



FIT SHEPHERDS

FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-09-01 WORKOUT

WELCOME

OUR FATHER

DISCLAIMER

WARM UP

- 1) Jumping jacks in cadence
- 2) Windmills in cadence
 - a. Stand up arms straight out and legs shoulder width apart
 - b. Start by moving right hand to left toe
 - c. Return to center position
 - d. Then take left hand to right foot – that completes one
- 3) Squats in cadence
- 4) Arm circles – 10 secs forward, 10 secs backwards
- 5) Standing mountain climbers
- 6) Group into teams (hopefully 6)
- 7) Jog to the soccer field, do a lap

WORK OUT

Activity 1 – Sport Mini-games (think it would be helpful to have 3 coaches to take 2 teams each to the section of the field and explain each of games to the small group.

Based on numbers – split into 6 teams (hopefully 4-5 in each team) – if we have small numbers, we can do 4 teams and ex one of the mini-games.

Minigame #1 – small course soccer

Materials: Soccer ball, goal

Game out line, each team has one goalie, both are in the net together. Game takes place in the penalty area, both teams fight for the ball and can score at any time, however, they can only shoot from the penalty area, not within the goal box. If one team scores on the other, the team scored on does walking lunges from one of the goal box area to the other side. If the goalie makes a save, the shooting teams does 10 pushups. If the shooter misses the net and the ball goes out of play, the whole team does 5 burpees. If a player shoots from inside the goal box, the whole team will bear crawl around the goal net.

Play for the full 6-7 mins.

Minigame #2 – tennis relay race

Materials: 20 tennis balls, two rackets, three buckets

Teams line up on the out of bounce line on one end of the field. One at a time- grab a tennis ball from the field without looking at it and then bounce the ball on the racket while running (at any speed you chose) to the far end of the field. If, at any point, you drop the tennis ball (lose control of the ball and it hits the ground) you must go back to your line, and you and your team complete the work out on the tennis ball (see exercises below). If you do not drop the ball the one

way across, then stop juggling the ball and run back to the next player on your team. The next person attempts to run the next leg of the race without dropping the ball and places the completed tennis ball into your team bag. Continue until all players have completed the run without dropping the ball. While your team member is running with the tennis ball – the rest of the team will be completing a team trinity (X number of Push ups, squats and sit-ups) . Once your team has all members complete the run, had the opposing team the bag of completing balls for the opposing team to complete.

- Exercises on the tennis balls
 - 10 push ups
 - 15 crunches
 - 5 burpees
 - 10 sec wall sits (counted by the other team)
 - 1 Hail Mary: hold a “prayer squat” while praying
 - 15 sec planks
 - 10 jumping jacks
 - 10 lunges
 - 10 squats
 - 10 super mans

Minigame #3 – Football relay

Materials: Football, cones, jumps, rope ladder

Start at the end line – one at a time, each player runs the course while carrying a football. Start with the rope ladder (hot feet, go side to side stepping in each box with both feet, up and down the ladder) Made it to the four cones, high knees across, sprint to the top, side step to the next come, then on to the jumps/crawl section. Two footed jump over the stick, crawl under the next obstacle, then jump over the third hockey stick. Final obstacle is another set of cones, run around the cones (side to side). End by running back to the first “box” throw the football to the next player inline to start.

While this is going on, the team is again working on a trinity of exercises: squat jacks, super mans, wide grip/diamond pushups.

Activity 2 – Full field “relay”

Split into 4 waves (pending numbers) Line up on the end line of the soccer field. There will be cones split up into 4 sections down the field.

- 1) On “go” first person will do high knees to the first cone. There they will do 10 push ups.
- 2) For the second section, the person will do “ski jumps” to the center field line (Ski Jumps – place feet together, then squat jump while swinging your arms). Once you get to the center line – complete 15 crunches
- 3) From the center line to the next cone, Bear crawl. Then Complete 20 seconds of a plank.
- 4) Final section is sprint to the end line, then jog to the outside and back to the start line.

Do as many as possible to close out the workout.

Results for Soccer:

Score a goal: Team scored on does walking lunges in the Goal box (Small box, one side to the other).

Goalie makes the save: Team shooting does 10 push ups

Miss the net/ball out of play: shooting team 5 burpees

Shoot from inside the goal box: shooting team does a bear crawl lap around the net

Play to 3 – if that happens quick, switch up the teams.