

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Alternate foot cone taps	- Place a cone in a central position in front of the shoes - Tap the cone with alternate feet - Stay light on the balls of the feet	Perform slower
Plank alternating knee to elbow	- Place hands directly under shoulders - Place the racket in between hands - Brace the core - Bring one knee forwards to the elbow on the same side of the body - Straighten the knee back - Bring the same knee forwards to the opposite elbow - Straighten the knee back and put the foot down - Swap legs and do the same on the other side	Put one knee down
Mountain Climbers	- Place hands directly under shoulders - Place racket in between hands - Pump one knee up towards the chest, then straighten it back out and put the foot down - Pump the other knee up towards the chest, then straighten it back out and put the foot down - Keep hips down	- Perform slower - Place one foot in towards the chest, then the other, then step the first foot back out, followed by the other foot
Skaters	- Place elbows directly under shoulders - Twist to one side and raise the lifted arm straight up - Stack the shoulders - Twist back into the central position - Twist to the other side and raise the other arm straight up - Move the shoulders and hips at the same time - Move slowly with control	Put the knees down