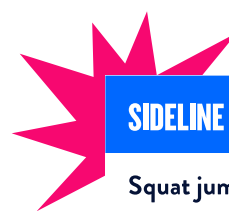


SIDELINE ACTIVITIES



SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Squat jumps	• Start with shoes shoulder width apart • Lower into a squat position • Use the arms to jump up • Land with soft knees and push the hips back to land in a squat position	• Perform squats without the jump
Squat, shoulder press and side bend	• Hold the racket with one hand at the head and one hand at the bottom of the grip, in line with the chest • Start with shoes shoulder width apart • Squat down and push back up • Shoulder press the arms straight up • Bend to one side and return to central position • Repeat the whole sequence, bending to the other side	• Stay higher in the squat
Overhead extension and twist	• Hold the racket above head height, with one hand at the head of the racket and one hand at the bottom of the grip • Lean back into an extension • Twist to one side • Return to straight central position • Repeat the sequence twisting to the other side	• Reduce the twist
Side sit up	• Lay with both shoulders on the floor and knees pointing to one side • Hold the racket with hands overlapped on the grip • Crunch lifting the shoulders off the floor and sliding the racket down the legs • Eyes looking straight up • Brace the core • Change sides and repeat	• Keep the shoulders closer to the floor