

# S.J. Sideline Practice Plan

## WARM-UP

- ✓ Track Lap (Core, sprint, lunge, kicks)

## STRETCH

- ✓ Straddles & Roll Through Straddle Stretch
- ✓ Back Arches
- ✓ Jump & Tumble Warm-Up

DATE:

Late:

Absent:

## Daily Material Plan

Chants:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Stand Tunes

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Stunts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Reminders/ Notes of the Day