

Sit ups

Flutter kicks – tighten muscles around belly button first, lift heels, kick

Step ups on stairs (up, up, down, down) – alternate up foot each time

Skater jumps (leap to the side, other foot swings behind)

Broad jumps

Streamline jumps

Balance on one foot (pull heel up) – alternate legs

Balance on one foot, put arms into streamline – alternate legs

Balance on one foot, straighten lifted leg and stretch arms out forward – alternate legs

Superman (lie on stomach, lift both arms and legs at same time)

Plank

Reverse plank – feet flat on floor, push belly button to sky

Reverse plank with leg lift – keep thigh of lifted leg parallel to other leg

Toe taps on a step

Mountain climber

Crab walk – hands and feet on ground, stomach facing sky

Bear walk – hands and feet on ground, stomach facing ground

Inch worm - start in push up position, walk feet forward towards hands, then walk hands forward, repeat

Side shuffle

Push ups

Ride a bike

**NOTE: Correct form is important to prevent injury and to accomplish the goals stated above. It is better to do a few repetitions properly, and work up to more, than to do a lot of repetitions incorrectly. If you are not sure if you are doing an exercise correctly, ask a coach!**